

Bereaved Families of Ontario



Midwestern Region April, May and June Newsletter

In This Issue

Getting Through Mother's and Father's Day
WestJet Raffle
Spring Support Groups
AGM June 21st
BFO in the Community
Corporate Volunteer Sponsorship Program
Volunteer Facilitator Training
12th Annual Charity Golf Classic
13th Annual Walk to Remember Butterfly Release
Indoor Golf Classic Recap
Home Remedies Workshop
Annual Campaign
Loved Ones Remembered
Mark Your Calendars
Research Participants
Community Partners

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Getting Through Mother's and Father's Day

Understandably, the two days set aside by our society to honour the state of family may be two very difficult days for families who have experienced a death in the family. Wanting to escape and avoid these days altogether is normal (billboards, advertisements and retail stores remind us to acknowledge these days even if we try to avoid them), however it may not be practical. Here are some ideas that might help you find a way to manage and cope with these difficult days.

The most important thing to remember is that you need to do what is right for **you**. Do not let family or friends pressure you into a situation or celebration that will cause you additional grief.

Remember, too, that although your Loved One is no longer here to share the day with you, you are still a parent, spouse or child.

Spend the day with a person that brings you comfort.

If you are able, spend time with your parents; this can be a special time shared. Many bereaved people find it less painful to centre activities around their parents.

Some find comfort in their faith during difficult times. Please mention to your clergy that it would be helpful to remember families who are grieving and infertile families during Mother's Day and Father's Day services.

Planning ahead allows you to have some sense of control over the day, which enables you to be better prepared for the emotions and grief that will come up. Think about your needs and communicate them to the people that surround you.

Keep in mind that on the day there will be many families out and about. If you find this particularly hard, consider going out Saturday night rather than Sunday.

May you have the best Mother's Day and Father's Day possible, under the circumstances.

Adapted from article by LaDawne Lawton

Board of Directors

Wayne Short, *Chair*
Dr. Susan Cadell, *Vice Chair*
Donna George, *Treasurer*
Susanne Hemming, *Director*
Wendy Gascho, *Director*
Mark Kok, *Director*

Staff

Melissa Lambert and
Rose Greensides
Executive Directors

Professional Advisor

Dr. Susan Cadell

Program Advisory Committee

Marny Williams-Balodis, *Chair*
Susan Dokis
Frank Ripplinger
Beth Bailey
Wendy Borutski

Supporter Thank You

Bereaved Families of Ontario
Midwestern Region would like to
thank Wallenstein Feed Charitable
Foundation, and Kissner Milling Co.
Ltd for their generous donations. With
supporters like you, we can ensure
viability for our much needed
programs and services!

RECOGNIZING OUR SUPPORTERS

Funeral Homes

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



WestJet Raffle

Bereaved Families of
Ontario - Midwestern

Region has received an amazing sponsorship opportunity with WestJet. WestJet has donated 2 tickets to any destination they fly to!! To mark this special opportunity, BFO will be selling raffle tickets for this amazing prize. All proceeds will go to enhancing our programs and services. Work is under way for securing a lottery license and we hope to start selling tickets soon. If you are interested in helping to sell a book of tickets, please contact Rose at rose@bfomidwest.org or 519-603-0196.

SPRING SUPPORT GROUPS

Limited space available.

Growing Through Grief

Thursdays May 6th - June 3rd 7:00pm - 8:30pm

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. Meetings will be held at the Ratz-Bechtel Family Center. Please register through the BFO office.

Subsequent Pregnancy after a Loss

Wednesdays

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.

Parents Grieving the Death of a Baby

Currently full; please call the office for fall registrations

Parents Grieving the Death of a Child

Currently full; please call the office for fall registrations

Healing Little Hearts

Currently full; please call the office for fall registrations

Widow/Widower with Dependent Children

Corporate Donations

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

Board of Directors Recruitment

We are seeking qualified community minded individuals to serve as members of the Board of Directors of Bereaved Families of Ontario - Midwestern

Region for a 2 year term. Interested candidates should have knowledge of one or more areas of:

- Marketing
- Fund Development
- Prior Board experience
- General business experience
- Community connections

If you can offer assistance in any of these areas or have other relevant

experience, please contact info@bfomidwest.org

Attention: Wayne Short

Volunteer Thank You

Bereaved Families of Ontario - Midwestern Region would like to take this opportunity to thank all of our Facilitator Volunteers. Your hard work and dedication allows us to help those in need and is greatly appreciated.

Currently full; please call the office for fall registrations

These groups are typically held at the BFO Office. Please note our new office location in Belmont Village 678 Belmont Ave W Suite 102, Kitchener, Ont.

There is no fee to participate. For more information or to register, contact BFO at 519-603-0196 or email support@bfomidwest.org

Annual General Meeting June 21st, 2010 at 6pm

The Bereaved Families of Ontario-Midwestern Region Annual General Meeting (AGM) will be held at the BFO office located at 678 Belmont Ave W., Kitchener, ON. Members will be electing Board Directors at this meeting and receiving the 2009 annual report. We invite all members of BFO-Midwestern Region to attend and vote at the meeting. If you or someone you know are interested in serving as a Board member for the upcoming two year term, please complete a nomination form and return it to the BFO office on or before June 15th. To obtain a nomination form or for more information about the nomination process or the current BFO Board, contact the BFO office at 519-603-0196 or email info@bfomidwest.org attn Wayne Short.

BFO In The Community

BFO has had a very busy spring. Along with moving, we have been on the go providing grief education seminars to local not-for-profit agencies as well as several "Grief in the Workplace" lunch and learns to local businesses. These sessions provide workers with information and resources to better support a grieving employee or co-worker.

On Wednesday, February 24th Bereaved Families of Ontario - Midwestern Region together with Wilfred Laurier University, presented a free "Teen Grief" workshop to the community. This seminar explored the unique challenges a teen must face when coping with the death of a family member. Over 115 people, including young adults, were in attendance. BFO has connected with North Perth Hospice in Listowel and are planning to hold a grief education seminar within Perth County this fall. Look for more details to follow in our next newsletter.

Volunteer Facilitator Training

Bereaved Families of Ontario - Midwestern Region's philosophy is the bereaved helping the bereaved. We believe that we can help each other through the journey of grief because we have all been there. If you would like to help someone through their journey, with one-on-one or group support, please sign up for our Volunteer Facilitator Training. Training will be held at the Wilfred Laurier School of Social Work on Duke Street in Kitchener.

Training dates are:

Thursday May 6th 6pm-9pm
Saturday May 8th 9am-4pm

Thursday May 13th 6pm-9pm
Saturday May 15th 9am-4pm



Spaces are limited so make sure to sign up early!

To sign up or for more information please contact Melissa at 519-603-0196 or melissa@bfomidwest.org

ScotiaBank will donate up to \$1,000 annually. Many companies are realizing the importance of community involvement and have created similar volunteer programs.

Another way that companies are helping their employees give back is

Corporate Volunteer Sponsorship Program

Are you looking for a way to give back to BFO but feel too busy with work? Why not look into a volunteer and/or matching program?

As an employee of ScotiaBank, Stephanie Goessler has been a part of a volunteer program at her work for the past 2 years. This program allows Stephanie to volunteer for Bereaved Families of Ontario and ScotiaBank will donate up to \$1,000 annually.

Many companies are realizing the importance of community involvement and have created similar volunteer programs.

Another way that companies are helping their employees give back is with a matching program. Contributing employers will match each employees donation to a charity of their choice.

If you would also like to be a part of the volunteer and/or matching program at work contact your HR department. If your company does not have a volunteer and/or matching program, but they would still like a way to help out, we would greatly appreciate cash or prize donations to any of our events.

12th Annual Charity Golf Classic

Mark your calendars now for
Saturday, June 5th, 2010

12pm Registration & Lunch
1pm Shotgun Start

Prime Rib and Chicken Buffet Dinner to follow

Please Join Us For Another
Fun-Filled Day

This Year at Dundee Country Club

EARLY BIRD DRAW PRIZE - \$100 cash
(With registrations received before April 30th)

REGISTRATION FEES:

\$135/person includes lunch, dinner, 18 holes, golf cart,
guaranteed prize
(deadline May 14th, 2010)

GREAT RAFFLE AND SILENT AUCTION PRIZES
including a Barbeque donated from Canadian Tire
Waterloo West

Try your luck at a hole in one contest to win a 2 year lease
sponsored by Victoria Star Motors.

Sponsor a Memorial Hole

To sponsor a hole in memory of your loved one for \$25,
please contact Rose Greensides at rose@bfomidwest.org or
603-0196 or complete & return a brochure.

13th Annual Butterfly Walk to Remember

BFO's Walk/Butterfly Committee would like to remind everyone of the 13th Annual Walk to Remember/Butterfly Release. This



event will be held on Sunday September 12th, 2010 at Williamsburg Cemetery.

There is a peaceful walking path to commemorate your loved ones as well as a quaint chapel and beautiful fountain/pond area where the butterflies are released.

Please mark this date on your calendar. If anyone would like to join the committee or volunteer on the day of, please contact the BFO office at 519-603-0196.

Indoor Golf Classic Recap

Bereaved Families of Ontario - Midwestern Region teamed up with the Brain Injury Association of Waterloo Wellington this year to host the 3rd Annual Indoor Golf Classic at Golf Without Limits in Waterloo from March 24th to 26th. This three day tournament enabled golfers to get a jump start on the golf season. An Awards Banquet was held on the Friday night with prizes for the Winning Team, Longest Drive, Closest to the Pin and Guess your Distance. Many fabulous raffle prizes were also won including the grand prize, a golf getaway to Lakeshore Resort in Michigan!

Home Remedies Workshop

Want to learn how to use Naturopathic Medicine in your home all year long? Learn how to treat minor injuries and ailments, clean your home with all natural ingredients, and much more.

Join **Dr. Jennifer Hendry-Lynn ND** and **Realign Health** on Wednesday May 5th, 2010 from 7-9pm at Realign Health, 2445 Eagle Street North Cambridge ON. Cost is \$20 (includes workbook). Please RSVP to reserve a spot.

<http://www.realignhealth.com/index.php>

Annual Campaign

In November 2009 Bereaved Families of Ontario - Midwestern Region started our annual campaign to raise money to assist in the cost of our move to Belmont Village.

We started the campaign with hopes of raising \$10,000 which would cover moving expenses and provide necessary furnishings for our new location, while continuing to support our programming efforts that are offered to the community free of charge.

The 2009 campaign raised \$2,700 toward our goal as well as in-kind donations made toward our space from local companies.

Bereaved Families would like to thank **Cardinal Counselling** for providing this shared space opportunity and letting us disrupt their business while we

prepared the new space. We would also like to thank **B & G Industrial** for their donation of materials and labour to create our new space and **Conway Furniture** for the donation of tables and area rug for our support room.

A big warm thank you to all of our individual donors and members who contributed to our campaign, the money raised is supporting our groups that are currently running at full capacity.

We would like to encourage anyone that would like to donate or who has an employer that may be willing to sponsor BFO, to please give us a call at 519-603-0196.



**Loved Ones
Remembered -
April, May & June**

Thelma Draper

April 1st 2008

Remembered by her daughter Brenda

Stephen Cousineau

April 2nd 1995

Remembered by his mom Catherine & siblings Anthony, Duane & Sandra & daughter Biata

Bobby McCarron

April 4th 2008

Remembered by his parents and brother and sisters

Cyrell Watson-McBride

April 6th 2005

Remembered by his mother Shannon, his sister Celina, and Grandmother Heather

Dennis Henry

April 6th 2009

Remembered by wife Jennifer

Kevin Brenner

April 7th 1995

Remembered by his mother Joan & siblings Andrew & Donna, Sarah & his brother in heaven Timmy

Frank Kessler

April 8th 2008

Remembered by his mother Sidonie

Andrew Dugan

April 9th 1993

Andrew and Mark died together April 9, 1993. Remembered by his parents Ray & Sylvia

Mark Dugan

April 9th 1993

Andrew and Mark died together April 9, 1993. Remembered by his parents Ray & Sylvia

Jeff Bryant

April 9th 1997

Remembered by his mother Julie & his sister Nancy

Jocelyn Cornwall

April 9th 1998

Remembered by her parents Scott & Carolyn & siblings Becky & Jacob

Isabelle Fitzgerald

April 9th 2007

Remembered by her parents Sarah & Mike

Edwin Perez-Carey

April 9th 2009

Remembered by his parents Lisa and Eddie and by his brothers Jaysen, Anthony and Ryan

John Brennan

April 11th 2002

Remembered by his parents Sarah & John & brothers Macarther, Sawyer, and Ryder

Brooke Dattera

April 12th 2008

Remembered by mom Amy, Dad Victor and brother Stephen

Benjamin Peers

April 13th 2000

Remembered by his parents Juli & Rich & brother Aidan

Tim Facey

April 13th 2001

Remembered by his parents Oliver & Norma & siblings Dave, Mary Lou & Laura & their families

Justin Burdett Hough

April 14th 1979

Remembered by their parents Kate & Bruce

Catherine Burdett Hough

April 14th 1979

Remembered by their parents Kate & Bruce

Madalyn Tieleman

April 14th 2008

Remembered by Parents Sarah and Jon and brother Zak

Brent Underwood

April 16th 2007

Remembered by his family

Sara Reimer

April 17th 1999

Remembered by their sister & aunt
Neta

Leanna Reimer

April 17th 1999

Remembered by their sister & aunt
Neta

Melissa Reimer

April 17th 1999

Remembered by their sister & aunt
Neta

Hannah Underwood

April 17th 2007

Remembered by her parents Dave &
Kristy, big sisters Rachel and Alyssa
and little sister Katy

Kay Duckett

April 17th 2009

Remembered by her Mom, Dad and
brother Kieran

Robert Russell

April 18th 2005

Remembered by Uncle Mark, Aunt
Charlotte and cousin Meara

Brenda Ehret

April 19th 1997

Remembered by her mother Dolly
Sparks & siblings Wendy, Tom, Jeff
& Robbie

Judy Weicker

April 19th 2005

Remembered by family and friends

Cameron Coulas

April 19th 2009

Remembered by his father Patrick and
Natalie and his mother Joanne and
Aaron

Peter Forabosco

April 20th 2004

Always loved and remembered by
Diana Ibbotson

Nathaniel Quick

April 22nd 2001

Remembered by his parents Andy &
Carol with his sister Michelle in
heaven

Melanie Moitoso

April 23rd 1988

Remembered by her parents Ed & Dena & siblings Mark & Marcia

Jesse Willoughby Holman

April 23rd 2005

Remembered by his parents Jane & Jeff

Shane Robinson

April 23rd 2009

Remembered by his mother Lorna, brothers Jamie & Brent, Step-
Brothers Ed & Christopher, nieces Brooklyn & Lexus and Aunt Inez

Noah English

April 25th 2001

Remembered by his parents Jim & Michelle & brothers Joshua &
Alexander

Jayne Bartels

April 26th 1996

Remembered by her parents Eileen & Bill & family members Scott,
Leslie, Jacob, Tim, Anne Marie, Mia-Taylor & Jayne

Robert Guest

April 27th 2003

Remembered by his parents Mum & Kenny & siblings Jarrod, Tracy &
Keenen

Hayden Rumig

April 27th 2008

Remembered by parents Tanya and Ryan

Anis Mirzaagha

April 28th 2003

Remembered by family and friends

Leona Zettel

April 28th 2007

Remembered by Geoff, Debbie, Roger, Kristine, Darien, Angela and
Ryan

Christopher Steinmann

April 29th 2002

Remembered by his parents Kathy & Brent & siblings Kyle & Kiera

Rob Dye

April 29th 2008

Remembered by his partner Anne

Barbara Verleye

May 1st 2003

Remembered by family and friends

David Durling Jr.

May 3rd 1998
Remembered by his parents Kay &
Dave & siblings Dana & Dan

Flynn Lambert
May 3rd 2002
Remembered by his parents Melissa
and Landy and by his brothers Rhys,
Ashwyn and Kinley

Robbie Couto
May 4th 2009
Remembered by his Mom and Dad
and sister Christina

Kathryn Salm
May 6th 2001
Remembered by her mother Reta &
her son Gerry.
Joined by her father Jerry in heaven.

James Summers
May 7th 2001
Remembered by his parents Brad &
Linda and siblings Neil, Janeen &
Clare

Matthew Godfrey
May 7th 2002
Remembered by his parents Jennifer
& Mark

Brian Hamilton
May 7th 2004
Remembered by family and friends

Sean Norley
May 7th 2008
Remembered by wife Lisa and
children Melissa and Ryan

Mirko Hroch
May 10th 2003
Remembered by his parents George &
Viera & sister Petra

Lindsay Marshall
May 14th 2004
Remembered by family and friends

Steven Lavoie-Chisholm
May 14th 2009
Remembered by his mom and dad

Thomas Short
May 15th 2006
Remembered by his parents Emma & Mike & brother Andrew

Dylan Galilee
May 15th 2008
Remembered by mother Elizabeth Heald and Father Warren Galilee
and big sister Madison

Ruben Rivera
May 16th 2008
Remembered by his sister Claudia, 3 children and wife

Violet Burgers
May 16th 2008
Remembered by her parents

Rochelle Clemmer Costa
May 18th 2000
Remembered by Mom, Andrea and siblings Christopher & Timothy.
Reunited with Dad, Clark in Heaven on Dec. 18, 2009

Julie Westley
May 18th 2009
Remembered by Mommy and Daddy

Kelly Weatherall
May 19th 2005
Remembered by her mother Brenda

Cayson Hodgert
May 20th 2007
Remembered by family and friends

Christopher Pegelo
May 21st 1993
Remembered by his mom Kathy and siblings Cheryl & Chad.
With his father Ralph in heaven

Stacey Reid
May 22nd 1992
Remembered by her parents Dan & Anita & sisters Heather & Colleen

Alexander Hackett
May 22nd 1997
Remembered by his parents Paul & Ellen and siblings Alyssa and
Dylan

Joseph Berger
May 22nd 2009
Remembered by family and friends

Emily Molnar
May 23rd 2001

Remembered by her parents Mary &
Alex & siblings Nick, Rachel, Martha
& Molly Rose

Sean Barrett

May 25th 2003

Remembered by his father Robert

Krista Kuntz

May 26th 2002

Remembered by her parents Judy &
Darrell & siblings Kyle & James

Joshua Van Wyck

May 26th 2003

Remembered by his parents Kathleen
& Brian & sister Amber

Heather McIntyre

May 27th 1988

Remembered by her mother Dianne &
brother Shawn

Cynthia Ann Elliott

May 28th 1978

Remembered by Mom and Dad,
siblings Valerie and Christopher, and
her nieces and nephews

Nancy Costa

May 28th 2008

Remembered by husband Manuel and
children Christopher and Michael

Troy Williams

May 29th 2008

Remembered by mom Linda and sister
Angie

Jean Schwantz

May 29th 2009

Remembered by her loving Family
and Friends

Calvin Meyer

May 30th 1997

Remembered by his parents Jeff &
Jennifer & siblings Elizabeth, Jaidan
& Evangeline

Lila Douglas

May 30th 2008

Remembered by parents Marie and
Tony and big brother Reid

Earl Sanders

June 1st 1997

Remembered by his wife Bev & daughter Pam

Mark Livingstone

June 1st 2004

Remembered by his wife Sally & son Matt

Karisa Conway

June 1st 2005

Remembered by family and friends

Ken Billson

June 1st 2005

Remembered by mother Beverly and sisters Karrie and Shannon

Debbie Mood

June 1st 2008

Remembered by husband Paul

Christopher Nugent

June 3rd 2005

Remembered by mother Tracy and 3 brothers Liam, Cameron, and
Chase

Michael Streiter

June 6th 2001

Remembered by his parents Monika & Michael & his sister Sonja

Alexander Wendling

June 6th 2001

Remembered by his mother Erin & sisters Abbey and Charlotte

Vanessa Barnai

June 6th 2006

Remembered by parents Traci and Nathan, and sisters Saylynn and
Kendra

Spencer Konarski

June 6th 2006

Remembered by family and friends

Olivia Ross

June 6th 2009

Remembered by family and friends

Penny Gowing

June 8th 2009

Remembered by her family

Steven Hagerman

June 10th 1995

Remembered by his parents Donna Nichols & Paul Hagerman, &
brother Brian

Derek Brown
June 12th 1999
Remembered by his parents Mary &
Ray & siblings Heather & Rob

Dylan Ellis
June 13th 6/13/2008
Always loved and remembered by
Aunt Joan

Ryan Short
June 15th 1993
Remembered by his parents Bev &
Wayne & brother Jason, sister-in-law
Tracey & nephews Cody & Jack &
Adam

Logan Boutilier
June 16th 2005
Remembered by parents Stephanie &
Darrin and Lucas and Holden

Julia Tinholt
June 18th 1974
Remembered by mother Josie

Stacey Koebel
June 19th 2003
Remembered by family and friends

Jeremy Bisch
June 21st 2009
Remembered by Leticia, Cam, and
Daniel

Bayden Bootle
June 22nd 2004
Remembered by family and friends

Kenneth Pickering
June 25th 2008
Remembered by wife Bonnie and
children

James Cornell
June 26th 2003
Remembered by his parents Kathleen
& Steve

Parker Young
June 26th 2005

Remembered by his parents Shelley and Justin, his brothers Brayden
and Aaron and by his grandparents

Christopher Robbins
June 26th 2008
Remembered by mom Debbie

Warren Robertson
June 27th 2006
Remembered by his parents Marlene & Bill

Robert Cook
June 28th 2009
Remembered by family and friends

Tom Hishon
June 29th 1999
Remembered by his parents Deb & Tom Sr. & brother Jim

Stephanie Devereux
June 29th 2003
Remembered by her mother Karen & sister Jessica

Laura Boyd
June 30th 1995
Remembered by her parents Katherine & Richard & siblings Ryan &
Allison

Margaret Knelsen
June 30th 2002
Remembered by her niece Neta

Mark your calendars:

Next Newsletter

July 1st, 2010

12th Annual Golf Classic

June 5th, 2010

13th Annual Butterfly Walk to Remember

Sept. 12th, 2010

Research Participants Wanted

This research project is being conducted to better understand the experiences of parents who are bereaved after the death of their child. The findings will be used to guide the care that is provided to parents as well as health policy and education for health care staff who work in palliative and bereavement care.

Involvement in the study includes an hour long interview discussing your work in palliative or

bereavement care, especially that with bereaved parents.

If you are interested in participating, please contact Dr. Susan Cadell by email at anthrobereav@wlu.ca or by phone at 519-884-0710 x5235.

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.

"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.

For more information about the above groups please call (519)745-2195.

Living With Loss in Kitchener

has moved. Look for it at its new location, the Ratz Bechtel Family Centre, 621 King Street West, Kitchener. It will continue to run the first and third Tuesdays of each month 7 p.m. to 9 p.m. from September to June. Coffee and Conversation evenings will occur once a month for July and August.

Bereavement Walking Group

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

Memorials

Bev and Wayne Short

in memory of

Russul Weatherdon

Bill and Judy Brennan

in memory of

John Minner Brennan

Sharon Higgins

in memory of

Kerry and Bryce Higgins

Sad News

We are sad to announce the death of Elizabeth Hirn-Crane and Jamie Crane's cousin Shawn to cancer. Our thoughts are with his widow Andrea as she begins her journey of grief.

Fitness and Grief

While you are grieving, it can be hard to find the energy to even get out of bed, let alone go to the gym, but sometimes even a walk around the block can help. The endorphins released during a workout can make it easier to face the world.

To help you take care of yourself, BFO has teamed up with L.A. Fitness to offer a **complimentary one week membership** which includes the whirlpool, steam room, yoga, pilates and spinning. If you enjoy your free trial week, L.A. Fitness will offer you a full membership for under \$40 per month! L.A. Fitness has no annual contracts and no cancellation fees. They also offer account holds for only \$10 per month for times when you are unable to go to the gym. For more information contact Rose at 519-603-0196 or rose@bfomidwest.org or call Brian at L.A. Fitness at 519-741-0144.