

THE COMPASSIONATE FRIENDS

A self-help organization offering friendship and understanding to bereaved families

FEBRUARY 2012

Inside Valley Forge

Meetings are on the first Thursday of every month at 7:45PM (ending at 9:30PM). We meet at Good Shepherd Lutheran Church Fellowship Hall, Valley Forge and Henderson RDs, King of Prussia, PA. Phone **on meeting evenings only** is 610-265-0733. All other times please call Rhonda at 484-919-0820.

Meeting Schedule and other TCF Events of interest Please Mark Your Calendar

Feb 2 General Sharing

Mar 1 General Sharing & Death by Suicide

July 20-22, 2012 34th TCF National Conference &
5th International Gathering, Cost Mesa, CA
(see page 10)

We encourage newsletter writings from our members. You may also submit articles written by others, please include the author of all articles submitted. **The cut-off date for newsletter entries is the 15th of the preceding month.**
ARTICLES SHOULD BE SENT TO THE NEWSLETTER EDITORS.

There are no dues or fees to belong to The Compassionate Friends, or to receive our newsletter. Your tax deductible donations (which we call love gifts) given in memory of your loved one enables us to defray the cost of chapter expenses, particularly the newsletter, meetings, and our outreach to the newly bereaved. **Please include any special tribute you wish printed in the newsletter along with your gift.**

If you donate to **United Way** at your place of work, and wish your contribution to go to the Valley Forge Chapter of The Compassionate Friends, you may do so by entering: **The Compassionate Friends - Valley Forge Chapter United Way ID# 04-104.** on your pledge form.

**PLEASE MAKE ALL CHECKS PAYABLE TO:
TCF VALLEY FORGE CHAPTER
SEND TO: CHAPTER LEADER
RHONDA GOMEZ**



Valley Forge Chapter

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JANUARY REFRESHMENTS

Nina Bernstein, in memory of **Molly's** birthday (my son, Andrew's girl friend).

Refreshments may be donated in memory of loved ones, please call **Rhonda (484)919-0820**, or you may sign the refreshment chart located on the refreshment table

LOVE GIFTS

The following love gifts did not reach the newsletter editors before the January newsletter had been taken to the printer:

Audrey Morasco, in loving memory of my dear son **Christopher Morasco** (35)
With much love.

Joan & Sheldon Plam, in loving memory of our beloved son **Michael Tobiah Plam**
on his 36th birthday. We love and miss you.

Robert & Margaret Rooney, in loving memory of our daughter
Sharon Rooney (16).

Fred & Irene Sutton, in loving memory of our son **Jim Sutton** (21).

Nina Bernstein, in loving memory of my son, **Andrew** (20).

Rose Cote, in loving memory of my son, **Mark J. Cote** on his anniversary March 26th

Kathleen & Robert Grossi, in honor of our son, **James Michael Grossi**
on his anniversary January 28th.

Nancy & Gerry Hall, in memory of our beloved son, **Douglas Byron Hall**
on his birthday January 25th.

Marie & Ken Hofmockel, in loving memory of our son, **Douglas** on his 30th anniversary.

Ken, Vivian, & Kenny Maahs, in loving memory of our daughter/sister **Kirsten** (23).

Maryellen & James Madden, a Christmas Remembrance
in memory of our daughter **Anne Marie** (15).

Connie & Dick Nolan, in memory of our son **Christopher's** 51st birthday 2/9.
We miss him every day of the past 16 years.

Toni & Tony Riccardi, in memory of our son **David** on his birthday February 17th.

Frank & Dolores Yanni, in loving memory of our son **David Yanni** (23).

RESPONSE FEATURE ON VALLEY FORGE WEBSITE

The Valley Forge website (www.tcfvalleyforge.org) has a feature for you to leave comments and suggestions that you would like to see in the Chapter Program. Please voice your opinions on how the Chapter is being conducted, and ways we might improve the program. The chapter belongs to all of us, please support it.



Achieve with us.

December 20, 2011

Compassionate Friends
C/O Rhonda Gomez
12 Brooke Circle
Glenmoore, PA 19343

Dear Ms. Gomez,

Thank you, thank you, thank you for understanding the need and empowering people with intellectual and developmental disabilities in Chester County. You join many other committed and motivated people who choose to invest in The Arc of Chester County and the future of those we serve. For that, we thank you.

Every gift is appreciated and your generous donation of new toys for children of Arc families helps us provide the best quality services and support to children with disabilities.

So many remarkable things have happened here at The Arc of Chester County over the past 60 years, and we have much to celebrate. Most importantly, we celebrate those who make it all possible. Together, with your support, we can continue to make a difference in countless lives of children and adults with intellectual and developmental disabilities for another 60 years.

Thank you again for your thoughtfulness. We look forward to seeing you at an upcoming event or for a visit here at The Arc. Thank you for caring, thank you for believing, and thank you for joining in the quest to *achieve with us*.

Sincerely,

Catherine Binz
Development Assistant



The official registration and financial information of The Arc of Chester County may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania 1-800-732-0999. The Arc of Chester County is a 501(c)(3) nonprofit organization—contributions to which are tax deductible to the fullest extent permitted by law. No goods or services were received in exchange for this contribution. Please retain this letter for tax purposes.

OUR CHILDREN & SIBLINGS LOVED, SADLY MISSED AND REMEMBERED

Each month some of us must face those special, but difficult days of birthdays and anniversaries.

This month we ask your thoughts and prayers for the parents/siblings/relatives of the following.

**We will no longer list the birth and death years of deceased persons in our newsletter.
We have concerns this information could be misused, and result in an adversity for the families.**

FEBRUARY BIRTHDAYS

We regret the omission of the following listing in the January 2012 newsletter:

Weldon & Marie Tyson, daughter *Lisa M. Tyson* 1/22.

Madeleine Adler, son *J. Peter Adler* 2/5
William & Charlotte Bodulich, son *William W. Bodulich* 2/14
Ann Bruner, sister *Katy Wade* 2/8
Donna & Gregory Class, daughter *Megan Maria Class* 2/7
Liz & Scott Conaghan, brother *Jan* 2/6
Jane Cox, son *Bill* 2/21
Bud Cunnane, son *Patrick* 2/14
Marie D'Angelo, son *Mark Anthony* 2/15
Jim & Ruth Fairley, son *David Fairley* 2/5
Rochena & Pat Fatale, son *Mark Longan* 2/21
Charlie & Jill Fick, son *Michael Sternberg* 2/10
Laura Giordano, son *Peter* 2/12
Marian Glennie, daughter *Susan Martini* 2/28
Sandra Greenly, son *Michael Greenly* 2/18
Cathy Grosshanten, son *Gary* 2/16
George & Kay Hartman, son *Thomas R Hartman* 2/4
Jean & James Hayden, son *LCDR. Timothy M. Hayden* 2/17
Othell & William Heaney, son *Kevin* 2/14
Nora & Peter Heiss, daughter *Noreen Schmucker* 2/15
Kimberlee Hills, brother *Chuck Hills* 2/10
Charles Hills, son *Chuck Hills* 2/10
Thomas & Virginia Hoesch, son *William E. "Buddy" Hoesch* 2/16
Marlene Hoffman, brother *Barry Hoffman* 2/4
Sally Ivory, son *Jimmy Ivory* 2/4
Joan Jagers, son *John Costello* 2/17
Deborah Keevill, son *Brandon* 2/23
Shirley & Philip C. Kennedy, son *Philip V. Kennedy* 2/22
Margaret & Edward Kiefski, Sr., son *Edward Kiefski, Jr.* 2/11
Lynette Lampmann, son *Shawn* 2/10
Carole LaSorsa, son *Stephen* 2/17
Herb & Adaline Leir, daughter *Kimberley Dawn Leir* 2/8

FEBRUARY BIRTHDAYS continued

Liz & Joe Loeper, son *Jamey* 2/27
Julie & Richard May, son *William L. May* 2/25
Jennifer McGowan Clark, brother *Joseph McGowan* 2/25
Sue McMaster, cousin *Laura* 2/28
Kathleen Mitchel, brother *Jeffrey Hathaway* 2/19
Audrey Morasco, son *Christopher Morasco* 2/22
Mary Mulholland, son *Joseph McGowan* 2/25
John & Mary Ann Murphy, daughter *Maureen Murphy* 2/13
Dale & Helen Ninneman, son *Dale Ninneman II* 2/24
Connie & Richard Nolan, son *Christopher Nolan* 2/9
Emil Nunez, son *Oliver Nunez* 2/12
Robert & Jean Phillips, son *Robert Phillips* 2/23
Carol Phipps, daughter *Casey* 2/18
Joan & Earl Reigel, daughter *Melissa Reigel* 2/19
Thomas & Jeri "Bubbles" Reinert, mother *Theresa Volpe* 2/27
Tony & Toni Riccardi, son *David Riccardi* 2/17
Jacqueline Rider, son *Matthew Rider* 2/14
Barbara Rossman, daughter *Kickole Lyn* 2/13
Linda Sandlin, brother *LCDR. Timothy M. Hayden* 2/17
Bernice Scheinfeld, son *Richard Scheinfeld* 2/18
Frank and Kay Shinnners , son *Erik Shinnners* 2/22
Janemarie Smith, daughter *Beth Jovanovic* 2/6
Margaret & Wade Stallard, son *Wade Hampton Stallard, III* 2/21
Elaine & Joe Stillwell, son *Denis E. O'Connor, III* 2/4
Robert & Nancy Thompson, friend *J. Peter Adler* 2/5
Esperanza & Libardo Toro, daughter *Maria Eugenia Toro* 2/9
Barbara Torrens, brother *Robert Birmele* 2/18
Mek Wagner, daughter *Paige* 2/1
Henry & Elizabeth Weaver, grandson *Donald Smith, Jr.* 2/24
Gisela Witte, son *Bruce G. Edlund* 2/24

FEBRUARY ANNIVERSARIES

Mark Adler, brother *Matthew* - 2/19
Gary & Phyllis Adler, son *Matthew* - 2/18
Marilynn Anton, cousin/godmother *Douglas Hofmockel* - 2/7
Nina Bernstein, son *Andrew Voluck* - 2/9
Lisa Connolly, daughter *Elyce Pindjak* - 2/10
Janet Cozzone, daughter *Jesika* - 2/19
Allison Crowder, daughter *Amber* - 2/21
Emilie Degville, daughter *Madeline* - 2/3
Harold & Marcia Epstein, grandson *Andrew Voluck* - 2/9

FEBRUARY ANNIVERSARIES continued

Danielle Evelyn, son *Samir* - 2/12
Rita & Thomas Gibbons, daughter *Patricia Gibbons* - 2/1
Jack & Freda Gross, daughter *Linda Joy Gross* - 2/25
Kimberlee Hills, brother *Chuck Hills* - 2/24
Charles Hills, son *Chuck Hills* - 2/24
Marlene Hoffman, brother *Barry Hoffman* - 2/12
Marie & Ken Hofmockel, son *Douglas Hofmockel* - 2/7
Robert Huss, son *Daniel* - 2/27
Judy Kahl, son *Mark* - 2/16
Barbara & Michael Kaner, son *Max Steven Kaner* - 2/7
Sandi Kensicki, sister *Rose* - 2/5
Tobie & Herman Kessler, daughter *Beth Kessler Waasdorp* - 2/9
Lynette Lampmann, son *Shawn* - 2/13
Sue Lawlor, son *Jim* - 2/17
Janet Leflar, son *Scott* - 2/22
Marie MacCaughern, daughter *Theresa Peazzoni* - 2/7
Mary MacFarland, son *Marc* - 2/12
Carl & Josie Malitsky, daughter *Cynthia Malitsky* - 2/8
James & Mary Beth Mattiford, son *Scott Mattiford* - 2/26
Debra McKinley - Hastings, brother *Ken* - 2/17
William & Carol Meehan, son *Patrick W. Meehan* - 2/11
Alexandra Milas, sister *Demitra Vallianos* - 2/17
Jeffrey & Christine Miller, daughter *Teresa Leanne Miller* - 2/20
Andrew Miller, daughter *Perri* - 2/5
Leonard & Thelma Miller, son *Lowell Bruce Miller* - 2/23
Betty Miller, husband *Dick Miller* - 2/8/11
Kathleen Mitchel, brother *Jeffrey Hathaway* - 2/27
Fran & Kathy Moran, daughter *Denise Nicole Moran* - 2/3
Anthony & Mary Morrell, son *Andrew Michael Morrell* - 2/2
Aminah Na'im, son *Dawann* - 2/14
Kathy Nicholson, son *Frank* - 2/3
Dale & Helen Ninneman, son *Dale Ninneman II* - 2/29
John O'Rourke, son *Brian J. O'Rourke* - 2/25
Carol Phipps, daughter *Casey* - 2/16
Thomas & Jeri "Bubbles" Reinert, son *Thomas Reinert, Jr.* - 2/19
Susan Reynolds, son *Craig Anderson* - 2/3
Jacqueline Rider, son *Matthew Rider* - 2/14
Sandra & John Salemmo, son *John C. Salemmo, Jr.* - 2/12
Pamela Schneibolk, brother *Douglas Hofmockel* - 2/7
Priscilla Shober, son *Jeffrey R. Shober* - 2/2
Penny & Steve Stanaitis, daughter *Mikayla Faith* - 2/20

FEBRUARY ANNIVERSARIES continued

Ellen & Frank Svitek, daughter *Kate Elizabeth Svitek* - 2/9
 Mary Ellen Swider, daughter *Kelly Swider* - 2/8
 Elaine & Tim Thomas, son *Seth Peterson* - 2/9
 Marilyn & Ed Toole, son *Ted Toole* - 2/26
 Ann VanLandingham, daughter-in-law *Rita VanLandingham* - 2/12
 Laura & Leo Weishew, brother *Steven McGowan* - 2/2
 Terry and Bob Wolfe, son and stepson *Steven Moyer* - 2/15
 Rose Yanni, nephew *David Yanni* - 2/10
 Anthony & Cindy Zalesky, grandson *Max Zalesky* - 2/12

BOOK REVIEW

Robin's Wings: Lessons from My Daughter on How to Grieve for My Only Child

Robin Joy Sillau and Holly Snow Sillau

Holly and Robin, mother and daughter, share their heartfelt words with readers. You'll discover Robin's intuitive advice to her mom about how to handle the grief Holly is faced with upon the unexpected death of her only child. Holly finds, in the writings Robin left behind, comfort, guidance, and soul-searching warmth, all of which are helpful navigational tools for learning to incorporate deep grief into her new existence. Bereaved parents, and anyone experiencing loss, will surely benefit from the expressive reflections of both of these courageous women.

You can find the book on amazon.com. On the book's amazon page, you can read several reviews, and you can also use the "look inside" feature provided by amazon to see a few pages from the book's interior. All proceeds from the sale of this inspiring book will go to the Robin Joy Sillau Memorial Research Fund for Connective Tissue Disease at New York City's Hospital for Special Surgery.

Praise for *Robin's Wings*

"*Robin's Wings* is an extraordinary message of hope and comfort for anyone grieving for a child, a sibling, or any loved one. Holly Sillau, Robin's mother, shares her daughter's powerfully honest writings in which we discover Robin's ways of coping with her own chronic illness. Holly tells us how those acts of strength and optimism have helped her live with the loss of her only child. Besides being a helpful tool for grieving parents, this book will prove immensely useful to therapists, counselors, social workers, clergy, and everyone who works with the bereaved."

William Coleman, MD
 Professor Emeritus, Developmental-Behavioral Pediatrics
 University of North Carolina
 Bereaved Parent

"After losing her only child, a mother lives on, guided by the wisdom in the writings left behind by her daughter. In *Robin's Wings*, Holly shares Robin's words with readers and includes poetry and prose of her own. We who have survived the death of our children are provided by these brave women with tears, laughter, and a powerful map to use as we travel through our grief and learn to embrace our new reality."

Dennis K. Riggs, MAEd
 Program Manager
 Mental Health Services, QC Inc.
 Triangle Region

"*Robin's Wings* is a wonderful tribute to Robin, whose mother, Holly Sillau, has written through her intense and contemplative grief. I, too, am a bereaved parent, and I found that this book has offered me a mixture of calming reflection and welcome laughs, and it has certainly helped me with my healing journey."

Becky Loflin, The Compassionate Friends
 Chapel Hill, NC



Robin's Wings

Lessons from My Daughter on
 How to Grieve for My Only Child

Robin Joy Sillau and Holly Snow Sillau

SHARED THOUGHTS ON TEACHING GRIEF WITH LOVE

Sometimes society sets an unacceptable length of time for our grief. It is very difficult for those who have not experienced the loss of a child or sibling to know the depth of despair we must go through. They don't want our pain to become their pain, so they try to get us to concentrate on happier thoughts to ease their uncomfortable feelings. Frequently they are being all they can be to us, they are not capable of knowing our needs. We don't know how to help ourselves, so it is unfair to expect friends and families to know the right thing to say and do. Perhaps, we should review our responses prior to our loss. Did we know what was appropriate, or did we too, try to do things to make them "get on with their life"?

Perhaps, it is our responsibility to teach the world about grief. But it must be done in a very positive manner, to be properly received. It is very important to thank those who "allow us to grieve", and for us to express the need we have to do so. Many times friends and families are very frustrated, because they don't know how to help us.

The Compassionate Friends has taught me to be honest, to express my feelings, taking as much time as needed to grieve, speak of my deceased child without apologizing, knowing it is all right to be mad, sad, or glad. Just knowing all feelings are normal, in this very abnormal situation, has contributed much to my healing.

After 30 years, I have built a new world that is tolerable and livable. This world includes all the memories of Doug, there is never a day that passes that I don't remember and speak of him. The memories are fresh, but most times these are pleasant memories of his life, that lasts for moments or minutes, and bring pleasure. I don't have the all consumed raw grief I once knew, and which dominated my life. For me, the healing has come through the freedom of grieving, which I have learned from those before me.

We have learned much about grief, and it needs to be taught to others outside of The Compassionate Friends. You are the experts, you have been there. Teach it with love and not anger, and it will be much better received. It is much more affective to say what you need, rather than condemn for what you did not receive. We at Compassionate Friends treat one another with much love, and we know it works. We should extend that treatment to those we meet outside our group.

God Bless, **Marie Hofmockel**, TCF Valley Forge, PA

A SIBLING SPEAKS OUT

What happens to the children when a Brother or sister dies? In some ways it is a very different experience from that which parents go through, while in others it is very much the same. Part of the reason for the difference is that the child who has died has a unique relationship with each family member. Part of the reason for the similarity is that all have suffered a loss.

One of the strongest desires expressed by siblings is that they are much more likely to want to return to a normal routine. They want to return to school fairly quickly and to go out with their friends. They want their parents to stop crying, not because they don't care but because they do care and want to see the hurt stop. Just because a child wants to go to a movie doesn't mean he isn't grieving. I think that children are much less exposed to socially "appropriate" behavior after someone has died and may do things that do not fit into an "appropriate" role.

Another strong feeling I see is that of guilt. As much as parents know about their children, there are some things they will never know. A child's private thoughts, or an exchange between children, may never come to the parents attention. The source of child's guilt is frequently the result of an argument, a hastily shouted "drop dead," or a similar fleeting thought. These incidents come back to haunt children, as though one such incident had something to do with the death.

There are a few more concerns that may develop. One is how to take over for the dead child--for example, the household chores that were always done by him or her, but that now have to be done by someone else. Related to this concern is a situation in which a child always shared a particular activity simply because the sibling did it too. After the death, the surviving sibling may feel compelled to continue the activity, because to give it up would be to take away a reminder of the dead sibling. Another concern is that whatever happened to the brother or sister may happen to the survivor. This is particularly acute if the sibling who died was older. As the child approaches the age of the sibling when he or she died, a feeling of anxiety may develop. Many children realize this fear to be groundless but find themselves wondering if they will survive. Consequently, birthdays are often occasions with unexpressed conflicts.

Children also share some of their parents' feelings: the loneliness, the looking for comfort, the feeling that no one else really knows what they're going through. They also share unanswerable questions:

"If I could have . . . ?" and "What if . . . ?"

A child's life is changed forever when a brother or sister dies. If I could advise parents, it would be to say, "Children do not grieve the same way as parents do because of different relationships. Keeping these differences in perspective will help you understand why children sometimes do the things they do. It helps to consider a child's point of view when you are hurting so much. During such an emotionally draining time as grieving, don't leave anything to chance, don't assume anything. Making sure you and your children are aware of each other's feelings will mean less confusion, less tension, more sharing, and more growing together as a family."

Julie Peterson TCF, Pawtucket, RI

Astronomical . . .

A word that can describe
Events of the solar system,
Galaxies and planets.

Astronomical . . . to describe
A huge vast dark space.

Astronomical . . .
When I think of how
Your loss has impacted my life.

Astronomical grief
When I see these wonders
And know
You're gone.

Astronomical . . .
Vast emptiness and tears for stars.

Jamie Cote Weaver
TCF Valley Forge, PA

- M The miracle of life. Your life was a gift to all of us.
A The artist, whose talent with drawing, painting & writing was priceless.
R A real human being, not fake or pretentious.
K Your kindness and goodness to others and willingness to help people.
- J The jokes and funny things you always did.
O The outrageously funny laugh anyone could easily recognize from afar.
S Your sensitivity made you the very special person that everyone knew and loved.
E Exceptional mind and human virtues.
P Such a wonderful personality that made everyone smile.
H So many happy memories of all the wonderful times we all had together.
- C You were so very creative, you could always make something out of nothing.
O One of a kind, your spirit lives on and you can never be replaced.
T From those you inspired to live life more fully; never shall we let your life be forgotten.
E Eternity, with God and at peace.

Denielle Cote, TCF Valley Forge
I love and miss you Mark.

**TCF 2012 National/International Conference Costa Mesa, California
Site of 35th TCF/USA National Conference; 5th International Gathering!**

The combined conference will be held July 20-22, 2012 in Costa Mesa, California.

A final lineup of popular keynote speakers is as follows:

Lois Duncan, a bereaved parent, and a prolific and award winning author of 48 books.

Kathy Eldon, a bereaved parent, journalist, author, producer, and activist.

Darcie Sims, a bereaved parent, always popular international keynote speaker, a certified grief management specialist. Co-founder of Grief, Inc. Darcie is a well known and respected author and speaker.

The Reverend Canon Simon Stephens, founder of The Compassionate Friends worldwide and bereaved sibling, will travel from his home in Moscow to share his thoughts with the large International and U.S. crowd that is expected to gather.

More than 100 workshops will be held on most topics related to grief after the death of a child. Special excursions are being planned for Wed, July 18 through Mon, July 23.

Hotel Reservations Now being Accepted!

You can now make reservations for the conference host hotel. To reserve your room online, please go to Online Reservations or reservations directly to the hotel at 714-540-7000. Room charge is \$129 per night plus 11% tax. Complimentary shuttles will run every 20 minutes between the hotel and John Wayne Airport (SNA). On-site parking for conference guests is \$7 per night or Valet \$25.00 per night.

STRENGTH

In the early days of my grief,
A tear would well up in my eyes,
A lump would form in my throat,
But you would not know - I would hide it.
For the strong do not cry ...
And I am strong.

In the middle days of my grief,
I would look ahead and see that wall
That I had attempted to go around,
As an ever-present reminder of a wall
yet not scaled.
Yet I did not attempt to scale it,
for the strong will survive ...
And I am strong.

In the later days of my grief,
I learned to climb over that wall step by step,
Remembering, crying, grieving,
And the tears flowed steadily as I
painstakingly went
For the way was long, but I did make it ...
For I am strong.

Near the resolution of my grief,
A tear will well up in my eyes,
A lump will form in my throat
But I will let that tear fall
And you will see it.
Through it you will see that I still hurt
And I care ..
For I am strong.
Terry Jago, TCF, Regina, Canada

Look at yourself in the mirror.
Say to yourself "It is hard to lose a child."

Say to yourself "It is reasonable to hurt."
Say to yourself "Healing takes time."
BE GOOD TO YOURSELF
Sascha Wagner

BIRTHDAYS THAT WILL NEVER BE

Today is your birthday and here I stand,
at your grave with flowers in hand.
For this is the day that you were born,
that you are not here, it's a day to mourn.
I stand here and tears run down my face,
I want to hold you and feel your embrace.
To hear "I love You" just once again,
to have things the way they should have been.
It hurts that flowers I have to give you,
that parties and presents will no longer do.
To sing "Happy Birthday" with ice cream & cake,
that this can't be makes my heart break.
Because all I have are the ones gone past,
the birthdays of yesterday will have to last.
But I wish you "Happy Birthday" and remember
those days,
of your joy and laughter and gentle ways.
In that time you were such a pleasure,
I'm thankful the memories are mine to treasure.
This day will never be the same for me,
as I think of birthdays that will never be.

Rose Cote
TCF Valley Forge, PA

A River of Tears
My mother does cry
Her heart is broken
We all know why
No greater loss
Her son has died

Questions unanswered
This unfortunate death
Immeasurable pain
With every breath
Comfort for pain
Is a daily exchange
Only Love and Hope
Survive and sustain
Danielle Cote
TCF Valley Forge, PA