

The COMPASSIONATE FRIENDS.

Northern Lake County Illinois Chapter

January 2025 Newsletter

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



Chapter Leader Notes from Susan

GRIEVING THE NEW YEAR

A new year provides a point in time that we as individuals can take some time to reflect on the past and contemplate the future.

When you are a person in grief, this is not always a welcome opportunity. Another year can mean just one more year further from the last time you saw or spoke to your loved one. We grieve the new year.

I was heartbroken the first new year day without Westley. As the years have moved along and my grief forever changes, sometimes soft, and gentle. Then sorrowful and tearful. I have come to understand that my grief will always be with me, and I do my best to stay in the moment with all that my life may experience.

January is here, a new month, the start of another year. Be patient with yourself, make small goals that you feel comfortable with and can be accomplished. Give yourself grace when life is challenging. Take a break when you need to recover and find your footings. Make a list to yourself of all that you received from or shared with your loved one. These things may include a shared sense of humor, a love of fishing, cooking together, fun shopping trips, favorite meals, crazy vacations or simple everyday rituals that you both enjoyed. It is hoped that remembering

these things will make you smile and not hurt.

Of course, it will make a difference as to how far along you are on your grief journey. The listing that you create of your loved one's attributes and experiences that you shared together is intended to be a way for the best of your child or sibling to live on. Sharing the list with others can also help initiate a conversation about your loved one. This new year offers for us to work on our grief by being conscious of it and talking about it as well as sharing the personality and gifts of the child or sibling who has died. Remembering and sharing can be a helpful method in surviving the new year and bringing some comfort to all of us.

I offer you a place at our meetings to find comfort and a place to rest. A safe place to be with others who understand. Where your story is honored and where you can learn from others as they share their journey too. May the new year be gentle and kind to you and your families. May the new year bring hope, happiness, and peace to you. I look forward to sharing and listening with you at our next meeting, on zoom or in - person. Please be gentle with yourself, rest and pause to breathe. Wishing you a new year of peace, happy moments and gentleness.

Your friend, Susan ~ Westley's mom

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.



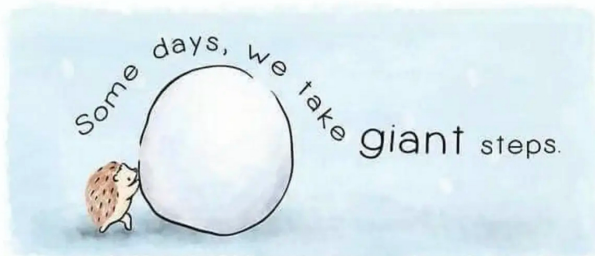
GIFTS OF LOVE

A donation to our chapter in honor of or in loving memory of your child.

A love gift is a gift of money or of time given to the Northern Lake County Illinois Chapter of the passionate 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.

Thank you to dear friend for a donation in honor of Victoria & Matt Moran.

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Please remember that our chapter will never solicit for donations. You will never receive an email, text message or phone call soliciting for a donation or a need of money or payment from any steering committee member. I, as the chapter leader will never ask for money for assistance with any chapter finances. We provide the opportunity for Gifts of Love as a place to give a donation in honor or memory of a loved one. *Susan Banks Chapter Leader and our Chapter Steering Committee members.*



## OUR CHILDREN, GRANDCHILDREN, AND SIBLINGS LOVED, MISSED AND REMEMBERED IN JANUARY

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

|                            |                   |                                             |
|----------------------------|-------------------|---------------------------------------------|
| <i>Anna Smith Miller</i>   | <i>January 3</i>  | <i>Daughter of Carol Smith</i>              |
| <i>Michael Curtis</i>      | <i>January 4</i>  | <i>Son of Sonya Curtis</i>                  |
| <i>Eric Wiatr</i>          | <i>January 5</i>  | <i>Son of Debbie Eposito</i>                |
| <i>Nathan Enright</i>      | <i>January 7</i>  | <i>Son of Martin Boyle</i>                  |
| <i>Casperin Hernandez</i>  | <i>January 10</i> | <i>Son of Colleen Sinsun Ramos</i>          |
| <i>Michael Lee Brandon</i> | <i>January 13</i> | <i>Son of Jan Frederick</i>                 |
| <i>Hamilton Frederick</i>  |                   | <i>Grandson of Sharon Frederick</i>         |
| <i>Gabriel Murphy, Jr.</i> | <i>January 16</i> | <i>Son of Arvine Murphy</i>                 |
| <i>Matthew Tisch</i>       | <i>January 17</i> | <i>Son of William &amp; Barbara Tisch</i>   |
| <i>Angel Reyes Soto</i>    | <i>January 18</i> | <i>Son of Ricardo Reyes &amp; Alma Soto</i> |
| <i>Justin Cody Ortega</i>  | <i>January 20</i> | <i>Son of Susie Meggs</i>                   |
| <i>Keegan Cray</i>         | <i>January 21</i> | <i>Son of Kristin &amp; Ken Willis</i>      |
| <i>Michael Coleman</i>     | <i>January 21</i> | <i>Son of Karen Dvorak Coleman</i>          |
| <i>Hiezer Castillo</i>     | <i>January 22</i> | <i>Son of Somara &amp; Antonio Castillo</i> |
| <i>Sandra Elena Varela</i> | <i>January 31</i> | <i>Daughter of Sandra Prez</i>              |

### ANNIVERSARIES

|                                 |                   |                                                    |
|---------------------------------|-------------------|----------------------------------------------------|
| <i>Casperin Amory Hernandez</i> | <i>January 1</i>  | <i>Son of Colleen Sinsun Ramos</i>                 |
| <i>Noel Wendell Hernandez</i>   | <i>January 1</i>  | <i>Son of Colleen Sinsun Ramos</i>                 |
| <i>Rachel Elizabeth Szech</i>   | <i>January 2</i>  | <i>Daughter Vicki Szech</i>                        |
|                                 |                   | <i>Sister of Andrew Szech</i>                      |
| <i>Chris Houchin</i>            | <i>January 5</i>  | <i>Son of Scott Houchin &amp; Heather McDonald</i> |
| <i>Lea Ann Knuth</i>            | <i>January 16</i> | <i>Daughter of Leslie &amp; Shirley Heise</i>      |
| <i>Joey Frase</i>               | <i>January 20</i> | <i>Son of Cathy Frase</i>                          |
| <i>Charlie Schmit</i>           | <i>January 20</i> | <i>Son of Jean Schmit-Gill</i>                     |
| <i>Eric Wiatr</i>               | <i>January 21</i> | <i>Son of Debbie Esposito</i>                      |
| <i>Alyssa Carranza</i>          | <i>January 22</i> | <i>Daughter of Luz Barrera,</i>                    |
|                                 |                   | <i>Granddaughter of Angel &amp; Raquel Gasco</i>   |
| <i>Gina Marie Almas</i>         | <i>January 23</i> | <i>Daughter of Mary Severin</i>                    |
| <i>Dan Furlan Jr</i>            | <i>January 29</i> | <i>Son of Dan &amp; Pat Furlan</i>                 |
| <i>Michael Sean Gaede</i>       | <i>January 31</i> | <i>Son of Maureen Gaede</i>                        |

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





## IS IT EASING?

I heard your name today and my heart did not skip a beat, nor was my mind flooded with the emotion of losing you. I heard

your name today and it did not bring back the terrible hurt feelings of when you first left me.

I heard your name today with a calmness that surprised me. Maybe another child carries your name, and it had been torture hearing it and seeing the smiling faces on those little girls.

But today I knew—I found out—what others in my footsteps found out and tried to tell me. The hurt will ease; but the memories, the love, the good times will never go away.

Phoebe C. Redman

TCF Bradenton, FL



## Take Your Time

The one phrase we hear more than any other is, "it will take time for you to get over your child's death." We know that this is spoken with care and love. But little do we know at the beginning of our grief just what time means: the first time, the daytime, the nighttime, the last time, all of these times. The one thing we can say it "take it." Take all the time you need. Grief is hard work, and we need to take the time for all of the aspects we talk so much about and really work through it.

Take time to feel, it is hard but worth it. We can't just push those feelings aside because they are part of who we are, how we have managed, and the life we have had. All of our life experiences combine to affect our feelings.

Take time to talk. Talk to anyone who seems to care about you. Ask your friends and family if they will take the time to listen. If you need a telephone listener, call the National office. We have time to listen.

Take the time to read. When you read the experience of others, you will realize that you are not alone. Maybe a special book will help you

understand what is happening to you during this time we call bereavement. Take the time to read and re-read the paragraphs or chapters that help. Take the time to physically take care of yourself. If you like to walk, jog or run, go out and use that time to help you feel better. Get enough rest, take the time to sleep late some days, or go to bed earlier if you need to. Sleeping may be an escape, but if it helps you, take the time for an extra few hours. Take care of yourself by eating better. Try to understand that food gives you some energy. Food is better for you than drugs or alcohol. A small weight gain or loss is not unusual. Take the time to understand what is happening to your body.

Take the time to be angry or guilty without letting these feelings ruin your life. You may think that your life is ruined anyhow and who cares, but anger and guilt turned inward can destroy your self-esteem faster than anything. Take time to sort through these feelings and acknowledge them, then let them go. Know that when someone says, "It will take time," we can nod and try to accept that as part of our getting through these days, months, and years.

Remember that someday you will take the time to help someone else and that time will be the most satisfying time of all.

Terese Goodrich, former Executive Director/The Compassionate Friends.







## *Revealing Life Without You on New Years*

As we grow older, I am consistently reminded of how much I lost when the boys died. I knew at the onset it would be difficult. But nothing prepared me for what I am learning now. And from talking to others, I am not the only one learning these horrible lessons.

When we have our children, we plan for their future and schooling. We plan for their health care, childcare, teen years and even the college funds. Possibly even their weddings. But we do not think of really long term as in our own health and what they will mean to us at that time in our lives.

We know there will be graduations, proms, driving lessons. We know they will look to us to guide them in their religious and spiritual decisions.

Not once did I ever think to myself, I would need or want my boys involved in my being taken care of in my old age. Nor did I think of them as someone who would come and help with the things myself and my husband could no longer accomplish. Our old age has taken its toll on us both.

But until this year I had no idea how helpless we would feel not having them to call upon to just plain help us in the physical things we cannot accomplish. Like carrying things into our home. I realized this when a friend was talking to me on the phone and said her son had come over to help carry the firewood in for her husband. Now to those of you who still have children and can do that. You probably like us never thought what you would do if they were not there. We certainly didn't. We are facing that part of our lives now. The simple everyday things people never put into perspective.

So, this year as you and your family celebrate this New Year look around you and see if someone in your life has no one there to assist them in their elderly years. Yes! if only for carrying groceries and heavy objects into the house. See if in the name of our angels you can give the gift of help. In many cases it will cost you nothing. Except maybe a little

bit of your time. In our society today we require payment for such tasks. Our standards are everyone is in a hurry. Our society does not take time to understand the elderly. It is not until we are faced with it that our reality comes crashing in.

So please take this time of year to look at those you see in your everyday lives and ask. Are you able to offer help? I am certain our angels would sing praise for us if we can offer just one moment in a person's life.

I wish each of you Happy New Year. I wish each of you, faith, hope, peace, love and sharing. God Bless You

*By Pat McDougale @2007*

[BRATMUS@aol.com](mailto:BRATMUS@aol.com) <[BRATMUS@aol.com](mailto:BRATMUS@aol.com)>

*In Loving Memory of My Son's Kevin & Kurt*



## *Sunrises & Sunsets*

Each life is lived in neat and tidy segments of time - weeks, months, years, sunrises and sunsets, births and death.

There is nothing that happens to us that cannot be placed in a specific framework of organized time. Spring, summer, winter and fall not only measure the seasons of the year but the ages of our lives as well. The very young are in the spring-time of their lives the very old are in the winter of their years. Sunrises are beginnings. Sunsets are endings. During the progression of time, we keep mental ledgers where we record the passing of time by our successes, mistakes made, love given and received, and if we are lucky, we live long and our sunsets are bright and beautiful and welcome when we are full of time and memories.

But there are sunsets that are not so fulfilled when the evening comes prematurely to a child of ours, and we are plunged into darkness in the middle of our day. Then there is only night, pain and confusion to measure and only what might- have-beens to tally. Every scrap of memory is salvaged to being a spark of warmth to the coldness of the night to come.

*(Continued on page 6)*

*(Sunrises and Sunsets from page 5)*

Each failure in our ledger is magnified and mixed with guilt and unanswerable questions. When memories are painful, we may even replace them with a more acceptable unreality to armor our hearts and minds until the time when we can accept the harshness of what has been, and we're again strong enough to begin again never the same but sustained by our faith and the healing of time.

But when the child's sunrise and sunset have been compressed into a few minutes or hours, the lack of memories can be equally as hurtful. There are no memories of a beloved face, no remembered first or last, not even a remembrance of some irritating habit to tuck into our battered hearts only the vacuum created when the mind has been geared to expect so much and is rewarded with only empty arms and blank pages in a baby book.

And so, if you should find yourself measuring your pain against another's, remember this: if you have memories and if your memories are beautiful, you have a gift that is most worthy of all. For when your morning finally comes after the darkness has lifted, you can look back and see that the darkness was not as complete as you thought. For there in the darkness will wink and glimmer the light of your memories like fireflies on a summer night.

*Judy Dickey*

*TCF, Greenwood, IN*

## **For The New Year**

Instead of the old kind of New Year's resolutions we used to make and break, let's make some this year and really try to keep them.

- 1) Let's not try to imagine the future - take one day at a time.
- 2) Allow yourself time to cry, both alone, and with your loved ones.
- 3) Don't shut out other family members from your thoughts and feelings. Share these difficult times. You may all become closer for it.
- 4) Try to be realistic about your expectations of

yourself, your spouse, other family members and friends. Each of us is an entity, therefore different. So how can there be perfect understanding?

5) When a good day comes, relish it – don't feel guilty and don't be discouraged because it doesn't last. It WILL come again and multiply.

6) Take care of your health. Even though the mind might not care, a sick body will only compound your troubles. Drink lots of water and take stress type multiple vitamins; rest (even if you don't sleep) and get moderate exercise. Help your body heal, as well as your mind.

7) Share your feelings with other Compassionate Friends (or other groups you may choose) and let them share with you. As you find you are caring about the pain of others, you are starting to come out of your shell - a very healthy sign.

I know following these suggestions won't be easy. But it's worth a try, don't you think? Nothing to lose and perhaps much to gain.

*Mary Ehmann,*

*TCF, Valley Forge, PA*

*~reprinted from Arlington, DC, Leesburg, Prince William, and Burke-Springfield-Fairfax Virginia Chapters January 2008 Newsletter*

*New Year's Wishes for Bereaved*





## What is New about the New Year?

There is a lot of silliness about ringing in the New Year, and I have never been able to enter into the spirit with noisemakers, funny hats and loud hurrahs. Since the death of my son, I especially find myself wondering what this is all about. I think some of the partying and celebrating are motivated by a deep desire for a new start in our lives; a desire to leave behind some of the problems, sorrows, worries and pain of the year just ending. The short, sunless days and long, dark nights make us want something to cheer us. So, we give the New Year's Eve party a try. But it really doesn't work for most of us; we see now that we are just the same and the heaviness in our hearts, as we continue with the struggle to cope with the loss of our child, remains with us. Can we find new ways to live our lives in the New Year?

I'd like to suggest a few things we can try. Let's make an effort to find new friends. A good place to start this is at Compassionate Friends meetings. Here you are with a group of people who care about each other in special ways. We understand the pain and anger, the confusion and the inertia suffered by bereaved parents. In the New Year, let's also find new ways to be close to the family that we have left. We feel regrets about hugs not given, letters not written, "I love you" not said often enough. We can do all these things now. We can establish new memories with the family we have right now. Another way to move into this New Year with a better feeling is to think about what we can do for others, because that is truly a way to help ourselves, too. If we can reach out to other sorrowing families, give a gift of our time, a note of love, a listening ear, or a

shoulder to lean on, we'll grow stronger ourselves.

For those parents who are suffering the deep pain of the newly bereaved, none of the things I've mentioned may be possible yet. For you, I hold out the hope that soon your days will be just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief.

*Dory Rooker*

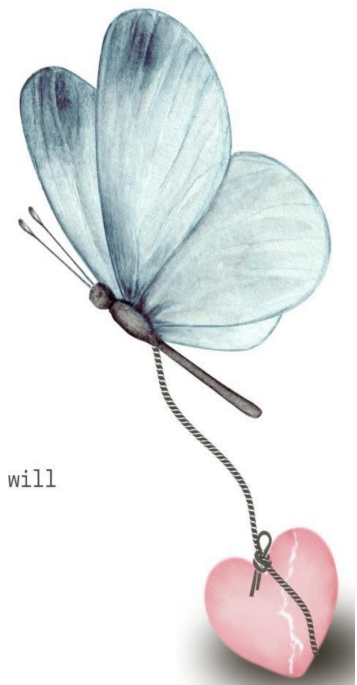
*TCF, Upper Valley, VT*

It was love and I  
lived in it.

*And*

it is grief and I will  
carry it.

-Chloe Frayne



I know for certain  
that we never lose the people we love,  
even to death.

They continue to participate  
in every act, thought  
and decision that we make.

Their love leaves  
an indelible imprint in our memories.  
We find comfort knowing that our lives  
have been enriched  
by having shared their love.

*Leo Buscaglia*





## Another Year Without My Child

*By Annette Mennen Baldwin*

*In memory of her son,  
Todd Mennen  
TCF, Katy, Texas  
January 2007*

It's a new year and I am marking it, for the fifth time, without my child. Last month was the fourth anniversary of his death. This is one more milestone in the journey of a bereaved parent. The New Year brings the promise of new adventures, happiness and prosperity to others. To bereaved parents, it adds another dimension to our loss. It also brings the opportunity to look at where we are and how far we have come.

I remember the first New Year's Day without my son. What an empty, hollow feeling I had on January 1, 2003. My world had ended, the shock was still systemic in my mind and body, and I counted the days since he last walked, talked and laughed on this earthly plane, dwelling on the passing of days, hours and minutes since the moment of his death. I was frozen.

Looking back at that time, I recall just how the pain felt; unlike other pain, the pain of losing a child is never forgotten. I feel the familiar jolt that rocked my mind and body each time I awoke to remember that my son had died. I remember the misery of slogging through endless, meaningless days. I remember the tears, the second-guessing, the anger, and the guilt.... I remember it all. I still bounce in and out of those emotions; this will never end. It has moderated greatly, but it never ends.

Now I am more focused on my son's life. Details about his life spring into my mind.... happy times, maturing times, good times and funny times. I remember it all with the clarity that only a mother can possess. And so, that is

how I will begin this new year.... remembering the life of my child but never forgetting the loss.

I am a different person than I was before my son died. I feel as though a lightening bolt struck me on the day of his death, and now I perceive the world from a different vantage point. I have simplified my life from what it once was.

I have many new friends who share the experience of losing a child; I have permanently removed old friends from my life who simply couldn't accept my grief and were fearful of talking about my child. I have a new understanding of the problems that other parents face... problems that a mother of one never has to address. I have become more solidly spiritual. I have gone through Dante's seven circles, walls and gates of hell and emerged as the unique person I should have been all along. People change. Bereaved parents change a great deal.

I no longer dread each new day. I no longer weep silently every night. I no longer ache from head to foot with the pain of losing my child. I read, I write, I stay active in the community. I work in my small business, doing what I want to do and what I must do. I go to museums, to movies, to stage plays. I listen to music, watch television and work in my home and yard.

Amazingly, my word recall and memory are returning. Forgetting names, events, people, destinations and other critical factors of daily life was something I dealt with for over three and half years. I thought I had lost my mind until I started talking to other parents. I have begun doing memorization exercises...something I probably should have done three years ago. I am learning that the journey through grief lasts for a lifetime. Each stage is different, each sudden, poignant memory is paralyzing, and each new day brings an opportunity to evaluate progress. (continue on pg. 9)

(continued from pg. 8)

Much has changed during the past four years. Much will change throughout my life. Each of us experiences the loss of our child at the deepest level of our psyches. Yet each of us comes to this place with a different set of experiences and a unique genetic composition. I cannot compare myself to others. I can only mark my tiny steps forward with a sense of wonder at the resiliency of the human mind and spirit while simultaneously accepting that I am not in control...at any moment a flash of the past might bring me to my knees. I have learned to go with it.

I have found hope for the future. It certainly isn't the future I had envisioned. There will be no late-night talks with my son, no holidays or birthdays shared, no participation in my son's children's lives, no cards, no handmade gifts. That door was closed by lawsuit happy former in-laws who have no standing in my life today. I have crawled through the minefields and dodged the bullets of some pretty mentally unbalanced people and survived. I have faced the abyss of losing my only child while enduring the cruelest of sniping, the worst of intentionally inflicted pain. I did none of this with grace and finesse....I merely got through it. I survived. I became stronger by letting go of my anger. I found hope by remembering the goodness that is my son and by leaning on friends who had lost their children. These friends were there for me when I so desperately needed the comfort of kindred souls: Compassionate Friends who reached out to me gave me the glimmer of hope when all seemed forever lost and living was almost intolerable.

Now the healing process has completed its circle. I am here for those parents who need me. Strangely this helps me to heal as well. I reach out to others who are new to the process of grief, and I tell them that there is hope.

One day the sunrise will again be beautiful, and you will find peace within yourself. You will remember your child's life; you will honor your child's life, and you will forever be changed by your child's death. But always, always, your child will remain in your heart. This is my truth to

all who wish to know. Lean on us, for we have been where you are today. We will walk with you on your journey toward hope, peace and resolution. It is in this place that the healing will begin.

This is a new year.

### I'M BEGINNING

I'm beginning to know your children  
From the things I heard you tell. From the  
pictures that you've brought here I think I  
know them well.

Our hurt and sorrow are immense

I'm not sure where to start.

Compassion after all is

Your Pain in my heart.

My thanks to you for listening

To words wrung from my soul.

We are The Compassionate Friends

That's all I need to know.

Jack Brown TCF Louisville



**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 16<sup>th</sup> Place, North Chicago, IL 60064. [rosehernandez@juno.com](mailto: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](mailto: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](http://www.compassionatefriends.org)

**Steering Committee 2024– 2025**

**CHAPTER LEADERSHIP** Susan Banks 847-366-9375 [lanwesmar@comcast.net](mailto:lanwesmar@comcast.net) – Son, Westley Banks Age 21 of suicide  
**TREASURER** Rosita Hernandez 847-602-0698 [rosehernandez@juno.com](mailto:rosehernandez@juno.com) Daughter, Victoria Pickett Age 26 of suicide  
**COMMUNITY OUTREACH**

**HOSPITALITY** Kris Frisby 847-366-3170 [Kefrisby88@comcast.net](mailto:Kefrisby88@comcast.net) Son, Camden Frisby Age 15 of suicide.

**SECRETARY / LIBRARIAN**

**REMEMBRANCE SECRETARY** Shannon Seay 224-456-2891 [Seayseven1@comcast.net](mailto:Seayseven1@comcast.net) Daughter, Ashley Seay Age 17 Auto accident.

**NEWSLETTER EDITOR** Susan Banks 847-366-9375 [lanwesmar@comcast.net](mailto:lanwesmar@comcast.net) – Son, Westley Banks Age 21 of suicide

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**WOODLAND WALK COORDINATORS** Christine Pado 847-455-6642 [chpado@gmail.com](mailto:chpado@gmail.com) - Daughter Lindsay Wilcynski Age 29 Pulmonary Embolism

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**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/>