

Bereaved Families of Ontario Midwestern Region Newsletter

January/February/March Newsletter 2010

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BFO Has Moved!

BFO-MR is pleased to announce that we have moved our office location. [Cardinal Counselling](#) has graciously opened space in their building in Belmont Village for us. We are still seeking cash donations to furnish our new support room. Any donation is greatly appreciated and donations of \$20 or more will receive a tax receipt.

New Address:

678 Belmont Avenue West
Suite 102
Kitchener, ON N2M 1N6
Phone: 519-603-0196
Fax: 519-603-0198

Our mailing address remains the same:

P.O. Box 25017, Kitchener, ON N2A 4A5

Office Hours:

Saturday, Sunday, Monday: Closed
Tuesday - Friday: 9 a.m. to 4 p.m.
Phones are monitored Monday to Friday from 9 a.m. to 5 p.m.

Look for our Open House invitation coming soon!

Bereaved Families of Ontario Midwestern Region

Box 25017
Kitchener, ON
N2A 4A5

support@bfomidwest.org

www.bfomidwest.org

Office Location

678 Belmont Ave
Suite 102
Kitchener, ON
Charitable Registration
#871593117RR0001

Board of Directors

Wayne Short, *Chair*
Dr. Susan Cadell, *Vice Chair*
Donna George, *Treasurer*

SPRING SUPPORT GROUPS

Limited space available.

Parents Grieving the Death of a Baby

March 2010

For parents who have experienced the loss of a child during pregnancy, as an infant, or a child up to and including the age of two. Minimum registration necessary in order to proceed with the group.

Parents Grieving the Death of a Child

March 2010

For parents who have lost a child from ages three to adult. Minimum

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

Happy News!

Melanie, Scott and Lilyanna Wagstaff are proud to announce the safe arrival of their little girl, **Vyolet Eve Wagstaff**, born May 29, 2009. She is watched from above by sister Hailey Mae and Avery Wagstaff

Marie and Tony Douglas are happy to announce baby boy #2 **James Douglas** born October 16th weighing 7lbs 11oz. James was greeted by big brother Reid and

registration necessary in order to proceed with the group.

Healing Little Hearts

April 2010

Closed group for pre-schoolers and their caregivers. Play-based support group for children between 3 and 6 years of age who are impacted by a death of a loved one. Side by side an optional parent/caregiver education group is offered concerning children's grief and how to support them. Minimum registration necessary for group to proceed.

Growing Through Grief

May 2010

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. Please register through the office.

Widow/Widower with Dependent Children

March 2010

Closed group for widows or widowers raising dependant children at home. Minimum registration necessary in order to proceed with the group.

Subsequent Pregnancy after a Loss

March 2010

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.

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

watched over by Lila Emm

Ed and Cynthia Stewart are happy to announce the birth of their daughter **Cassandra Lina Stewart**, born Wednesday December 23, 2009. Cassandra's big brother Alex and big sister Gabriella are ecstatic to have a little sister, while their brothers Nicholas and Patrick are watching over us from heaven. Thank you to the nurses and Dr. Green for helping with Cassandra's delivery at Cambridge Memorial Hospital.

Supporter Thank You

Bereaved Families of Ontario Midwestern Region would like to thank the **Rotary Club of Kitchener -Conestoga, Gore Mutual, the George Lunan Foundation** and the **Kitchener Waterloo Community Foundation** for their generous donations. With supporters like you, we can ensure viability for our much needed programs and services!

11th Annual Charity Curling Bonspiel Recap

Bereaved Families of Ontario - Midwestern Region hosted our **11th Annual Charity Curling Bonspiel**, at the KW Granite Club on January 16th, 2010. It was a very successful event, being sold out for another year! We had 96 curlers and raised close to **\$10,500.00** to benefit our programs and services. Participants enjoyed a full day of curling, great food and lots of prizes. No one walked away empty handed. Thank you to all of our volunteers who helped make the day a success! Don't forget to mark your calendars for our **12th Annual Curling Bonspiel** to be held on **Saturday January 15th 2011** at the KW Granite Club.

Tree of Bright Stars Recap

The Tree of Bright Stars held on Friday, November 27th, 2009 was a great success. The weather was much better than last year and many members were able to come out. There was a moving candle lighting service and Beth Bailey shared her experiences as a recent widow. As always, the trees looked beautiful shining with everyone's special stars. We would like to thank all our volunteers who helped both in the pre-planning and on the night of.

Bereaved Families purchased stars from the Brain Injury Association of Waterloo - Wellington again this year and BFO volunteers personalized each one. If you ordered a star and were not able to make it to the Tree of Bright Stars, please call the office at 519-603-0196 and arrange a pick up time. Due to the fragile nature of the stars, we will not be able to send them through the mail.

Member Family Gets To Experience Olympic Torch

On December 27, 2009 Derek Van Den Temple carried the Olympic torch through Shakespeare, Ontario. He was chosen by his school when they felt that Derek and his family could use a "pick me up" after the death of his brother Darryl. Derek ran in memory of Darryl who died in August 2008. This experience was a touching and memorable one for Derek and family.

RECOGNIZING OUR SUPPORTERS

Funeral Homes

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

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

Volunteers Needed!!

Bereaved Families has recently been added to the charities supported by K-W Bingo! This is a wonderful fundraising opportunity for BFO and will help to support new initiatives as well as current programming.

This new fundraising opportunity requires a core group of dedicated and reliable volunteers who enjoy interacting with the public. Some basic computer experience is helpful for the behind the scenes office work, but training is available.

Position Title: Bingo Volunteer

Reports to: Executive Director

General Description: Bingo volunteers are required to sell cards to Bingo players at K-W Gaming Centre on 501 Krug St Kitchener. Dates and Times to be determined.

Training

- orientation
- shadowing for the first Bingo session

Communication

- regular communication with office by phone, email or in person.

Qualifications

- pleasant attitude
- basic math
- ability to provide own transportation
- ability to work a 5 hour shift.

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.

13th Annual Walk to Remember

We are excited to announce that the 13th Annual Walk to Remember will be merged with the 3rd Annual Butterfly Release for 2010. This combined "memorial" event will be held on Sunday afternoon, September 12 at Williamsburg Cemetery. There is an amazing 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 - further information will follow in later newsletters regarding registration, pledges, etc.

We are currently seeking volunteers for our Walk/Butterfly Committee and also for the day of the event. If you are able to help, please contact the BFO office at 519-603-0196.

Indoor Golf Classic

On March 24th - 26th 2010, Bereaved Families of Ontario - Midwestern Region is joining with the Brain Injury Association of Waterloo - Wellington to host the 3rd Annual Indoor Golf Classic. This event will be held at Golf Without Limits on Northfield Drive in Waterloo. [Sign up today!](#)

Please note that this event is in addition to, NOT in lieu of, our 12th Annual Charity Golf Classic which will be held on Saturday June 5th 2010 at New Dundee Golf and Country Club.

12th Annual Charity Golf Classic

There is nothing like the view of the frozen tundra that I see out my window to make me think of... golf. On Saturday June 5th at New Dundee Golf and Country Club BFO - Midwestern Region will hold its 12th Annual Charity Golf Classic. Over the years we have had very successful tournaments and this will surely prove to top them all. We have great plans to bring together old friends and to meet some new ones.

We welcome anyone to join us for a day of fun in the sun whether you are an avid golfer or use those dust cover clubs stuck in the corner of the garage. Once again the committee has pulled together to ensure all participants

receive a complimentary prize for participating and offer many opportunities to win others on the course and with silent auction bids. You won't be disappointed!

We look forward to seeing you there. Anyone wishing to sponsor a hole, donate a prize or help out on the committee or on the day of the event, can kindly contact Rose Greensides at the BFO office or myself at rh_eng@megawire.ca.

Ron Helps, on behalf of the Golf Committee

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.

More Shared Moments: A celebration of life in the aftermath of a child's tragic death.

The death of a child is every parent's worst nightmare. Carol Poduch has lived that nightmare since 1999 when an accident claimed the life of her 10-year-old daughter Lauren.

In 2007, Poduch authored her first book, entitled *Shared Moments: Finding the Spirit of Hope*, which addressed the issues she faced in coming to terms with personal loss. She has just released a follow-up book entitled *More Shared Moments: Creating a Life of Joy*.

This is the book that, in many ways, completes the journey out of sorrow. The grieving mother still exists, but now, she exists as part of the whole, human person. The author has found a way to re-create her life, to once again find joy in living, and in *More Shared Moments*, she records the details of the struggle in personal, intimate, uplifting detail.

Readers who have lost someone close to their heart will find support - and an avenue to peace - in *More Shared Moments*. Readers who have not experienced a deep loss will find wisdom and clarity within its pages; the book will shed light on many issues in their lives.

More Shared Moments: Creating a Life of Joy by Carol C. Poduch

ISBN: 9780978415112

Price: \$20

For more information, please visit Carol's website at <http://www.carolpoduch.com/>

Loved Ones Remembered - January, February & March

Brandon Khindria

January 2nd 2003

Remembered by his parents Alysha & Sulekh & his brother Joshua

Chad Chenoweth

January 3rd 2000

Remembered by his parents Robert & Belinda & siblings Shawn & Kelly

Gisselle Parker

January 3rd 2005

Remembered by their mother Ashley

O'dauntious Parker

January 3rd 2005

Remembered by their mother Ashley

Joseph Snyder

January 4th 1999

Remembered by his parents Marlene & Steve

Mackenzie Rose

January 4th 2004

Remembered by his parents Elma & Rodney

William Nightingale

January 6th 2001

Remembered by his wife Maria & daughters Angelique & Gwendolyn

Mario Di Bonaventura

January 6th 2005

Remembered by his daughter Theresa & granddaughter Jessica

Chris Olinskie

January 7th 2006

Remembered by his mother Denise & siblings Alex, Lee, Darcy & Darryl

Caroline Suljak

January 8th 2000

Remembered by her parents Melanie & Michael, Megan in Heaven & her triplet Georgia

Lucas Dolson-Southern

January 8th 2002

Remembered by his mother Elfie & brother Travis

Richard Fitzgerald

January 9th 2009

Remembered by his wife Pauline and son Maurice

Liam Scanlon

January 10th 2008

Remembered by his mother Katherine

Isabelle Shaw

January 11th 2000

Remembered by her parents Elaine & Daniel

Aaron Ferguson

January 11th 2003

Remembered by his parents Angela & Allan & sister Alicia

Baby Evans

January 11th 2006

Remembered by parents Cheryl & Rob

Michelle Petal

January 12th 2009

Remembered by parents Tammy and Gord and by sister Shakira Gibson

Gage Bijl

January 13th 2000

Remembered by his mother Wendy, Keeley Hope, Tristen Thomas, and his brother Holden in heaven

Marcus Butterworth

January 13th 2002

Remembered by his parents Tina and Steve and brothers Joseph, Jacob and Jonathan

Isaac Wight

January 13th 2005

Remembered by his parents Kate & Gene

Doug Bennett

January 14th 1996

Remembered by his wife Joyce

Jenese Zettel

January 18th 1998

Remembered by Paul & Kelly & sisters Chantal & Leah

Shirley Maltais

January 18th 2009

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

Adam Keller

January 20th 2002

Remembered by his parents Donna & Peter & sisters Amy & Nina

Henrietta Miller

January 22nd 2009

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

Cheyenne Wilkinson - Bowman

January 23rd 2008

Remembered by parents Natasha and Damien and brothers Darren, Donovan and Devin

Alexander Toushan

January 24th 1999

Remembered by his parents Stephanie & Troy & brother Brandon

Martin Lammers

January 24th 2009

Remembered by his sister Helen Helps and family

Damon Seddon

January 25th 2005

Remembered by his mother Tonia & family Jeff, Sue, Nicole & Ryan

Mike Gidlinger

January 26th 2008

Remembered by Brother Steve, Sister In Law Sarah and nieces Justina and Summer

Chloe Lynn Moskalyk

January 30th 2005

Remembered by her parents Lorelei & Geoff

Joe Cellupica

February 1st 2005

Remembered by family and friends

Grace Bjorkenstam

February 1st 2006

Remembered by their parents Katie and Evan and brother Hunter

Abby Bjorkenstam

February 1st 2006

Remembered by their parents Katie and Evan and brother Hunter

Logan Snyder

February 1st 2008

Remembered by Mom Meghan and Father John

Joseph Stascia

February 2nd 2005

Remembered by family and friends

Maria French

February 2nd 2008

Remembered by Rita, Michael, husband Brian and son Michael

Michelle Quick

February 6th 2005

Remembered by her parents Andy & Carol With her brother Nathaniel in heaven

James "Jimmy" Milliner

February 8th 1999

Remembered by his parents Mike & Kim (nee Hammar) & siblings Jordan (in heaven), Rachel & Heather Nicole Also remembered by grandparents James (in heaven) and Shirley Hammar, and Bonnie and Russell Milliner

Jim Hurlburt

February 9th 2006

Remembered by his wife Dee and son Cody

Barry Spiegel

February 9th 2009

Remembered his parents Bea and Jules and his siblings Stacey, Randy and Heidi

Timothy Zeller

February 10th 1987

Remembered by his mother Joan & his siblings Andrew & Donna, Sarah Lynn & Kevin in heaven

Cory Wibberley

February 12th 2001

Remembered by his parents Chris & Louise & brothers Tom & Andy

Anthony Ratthe

February 15th 2001

Remembered by his parents Caroline & Mario & siblings Alex, Roxanne, Matthew & Alyssa

Owen Christensen

February 18th 1997

Remembered by his parents Mark & Linda & brothers Evan & Andrew

Alex O'Doherty

February 18th 2001

Remembered by family and friends

Peter Sutton

February 18th 2003

Remembered by Mom, Dad & big sister Mya

Glen Bach

February 21st 1997

Remembered by his parents William & Myrna & siblings Gail & Bonnie

Shalom Webber

February 22nd 2002

Remembered by his parents Donalea & Scott & siblings Noah & Annie

Adam Kula

February 22nd 2004

Remembered by his parents Suzanne and Robert and brother Evan

Gabriella Campbell

February 23rd 2007

Remembered by her parents Maggie & Dean & brothers Justin & Zachary & Curtis

Duncan Gillis

February 25th 2005

Remembered by family and friends

Owen Schell

February 25th 2006

Remembered by his parents Nicole & Fred

Zachary Dyszuk

February 26th 1988

Remembered by his parents Barbara & Paul

Jeremy Dam

February 27th 2005

Remembered by his parents John & Cindy, step-parents Theresa & Ed & sisters Alicia & Jessica

Shae-Lynn Pardy

March 4th 2003

Remembered by her parents Denise & Drew

Navian Gray

March 5th 2005

Remembered by family and friends

Earl Keller

March 6th 1999

Remembered by his wife Pat

Rowan Fox

March 6th 2009

Remembered by his parents Steve and Michelle

Daniel Pietryk

March 7th 2008

Remembered by his parents and older brother David

Jeffrey Scarfone

March 8th 1998

Remembered by his parents Lori & John & brothers Eric & Ryan

Andrew Wagner

March 10th 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

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 Joshua 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

Tiffany Mahoney-Holtzauer

March 21st 2004

Remembered by her father Ross, sister Nicole & grandmother Joyce

Joshua Weinstein

March 21st 2006

Remembered by family and friends

Franz Clausing

March 23rd 1994

Remembered by his wife Theresia & 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 2004

Remembered by wife Marlies

David Lungair

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

Mark your calendars:

Next Newsletter	April 1st, 2010
Indoor Golf Classic	March 24th to 26th, 2010
12th Annual Golf Classic	June 5th, 2010
13th Annual Butterfly Walk to Remember	September 12th, 2010

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 information on upcoming groups please call, Dena at 519-745-2195

Living With Loss in Kitchener will continue the first and third Tuesdays of each month 7 p.m. to 9 p.m. at Westmount Funeral Chapel, 1001 Ottawa Street South, Kitchener.

Bereavement Walking Group

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

Home Instead Senior Care

Caring for a senior loved one can be a rewarding experience but sometimes you need a little help. Whether help is needed a few hours a week or 24 hours a day, Home Instead Senior Care can support your loved one with their housekeeping, meal preparation, laundry, incidental transportation, and medication reminders. Companionship is intrinsic to everything we do and helps us encourage safety and quality of life for our clients, wherever they call home. Please call 519-571-1665 or visit us at www.homeinstead.com

Planning for your Future Informational Seminars

Whether you're getting information for your parents, pre-planning for yourself or perhaps are just curious about the subject, this seminar teaches you about funeral services and the various choices available when it comes to final resting-places.

All seminars will be held at the **Dedication Centre** (Chapel near back of cemetery) at **Williamsburg Cemetery** at 1541 Fischer Hallman Road in Kitchener. Feel free to bring a friend and a light lunch / dinner will be served. Weather permitting; there will be a walking tour of the cemetery's expansive grounds.

Dates and times are subject to change so please RSVP to confirm at **519-741-2880** or kitchener.cemeteries@kitchener.ca

Date	Time
Thursday May 20th	12:00 - 1:30 p.m.
Wednesday June 9th	5:30 - 7:00 p.m.
Thursday September 16th	12:00 - 1:30 p.m.
Tuesday October 5th	12:00 - 1:30 p.m.

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Bereaved Families of Ontario - Midwestern Region | 3570 King St. East | Kitchener | Ontario | N2A 4A5 | Canada

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