

The Compassionate Friends

The Modesto Area Chapter of The Compassionate Friends

Supporting Family After a Child Dies

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

www.modestoriverbanktcf.org

September 2020

tcfmodestoriverbank@gmail.com

MONTHLY MEETING

7:00 PM

Bridge Covenant Church

2201 Morrill Road

Riverbank, CA 95367

(Corner of Oakdale Rd and Morrill Rd)

The meeting scheduled for

Monday, September 14th

will be conducted as a

Zoom meeting online

Upcoming Meetings

October 12th

November 9th

December 14th

Visit us on Facebook
The Modesto Area Chapter
of TCF



Find us on Instagram at
[Modestoriverbank_tcf](https://www.instagram.com/modestoriverbank_tcf)



Our Mission

The mission of The Compassionate Friends:

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

MESSAGE LINE

(209)622-6786

If you leave a message a steering committee member will return your call.

2020 Steering Committee

Tracey Parker

Chapter Leader

Devon Homme

Secretary

Elsie Freeman

Treasurer

Janet Neal

Outreach Coordinator

Lori Leitner

Hospitality & Library

Chad Homme

Public Relations

Kris Leitner

Newsletter Editor

Mike & Suzanne Casity

Website

You are stronger than you know ... braver than you think ... and more loved than you can imagine.

Zoom Meeting Instructions

****NOTE: Meeting Link information will be sent in a reminder email 2 or 3 days prior to the scheduled meeting.***

Zoom Instructions for Participants Before a Videoconference:

1. You will need a computer, tablet, or smartphone with a speaker or headphones. We suggest that you download the app a few days before the meeting.

How to Join a Zoom Meeting:

The same steps apply to both your desktop & your device.

Join the videoconference using a Meeting Link:

1. If you have a meeting link (sent via email 2 or 3 days prior to the meeting), just click on it or paste it into your web browser to join the meeting.
2. You have an opportunity to test your audio at this point by clicking on “Test Computer Audio.” Once you are satisfied that your audio works, click on “Join audio by computer.”

Join the videoconference using a Meeting ID:

1. Open the Zoom app & click on the “Join” icon.
2. Copy & Paste or type in the meeting ID # & click “Join”
3. You have an opportunity to test your audio at this point by clicking on “Test Computer Audio.” Once you are satisfied that your audio works, click on “Join audio by computer.”

Join using the Call-in Option:

1. On your phone, dial the teleconferencing number Teleconferencing Number to call into the meeting (669) 900-6833.
2. Enter the Meeting ID number (included in the reminder email that will be sent 2 to 3 days prior to the meeting) when prompted followed by the pound sign

Using the icons in the lower part of the Zoom screen, you can:

- Mute/Unmute your microphone (far left)
- Turn on/off camera (“Start/Stop Video”)
- View Participant list – opens a pop-out screen that includes a “Raise Hand” icon that you may use to raise a virtual hand
- Open the chat window to chat with others in the meeting
- You will also see a choice to toggle between “speaker” and “gallery” view. “Speaker view” shows the active speaker. “Gallery view” tiles all of the meeting participants.

If you are still having trouble signing into Zoom or you need a short tutorial to help you navigate signing in to a meeting, click on the link below:

<https://www.naturalvita.net/how-to-use-zoom-step-by-step-for-beginners-complete-guide>



ALL EVENTS AND ACTIVITIES REMAIN CANCELLED OR
POSTPONED UNTIL FURTHER NOTICE



OUR CHAPTER PHONE TREE

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

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



American
Foundation
for Suicide
Prevention

Out of the Darkness Walk

“Virtual Experience”

While the Out of the Darkness Walk in Modesto is going to look different this year, our mission to **Save Lives and Bring Hope to Those Affected by Suicide** has not changed. We invite you to join us on **10/03/2020** for the **Modesto Out of the Darkness Experience**. We're working hard to plan meaningful opportunities to connect and inspire you, and we will share more details about our exciting plans in the coming weeks, so check the web page often. We want to keep you up-to-date with all the most current information so be sure to register and be a part of this very special experience!

[Register Now](#) (click on the link to register)

Event Details

Out of the Darkness Experience: **10/03/2020**

Location: Livestream location will be shared as event nears

Out of the Darkness Experience Time: **10:00 am**

For more information, please contact:

Norm Andrews (209)345-0601 or nandrews6863@charter.net



Child Loss: Finding Courage to Face the Future



I think it was somewhere around two months from Dominic's departure when my heart realized life was moving forward whether I granted permission or not. Not only folks on the fringes and the "bigger world out there" but close by-in my own family, my own circle of intimate friends-people were making plans, having birthdays, going places and doing things. I wanted to scream.

Could the world not take more notice that it was absolutely NOT business as usual? Was I the only one whose heart was so shattered that the thought of another sunrise was painful? How could I walk into a future that didn't include Dominic? By the grace of God, I did it.

No one can keep the world from turning, the sun from rising, time from ticking by. But it took a great deal of strength and courage. First it was a "grin and bear it" kind of courage. I strapped on my armor and tucked a hankie in my pocket. I could show up and smile (a bit), talk (awhile) and muddle through.

Sometimes it didn't go so well. I had to apologize and leave early. And I was always exhausted. Then it was an "I'm going to be present for my family" kind of courage. The last thing I wanted to do was shortchange my earthbound children. I worked to get a better handle on my thoughts and emotions. I learned how to pre-grieve major events and milestones. I found I could bring Dom with me by wearing a meaningful piece of jewelry or tucking a keepsake away where I could touch it if I needed to.

I was able to laugh (most of the time), make small talk and write dates on the calendar again.

Now the courage that helps me hold on as I'm pulled forward into the future is informed by the fact that every passing day is one day closer to the reunion my heart longs for. What first seemed impossible is now habitual. Sorrow and joy can coexist. I don't have to be empty of one to feel the other. The future is not my enemy-it's where I can and will love ALL my children, husband, family and friends well until the day we are in eternity together forever.

My love for Dominic is Background Music to everything I do. But it doesn't always demand my full attention. Sorrow is no longer all I feel and Dominic's absence no longer all I see.

Sunrise is still hard to face some days. My heart will always long for the time things were as they should be instead of how they are. But I'm thankful for the courage to step into the future even when I'm afraid.

<h2>Let's make a Coping Skills Toolbox!</h2>	<h2>What is it?</h2> <p>A Coping Skills Toolbox is a place for you to keep things that calm you down in periods of distress. If you have everything gathered in one place, it's easier to remember to use your coping skills, rather than using negative behaviors.</p>	<h2>Self-Soothing</h2> <p>(Comforting yourself through your five senses)</p> <ol style="list-style-type: none"> 1. Something to touch (ex: stuffed animal, stress ball) 2. Something to hear (ex: music, meditation guides) 3. Something to see (ex: snowglobe, happy pictures) 4. Something to taste (ex: mints, tea, sour candy) 5. Something to smell (ex: lotion, candles, perfume)
<h2>Distraction</h2> <p>(Taking your mind off the problem for a while)</p> <p>Examples: Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.</p>	<h2>Opposite Action</h2> <p>(Doing something the opposite of your impulse that's consistent with a more positive emotion)</p> <ol style="list-style-type: none"> 1. Affirmations and Inspiration (ex: looking at or drawing motivational statements or images) 2. Something funny or cheering (ex: funny movies / TV / books) 	<h2>Emotional Awareness</h2> <p>(Tools for identifying and expressing your feelings)</p> <p>Examples: A list or chart of emotions, a journal, writing supplies, drawing / art supplies</p>
<h2>Mindfulness</h2> <p>(Tools for centering and grounding yourself in the present moment)</p> <p>Examples: Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.</p>	<h2>Crisis Plan</h2> <p>(Contact info of supports and resources, for when coping skills aren't enough.)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Family / Friends Therapist Psychiatrist Hotline Crisis Team / ER 911</p> </div>	<h2>Put it all together!</h2> <p>Once you've gathered all of your items, put them together in a box or other container, decorate it to your heart's content, and put it in a place where you'll remember it. Then USE IT!</p>

♥ LOVE GIFTS ♥

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

In loving memory of ALL our beloved children

If you wish to make a Love Gift donation, please fill out the information below and send with a check to:

The Compassionate Friends
Modesto Area Chapter
PO Box 578713
Modesto, CA 95357

☐ Child, ☐ Sibling or ☐ Grandchild _____

Date of Birth _____ / _____ Date of Passing _____ / _____

Donation amount _____

Your Name _____

Telephone _____ Your email address _____

Your address _____ City _____ Zip _____

Would you like your gift listed in our monthly newsletter in memory of your child, grandchild or sibling?
The amount will remain anonymous Yes ___ No ___

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

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

Join us on our Instagram account page. You can find us at - [*modestoriverbankarea_tcf*](https://www.instagram.com/modestoriverbankarea_tcf)

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



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



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

www.modestoriverbanktcf.org



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1

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3

Turn on AmazonSmile

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