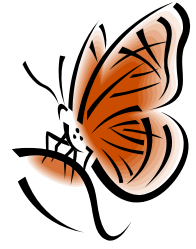


The COMPASSIONATE FRIENDS

Northern Lake County Illinois Chapter

August 2024 Newsletter

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



A Note from Susan

Dear friends, I hope this month of August finds you in good spirits and that your summer is going well. I am sharing an article, A Grief Shared, by Lynda Boucugnani-Whitehead this month. It is pages 4, 5, 6 & 7. It's very good and will speak to each of you, as you read the words and listen to her story. The article spoke to and reflected my challenges with grief and my missing of my son, Westley. I wish you all peace and comfort as we now navigate this different life we live, without our loved one with us.

We do have a few events in the next few months. The HeART Remembers is an evening of creating art in memory of your loved one. We will offer several possible projects. Family and friends are invited to join you for this event. Please review the notes in our Chapter events.

The Annual Candle Lighting Ceremony on Sunday December 8, 2024. The ceremony is held at the Milburn Congregational Church. We will have our Zoom Candle Lighting Ceremony on Thursday December 5, 2024. I will have detailed information about this event in the October newsletter.

Take Care,
Westley's Mom, Susan



Chapter Events

The HeART REMEMBERS Expressions of Love Through Our Hands

We are inviting you to attend The HeArt Remembers memorial "make and take" event for parents, grandparents, siblings and friends. The *HeART Remembers* ~ Creating art in memory of our loved one(s). Thursday September 19, 2024, at 7:00pm – 8:30pm. We will have our Compassionate Friends meeting and during the meeting each person may choose a simple craft project and create a very personal memorial of your loved one for you to take home.

~

What: Make your own memorial to your loved one by painting an inspirational rock, planting a small terrarium/pot, or creating a memory charm cable or memory pocket box. There will be coloring pages to explore and color.

When: Thursday, September 19, 2024.
7:00 p.m. – 8:30 p.m.

Where: Millburn Congregational Church
19073 W Old Town Court
Lake Villa/Old Mill Creek, Illinois 60046

Who: Susan Banks and the steering committee will facilitate the activities. Flyer on page 9.

The Northern Lake Co IL Chapter of The
Compassionate Friends

Questions? Contact Susan Banks at
lanwesmar@comcast.net or 847.366.9375



Chapter News

Upcoming events for our Chapter

August 1, 2024 ~ is our zoom meeting.

August 15, 2024 ~ is our in-person meeting.

Thursday September 19 The HeART Remembers.
We will create art in memory of our loved ones.

Saturday October 5 Adopt a Highway Clean – up,
rain date Saturday October 12.

Sunday December 8, 2024, Annual Candle Lighting Ceremony; The Compassionate Friends Worldwide Candle Lighting on the 2nd Sunday in December unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. *More information will be shared to our members.*

If you have any questions about the mentioned events, please call, email, or text Susan at 847.366.9375 or Lanwesmar@comcast.net

Chapter Meetings

Northern Illinois Chapter TCF #1511

<http://www.iltcf.org/index.html>

Zoom meeting

First Thursday of the month

7p.m. to 8:30pm

Susan Banks will email the
link to the meeting

Third Thursday of the month meets at

Millburn Congregational Church

19073 West Old Town Court

Lake Villa, IL 60046.

Park in the parking lot behind the church, enter through the double glass doors.

Open discussion

It's also ok to sit and listen and when you feel comfortable sharing, please share with us.



GIFTS OF LOVE

A love gift is a gift of money or of time given to the Northern Lake County Illinois Chapter of the Compassionate Friends. It is usually in memory of a child who has died, but donations can also be from individuals who want to honor a relative or friend who has died, a gift of thanksgiving that their own children are alive and well, or simply a gift from someone who wants to help in the work of your chapters. Love gifts are acknowledged each month in the newsletter.

"Gifts of Love" in remembering our children and siblings help to pay for Newsletters, Postage, Books for our Lending Libraries and Resources, Heart Remembers, Memorial Services, Candle Lightings, Telephone and Outreach, and Dues to the National TCF Office. Thank you.

Thank you, Rosita Hernandez, in honor of her daughter Victoria. For her donation:
In Loving memory of Mathew Moran, the beloved father of our 3 daughters.



@whatyourgrief



Our children, grandchildren and siblings loved, missed and remembered this month of August. Each month we remember the children who are sadly missed. Please take a few moments, place them in your thoughts, and remember them on their day together with their parents. None of us ever forget our special days and messages that say "I care" help us to get through them. Our children's lives will go on, if we remember them and celebrate their lives.

BIRTHDAYS

Lindsay Wilczynski	August 3	Daughter of Christine Pado
Jose Barrera	August 6	Son of Lorena Alcala & Orsy Barrera
Eder Alamilla	August 7	Son of Magda Alamilla
Andrew Perkins	August 12	Son of Richard & Thelma Perkins
Mickey T. (Michael) Lesniak	August 16	Son of Isabelia Lugo
Andrew Muno	August 18	Son of Darlene & Bart Muno
Kelsey Heaps	August 22	Son of Dawn Heaps
		Brother of Steven Heaps
Manuel Isaiah Garza	August 22	Son Of Vanessa & Roberto Grajeda
Lily Grace Kennedy	August 24	Daughter of Emily Kennedy
Brayden Szymczak	August 24	Son of Sarah & Matt Szymczak
Ashley Seay	August 25	Daughter of Mike and Shannon Seay
		Granddaughter of Dennis & Georgene Manley
Nicole Parfitt	August 30	Daughter of Robin Parfitt

ANNIVERSARIES

Lindsay Wilczynski	August 1	Daughter of Christine Pado
Adam Rubin	August 1	Son of Linda Rubin
Tony Trejo	August 1	Son of Marina Williamson
		Brother of Victor Trejo
Brian Keough	August 2	Son of Kathleen Keough
Jammi Shonlei Hui	August 5	Daughter of William & Joyce Hui
Pressley Suzanne McHugh	August 5	Daughter of Shawn & Kari McHugh
Sandra Elena Varela	August 5	Daughter of Sandra Prez
David Spannraft	August 12	Son of Elizabeth & Dan Spannraft
Danielle Trevithick	August 12	Granddaughter of Tony Trevithick
Barry J Grazier	August 13	Son of Robert & Mary Ann Grazier
Nathan Clyde	August 17	Son of Valerie Clyde
		Sister of Michaela Clyde
Christian Romero	August 17	Son of Veronica Romero Carlos
Dylan Smith	August 19	Son of Melissa Smith
Raphael E Vidal	August 20	Son of Raphael & Mirtha Vidal
Ryan James Nichols	August 22	Son of Jackie & Jim Nichols
James (Jim) Grazier	August 24	Son of Mary Ann & Robert Grazier
Lily Grace Kennedy	August 24	Daughter of Emily Kennedy
Michael Lee Brandon Hamilton		
Frederick	August 25	Son of Jan Frederick
		Grandson of Sharon Frederick
James McClintock	August 28	Son of Charles & Louise Knoll
Brandon Ward	August 30	Son of Marcy Reif
Justin Cody Ortega	August 31	Son of Susie Meggs

Please let me know if I have omitted a child, misspelled a name or have published an incorrect date. I know how important it is to bereaved families to have their children remembered.
 Susan Banks; lanwesmar@comcast.net 847.366.9375

A GRIEF SHARED

Pages 4,5,6 and 7.

Lynda Boucugnani-Whitehead, Ph.D.

This will not be the typical article you often see in a professional publication. There will be no references to scholarly works, no discussion of what has been gleaned from years of research, no statistics, no methodology. Rather, this will be a story from the heart, one that I hope may help psychologists first understand, and then do what they do best. I had the inspiration to write this article just a week or so before the tragedy in New York. In my frame of reference, following the horror at the World Trade Center and Pentagon and in Pennsylvania, perhaps this is divine inspiration- this is something I just have to do.

What is it like to live through such a profound grief, to have your whole life changed in an instant, to have much of your future taken away, and to find yourself in a world that you don't recognize?

We have all had at least a taste of this, as Americans, our lives have been changed by these events. There is a loss of a sense of security and for what we thought our future would be. But what about those people who have sustained a more profound and excruciating loss – the loss of a loved one who was treasured and so much a part of the fabric of your very life. What is it like to have that person taken away so abruptly, to one minute have that loved one beside you as a part of your dream, and the next to have that love ripped away from you? What do psychologists and other helping professionals need to know in order to help those who have sustained such a loss?

This story is very personal for me and, therefore, somewhat difficult to tell. As many of you know, my daughter, Maria-Victoria, was killed in an automobile accident just three blocks from my home as her brother was driving her home from school. A speeding driver ran through a red light and smashed into their car killing Maria-Victoria instantly. She was 13 years old. It was a normal day, bright and sunny and my life was going along as normal. My daughter was a beautiful, intelligent and accomplished person known for her extraordinary kindness and compassion for others. She was innocence and pure love blossoming into a leader of others and she was building the

confidence that could have taken her very, very far in this life. In one second she was here, in one second she was not. The fifth anniversary of her death was just 2 days after the New York tragedy.

Within a few months of her passing, I joined a group called Compassionate Friends, which is a self-help group for parents who have lost children. It was a very good move. It is said that the most profound loss a person can have is the loss of a child – I can tell you that this is the truth. However, for those who have not lost children, the most profound loss is the one they have experienced or are experiencing at the present time. Those of us in this group frequently lament about how ill-equipped others who have not experienced such pain and grief are in dealing with it. Ministers are often the focus of such discussions for example and we have often discussed how we can let others, especially professionals, know how it really is – what helps and sometimes, more importantly, what doesn't help. This is the purpose of this story – this Dialogue – to let my fellow psychologists know some things that in the future will help them be able to help. It is based on my own personal experiences as well as the numerous Compassionate Friends who have come into my life.

You have all heard or read about the stages of grief. The work that was done in this area by pioneers such as Elizabeth Kubler-Ross is very valuable in understanding the emotions of grief. Some professionals may feel that they can help people with grief because they have studied these stages and know the sequence by heart. Throw it all away. People who have sustained profound loss do not want to hear about the stages of grief – it's almost an insult. They do want to know that what they are feeling is normal, that they are not "crazy", that others have felt or done the same things. There is no sequence of grief – it is a constant, evolving journey with many diversions into emotional peaks and valleys along the way. It is a journey and it is never over.

It is true that at the time of the event you are in a state of shock and numbness. In my case after a telephone call, I made my way to the accident site. It was eerily quiet with cars backed up in four different directions at the intersection, so that I had to drive on the wrong side of the road to get there. When I got to the scene, I was no longer within myself, I must have dissociated. I felt like I was observing everything as if I was in a movie. The people in all the cars were watching me. I



imagined they were saying "that's the mother". I was aware that I was playing this "role". I imagine that many of the relatives looking for loved ones in New York must have felt this way too. At the hospital I was placed in a special room – meant to be a comfort but cut off from others. It did allow me to get out of the movie. What helped? Friends coming to be with me. You need to hold and touch people – you need them to hold you and just "be there" for you. What didn't help? Waiting 17 hours to be told whether my children were alive or dead. I already knew in my heart and soul that Maria-Victoria was gone from this life but to have a doctor finally come in and say in a cool and dispassionate manner that "your daughter is deceased" made me angry. A simple "I'm so sorry", a touch on the hand and some semblance of compassion would have endeared this doctor to me for life. Why is that so hard to do?

We are blessed with this state of shock that comes almost immediately after suffering a traumatic loss. It allows us to do the things we have to do. For many of us this is very, very important. I needed to make sure that Maria-Victoria had a wonderful, up-lifting funeral service that told the world about the wonderfulness of my little girl. I needed to write an obituary that would touch the hearts of Atlanta. I needed to comfort her teachers and students at her school, thereby comforting myself. I needed to be there for the hundreds of people who came to show they cared. Some people criticized the news coverage in New York of friends and relatives showing flyers of their missing loved ones saying it was exploitation. I spoke to them through my TV set saying – "you just don't get it – they need to do this – they need to let others know about the one they love – they need to feel like they are doing something to take care of them."

What helped me so much in the initial weeks after the accident were touches from the hearts of other people. I savored all the cards, the incredible amount of food from individuals and whole schools, letters and phone calls from people I had never met who were touched by my daughter's story and the physical presence of people I was close to. Such heartfelt gestures give life when life has gone out of your existence.

There is a time when you have to go back to work and start to live this new life. I was fortunate to have such a wonderful, supportive staff that literally carried me through that first year. Others are not so fortunate. Some have to go back to work just days after the funeral and are expected to

perform as if nothing has happened. When a traumatic loss has struck you, you are amazed and perhaps a little bit angry that the world has gone on. You say to yourself, "how can these normal things still go on – how can people laugh – don't they know the world has ended?" You think to yourself that you will never laugh again, that you will never feel joy again – it's incomprehensible to think that you could.

During that first year (time will vary among folks) you are literally "out of your mind". Believe it or not, there is actually a "physical pain", usually in your heart and chest area and all over your body at times, experienced by many that is excruciating, and you think will never go away. Mine lasted about 2 months and then just floated away. It was a relief to say goodbye to that constant companion. You are "out of your mind" because you think about your loved one constantly – probably a million times a day it certainly seems. That doesn't leave much room for concentration and memory. Those who have experienced such loss need to know that this is perfectly normal. It is perfectly normal to put the iron in the refrigerator. At work if you don't have support, you will certainly not be able to function like you used to. You may be able to do some things on "automatic pilot" but this is not the time to be making major decisions and you – and the business you work for – need to give you leeway for your memory lapses and perhaps loss of drive. Every day is a struggle just to get up and live. Every day you get up and live is an accomplishment. So be supportive and tolerant – make it a point to know about these cognitive disturbances, help the person you are helping to understand them. And – if you can – help their employers to know what to expect and how to give support.

There is no timetable for grief. It is highly offensive to the grief-stricken to hear things like, "you need to move on", or to receive messages that you are expected to be back to normal and "over it" in a certain time frame. I once had a principal come up to me about three months after Maria-Victoria died and say, "well, have you gotten over the death of your lovely daughter?" I swear this is true. My response was, rather curtly, "I will never get over it". This kind-hearted man had no clue about how much that remark hurt. Let me tell you that you never get over it. You are a changed, different person from the one you were before the death of your loved one. We don't want to get over it because that suggests that we can somehow let that love go. That brings me to the dreaded "C" word. A word hated by the bereaved

and one especially pertinent to those people who have loved ones missing in New York. The dreaded C word "closure". I hate that word. I am offended by that word. Most of the bereaved I know hate it too. There is no such thing as closure – you never get over it and quit expecting us to do it. People need to learn to say something else to describe people who need to have something happen before they can continue with their personal grief. Something like "relief from uncertainty" is more like it.

There is usually a lot of support and attention paid to the bereaved at the time of the loss and for a short time afterward. But after a while that support fades and contacts drop off. Many, if not all, of my Compassionate Friends report that this is a time when you know who your real friends are. Sometimes people don't know what to say and so avoid you. Especially in cases where children have died, people avoid you because they think it might be "contagious". If this most horrendous of nightmares happens to you, it could happen to me. I don't want to think about that, so I'll stay away from you. You may be shaking your head in disbelief, but it is true. Many find that family members are the least helpful. They do not want to bring it up because they think it will cause pain to you – but especially to them.

If you remember one thing from this story, remember what is in this paragraph. The most precious words a person who has lost a loved one can hear are their loved one's name. Say it over and over again. It will not bring pain – it has great potential to bring joy and to heal. MARIA-VICTORIA, MARIA-VICTORIA – hearing her name always lightens my heart. In the beginning, people need to tell their story – over and over again. Your job is to listen, to give a hug or show that you feel for them. It was important for those missing loved ones in New York or for those who knew their loved one had died, to "tell their story". This is a part of the grief process, and a way to validate the strength of their continuing love for their loved one. It is a way to honor them and, most importantly, to assure that they will not be forgotten. That is the greatest fear of those of us who have lost our children (and probably for other bereaved persons as well). We do not want our loved ones to be forgotten. You are doing the bereaved a wonderful favor when you bring up their loved one's name and when you reminisce about something that they did

or something special about them. It is a very, very special gift and so easy to give.

There can come a time when the bereaved person starts to refrain from bringing up their loved one's name or talking about them because they are afraid of making the other person uncomfortable. A lot of people don't know what to say and so they say nothing. You quickly learn who you can trust and who you can't to spill your heart to.

People are afraid that what they might say will sound awkward or mistakenly think it will bring pain. This then can be misinterpreted by the bereaved person as a sign that you don't care. Never say "I know just how you feel" because you don't – you have no idea. Never say, "I don't know how you do it – if it was me, I'd just die". My goodness, that implies that I must not have loved my child enough because I didn't die. What helps? A hug and saying, "I think about you often" – Just a heartfelt hug – "I was thinking about Maria-Victoria today" – "I know this is a hard time for you" – "I am so sorry".

I went to see a therapist for about a year after Maria-Victoria died. What I liked about her the most was that she told me at the beginning that she knew very little about dealing with grief but felt that she was going to learn a lot by our time together. She did learn a lot and I got a chance to tell my story, to process how my life had changed and to run through ideas about how to redefine my life and redefine my relationship with my daughter. In essence, in the long term that is what we, as psychologists, need to do to help others. When you have experienced a traumatic loss, you have to make a choice. You choose whether to retreat from life, to give up on life and what you held dear, or to grow from this horrendous experience. Making this choice is not easy, but it is a choice. You also have to redefine your relationship with your loved one. You may not have a physical relationship anymore, but you can choose to always have a strong and loving relationship. My feeling of connectedness with my daughter is very, very strong. She is very much a part of my life and will always be. I have redefined my relationship with her and do the things I want and need to do to keep our love and connection alive.

(Continued on page 7)

(A Grief Shared continued from page 6)

As you go on this grief journey, you do whatever feels right to do. There are no rules. In the beginning I would go to the cemetery and lay on a blanket and stroke the grass over her grave as if it was her hair. Imagine the sight of that to one that does not know. I still, after five years, have not washed the clothes from her clothes hamper (I probably never will). Before I moved, I would go into her bedroom at night, smell her sheets or sleep in her bed. I talk to her aloud every day. These are all perfectly normal things to do. As a psychologist, it is important to validate to the bereaved person that anything they want to do that brings them comfort is okay. We all have different ways of grieving, and we all need to respect these different ways.



I am a very different person from the one I was before my daughter died. I think I'm a better person (a lot of my friends think so too). What often comes out of tragedy is growth, often spiritual. I and everyone I know

in Compassionate Friends no longer have any fear of death. Death is the door to where my daughter is. When fear is gone (the worst that could happen, has already happened), it is a very freeing experience. You are less afraid of change, you are less tolerant of arrogant, insensitive people or of doing things that don't have meaning for you anymore and you put your energy toward the things that are truly meaningful in this world. That doesn't mean you don't go through periods of sadness and despair and have to pull yourself up time and again – of course you do –. You are not necessarily suffering from depression, but profound sadness and there is a difference. When you are depressed, you don't want to do anything, and you don't grow. When you are experiencing profound sadness, you still want to grow, to do things that will make a difference; you often feel compelled to do so.

As psychologists, and as friends or colleagues of those who have experienced a traumatic loss, we can help by supporting them on their own personal journeys, not by telling them where and when to go, but by being a friendly landmark along the way. We help by realizing there is no destination, not even an itinerary. At five years after my daughter's death, I probably think about my daughter about 500 times a day, rather than a million. Some would call that progress. I call it evolution.

A few days ago, after putting 5 heart balloons and flowers on my daughter's grave, I found a card and letter put there by one of her friends. What a gift to me and my daughter. I close this story with her words so that we can all remember what really matters.

*I thought I saw you dancing
but it was only the leaves in the wind
I thought I heard you laughing
but it was only the waves of the sea
I thought I felt you touch me
but it was only a moonlit dream.
but I know I felt you in my heart
because I miss you very much.*

I love you

I met a girl about a year ago who when I first saw her, I thought it was you. I had to take a double glance and every time since then, when I see her from a distance or run into her, I always think I see you! She favors you so much in appearance but I'm sure she could never be as loving, good-hearted and caring as you were. The angel ornament reminds me of you, always caring and watching out for others! Miss you more and more each day!

Friends Forever.

Love Always,

Kristen

Our love for
our children
will never fade.
It will only grow
as the time between
us expands. They
will never be replaced
nor forgotten, no
matter how the
rest of our lives unfold.
Their places in our
hearts belong to
them alone.

—Sarah J Burg // The Rising

“May Time Soften Your Pain” by Unknown

In times of darkness, love sees...
In times of silence, love hears...
In times of doubt, love hopes...
In times of sorrow, love heals...
And in all times, love remembers.
May time soften the pain
Until all that remains
Is the warmth of the memories
And the love.

TCF Sibling Zoom Meetings

SIB Suicide Support - Meets 4th Monday of the month at 9:00 pm ET

Meeting with Jordon - Meets Tuesdays at 7:00 pm ET

Grief Book Club - Meets 1st Tuesday of the month at 7:30 pm ET

Write Your Soul - Meets 1st and 3rd Wednesday of the month at 7:00 pm ET

Meeting with Jason - Meets Thursdays at 7:00 pm ET

LGBTQ+ Sibs Meeting - Meets 1st and 3rd Thursdays at 9:30 pm ET

Canada Sibling Sharing Circle - Meets 2nd Saturday of the month at 1:00 pm ET

SIBS in Relationships and Partners - Meets 2nd Sunday of the month at 7:00 pm ET

To sign up for TCF SIBS newsletter, visit siblingisland.com or scan the QR code.





The HEART REMEMBERS

Expressions of Love Through Our Hands

We are inviting you to attend The HeArt Remembers memorial "make and take" event for parents, grandparents, siblings and friends. Each person may choose a simple craft project and create a very personal memorial of your loved one for you to take home.

What: Make your own memorial to your loved one by painting an inspirational rock, planting a small terrarium, or creating a memory charm cable.

When: Thursday, September 19, 2024. 7:00 p.m. - 8:30 p.m.

Where: Millburn Congregational Church
19073 W Old Town Court
Lake Villa/Old Mill Creek, Illinois 60046

Who: Susan Banks and the steering committee will facilitate the activities.

The Northern Lake Co IL Chapter of The Compassionate Friends

Questions? Contact Susan Banks at lanwesmar@comcast.net or 847.366.9375



The Compassionate Friends

Northern Lake County Chapter
Supporting Family After a Child Dies

LOVE GIFTS

Enclosed in a check in the amount of _____ to be used as follows (check all that apply):

In loving memory of _____

In honor of _____

Sponsor the newsletter for _____ month) (\$25 pays ½ monthly cost)

Pay for a book for the chapter's Lending Library _____

Check here to keep receiving the newsletter _____

It is important for our children to be remembered. Please understand that for your child to be included in the "special days" list each month in the newsletter, you must fill out this form that gives us permission to list this information. If you are making a donation, please make the check payable to **The Compassionate Friends. Return to Rosita Hernandez 3016 16th Place, North Chicago, IL 60064. rosehernandez@juno.com**

We welcome your comments and/or items submitted for use in the newsletter. Short articles, poems, or book reviews are always appreciated. Please include the author of any written works. Send your items for the newsletter to Susan Banks Lanwesmar@comcast.net 1427 Clavey Lane Gurnee, IL 60031.

The Compassionate Friends is a non-profit, self-help organization offering friendship and understanding to bereaved families. Its' mission is to assist them in the positive resolution of grief following the death of a child and to provide information and education to help others to be supportive

TCF National Office - 48660 Pontiac Trail, #930808, Wixom, MI - 48393 PH 877-969-0010 - Fax: 630-990-0246. The Compassionate Friends home page can be found at www.compassionatefriends.org

Steering Committee 2023 – 2024

CHAPTER LEADERSHIP Susan Banks 847-366-9375 lanwesmar@comcast.net – Son, Westley Banks Age 21 of suicide

TREASURER Rosita Hernandez 847-602-0698 rosehernandez@juno.com Daughter, Victoria Pickett Age 26 of suicide

COMMUNITY OUTREACH

HOSPITALITY Kris Frisby 847-366-3170 Kefrisby88@comcast.net Son, Camden Frisby Age 15 of suicide.

SECRETARY / LIBRARIAN

REMEMBRANCE SECRETARY Shannon Seay 224-456-2891 Seayseven1@comcast.net Daughter, Ashley Seay Age 17 Auto accident.

NEWSLETTER EDITOR Susan Banks 847-366-9375 lanwesmar@comcast.net – Son, Westley Banks Age 21 of suicide

NEWSLETTER PRINTING & MAILING Toni Nesheim 847-204-7585 tnesheim@sbcglobal.net & Denny Salomonson, 847-223-7353 drdeno@sbcglobal.net - Daughter, Rachel Salomonson, 19 Auto accident

WOODLAND WALK COORDINATORS Christine Pado 847-455-6642 chpado@gmail.com - Daughter Lindsay Wilcynski Age 29 Pulmonary Embolism

FACILITATORS AT HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. SPANISH AND ENGLISH. Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com, Son Raphael Vidal age 17 of suicide. Mirtha is available by phone call or email.

FACILITADORES EN HOLY FAMILY CATHOLIC CHURCH WAUKEGAN, IL. Española e inglés. Mirtha Vidal 847-293-1658 mirthavidal1213@yahoo.com & Raphael Vidal rvidal1027@yahoo.com, Hijo Raphael Vidal de 17 años de suicidio. Mirtha está disponible por teléfono o correo electrónico.

Northern Lake County IL Chapter #1511 <http://www.iltcf.org/index.html>

NORTHERN LAKE COUNTY COMPASSIONATE FRIENDS FACEBOOK

Facebook Pages for Siblings - The Sounds of the Siblings: <https://www.facebook.com/groups/21358475781/>

TCF SIBS: <https://www.facebook.com/groups/tcfsibs/>