

# *The Compassionate Friends*

The North Port Chapter  
Supporting Family After a Child or Grandchild dies

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# Summer 2025 Edition

## NEW MEETING LOCATION!!

# 4675 Career Lane

**Please join us on July 15<sup>th</sup> at 6pm in the conference room.**

Save the date

**We are seeking some assistance in finding a venue to hold our event.**

**If you have any leads, please contact  
Beth at: 469-475-1650**

# Navigating Grief through the Summer

**UNDERSTAND** that it's okay to not want to spend the months feeling sunny and celebratory.

**UNDERSTAND** that it's okay to indulge in your favorite summer time activities, even though you are grieving.

Enjoying yourself does NOT mean you are not grieving. It does NOT mean that you stopped loving or missing your loved one. It means that you are willing to still try to do what you enjoying. After all, you are still alive.

**UNDERSTAND** that healing begins with taking care of yourself too. That includes getting fresh air as well as vitamin D from the sun, taking advantage of the nice weather to take a walk and get moving a little. Fresh air and outdoors can clear your head too, and make you feel a little lighter during tough times.

**BE CREATIVE.** On a good day, you might want to take a favorite activity and do it in a special way to honor your loved one. If you spend some playing tennis with him or her, try to play a game or two and do it in their honor.


If the summer included at least one lobster roll meal, or a soft ice cream cone, treat yourself to whatever it is that helps you remember and be comforted by that special memory.

**TRY SOMETHING NEW.** Decide to start a new summer ritual. Make new memories with new people. If you feel up to it, take a trip. Meet new people. Take up a new activity. It will help lift your spirits in a healthy way.

**REMEMBER** that summers will get better. Grief feels like it will ever end, but it will ease up and become less painful as time goes by.

Most importantly, let yourself do whatever makes you feel as okay as you can feel.





**You can find my Love in Rainbows  
You can hear me in your heart  
Although I am in Heaven  
We are never far apart  
As starlight dances in the sky  
Or raindrops touch the ground  
That is me, sending you my love  
So you may feel me all around  
I know that you sure miss me  
And you cry for me each day  
I'm right here watching you go on  
I never went away  
When you feel the sun upon your face  
Or see a bird in flight  
Please know that it is me there  
Loving you with all my might  
Sometimes you wonder why the signs  
From me just aren't the same  
Please know that I still send them  
And your grief is what we'll blame  
You see, the tears you cry for me  
Are made of pure sweet love  
It's normal for those tears you cry  
To block my signs from up above  
Just trust that I'm right next to you  
I want to see you smile  
And celebrate the time we shared  
If only for a while  
Then one day when your time is through  
You'll no longer ask why  
And we can make rainbows together  
We'll shoot them straight across the sky**

**Written with love,  
Fara Gibson Psychic Medium**

Aromatherapy has been shown to have numerous benefits for mental health, including reducing anxiety and depression symptoms, improving mood, and promoting relaxation. Several essential oils are commonly used for emotional support during grief:



**Lavender Oil:** Known for its calming properties, lavender can help reduce anxiety, stress, and promote relaxation.

**Frankincense Essential Oil:** Frankincense can promote spiritual connection, inner peace, and help calm the mind.

**Chamomile Oil:** Chamomile has a long history of use for calming chaotic emotions and bringing a sense of peace.

**Bergamot Oil:** This citrus oil is known for its uplifting effects, helping to alleviate symptoms of depression and anxiety.

**Ylang Ylang Essential Oil:** Ylang Ylang can help balance emotions and reduce feelings of anger and sadness, promoting a sense of comfort and tranquility.

**Sandalwood Essential Oil:** Sandalwood has grounding and meditative properties that can help calm the mind and enhance focus.

**Cypress Essential Oil:** Cypress can help with transitions, especially during the grief process.

**Vetiver Essential Oil:** Vetiver can help ground and stabilize emotions, especially when feeling overwhelmed.

**Citrus Oils (Lemon, Orange, Grapefruit):** These oils are uplifting and energizing, ideal for combating fatigue and sadness.

### Methods of Use:

**Diffusion:** Use a diffuser to disperse the aroma of essential oils into the air.

**Topical Application:** Dilute essential oils with a carrier oil and apply to pulse points, temples, or the back of the neck.

**Aromatherapy Baths:** Add a few drops of essential oil mixed with carrier oil or bath salts to a warm bath.

**Massage:** Combine essential oils with carrier oil and massage into the skin.

# ALWAYS WITH LOVE, WE REMEMBER THEM

Monika Kozaka honors **Isabella**.

Susan honors her grandchild, **Hayley**

Melinda honors her daughter, **Charlotte**

Pamela Scholund honors **Steven**.

Stacy Becker honors her son, **Ryan**.

Joni and Tom honor their daughter, **Kellie**.

Mae Serrano honors **John**.

Judy Dawley honors **Chris**.

Tammy Brooks honors **Tuano**.

Charise & George Augustine honor **Tiffany**.

Mialy Garcia honors her brother, **Aiden**.

Melissa Jayne honors her son, **Aiden**.

Michelle Roy honors her daughter, **Mikayla**.

Mike and Ellen Stevens honor their son, **Ryan**.

Francisco Villafane honors his son, **Jomar**.

Robin and Richard Server honor their daughter,  
**Brooke**.

Sherri Pinna honors her son, **Ryan**.

Angela Daubaras honors her daughter, **Melanie**.

Harry Moore honors **Buster**.

Beverly Mott honors **Benjamin**.

Chuck Henneke honors his daughter, **Kelly**.

Jo Marie Cook honors her sons, **Gregory** and  
**James**.

Christine honors **Jakeb**.

Irene Ploskina honors her son, **Mikey**.

Dawn Stephens honors her son, **Spencer**.

Valerie LaBoy honors her son, **Daniel**.

Linda Goodwin honors her son, **Trey**.

Cynthia Mascola honors her son, **Michael**.

Dorothy Gray honors her son, **Chuck**.

Pamela McMinn honors her daughter,  
**Danielle**.

Bonnie Car honors her son, **Troy**.

Denise Rado Amendola honors her daughter,  
**Dana**.

Linda Wildes honors her son, **Max**.

Jenn and Eric Winship honor their son, **Jakeb**.

Arlene Spadone honors her granddaughter,  
**Olivia**.

Briana Murphy honors her daughter, **Lexi**.

Karla Relyea honors her daughter, **Megan**.

Beth & Steve Wooten honor their daughter,  
**Kenna** and unborn **grandchild**.

Gail and Ken honor their sons and grandson,  
**Tony**, **Jason**, and **Jay**.

Heather Pope honors her son, **Eric**.

Pat Haupt honors her granddaughter, **Lauren**.

Kim and Pat honor **John** and **Jesse**.

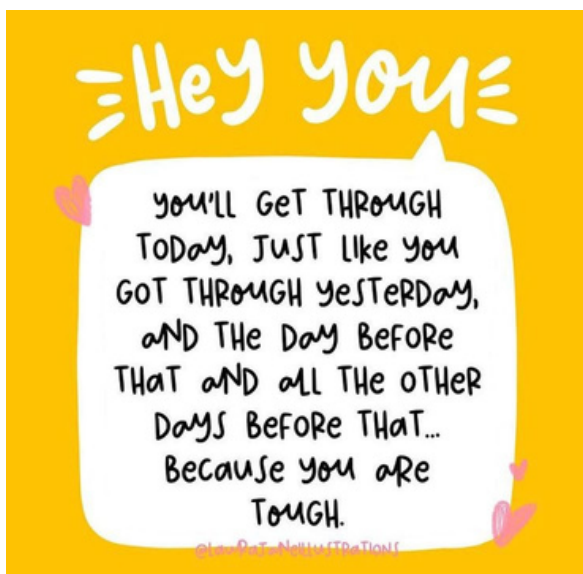


# When you are grieving, it is alright to...

Scream in the shower  
Yell in the car  
Cry anywhere you like  
misplace your glasses  
lose the car  
forget your own name  
put milk in the cupboard,  
toilet paper in the refrigerator  
and ice cream in the oven  
beat up a pillow  
stomp on the ground  
throw stones in a lake  
change grocery stores if it hurts  
wear one black shoe and one navy  
have tear stains on your tie  
eat french fries for breakfast,  
toast for lunch  
and peanut butter for dinner  
(as long as you eat)  
write him a letter  
bake him a cake  
smell his clothes  
celebrate her life on her birthday  
talk to your pets; they understand  
leave his room the way it is for as long as you like  
say her name just to hear the sound  
talk about him to others  
tell loved ones what you need  
say no when you feel like it  
cancel plans if you want  
have a bad day  
it's alright to hurt.....(continued)

And one day, when you're ready.....  
It's alright to.....  
laugh again  
dance again  
feel pretty  
have a good time  
look forward to tomorrow  
sing in the shower  
smile at a friend's new baby  
wear make up once more  
go for a day  
a week  
and even a month without crying  
celebrate the holidays  
forgive those who hurt or failed you  
learn something new  
look at his pictures  
And remember with happiness  
not pain  
cherish the memories  
And one day, when it's time...  
it's alright to love again!

~Vicki Tushingham



# A note from our Editor - Dawn....

My first Mother's Day without Spencer I was desperate to feel connected to him. How could I celebrate Mother's Day when one of my children is in another realm? How do I include him? I remembered reading about a wind phone, where a gentleman in Japan lost his cousin in the Tsunami's and created a wind phone to let the wind carry his words to his cousin. Wherever he may be. I quickly did my research and discovered there was one in Safety Harbor, FL. Off we went to see what it was all about.

One by one we took a turn. My husband, my daughter, and myself. We cried, we shared our heart, we told stories, and we just had a quiet moment with Spencer. Walking out of that wind phone, I felt peace. I felt calmness. I felt less heavy. I felt a little closer to Spencer. It was exactly what I needed.

When I left - I made it a goal to build one here. For my community. For everyone who's ever lost someone they love. I wanted everyone else to have that experience.

Englewood now has a Wind phone. For holidays, birthdays, angel dates. Tough days. Days where the tears just fall. When the weather is bad and the depression takes over. When you just want to talk to your person. Visit the Wind phone and call - from here....to ANYWHERE!



Created by Spencer's family  
and maintained by our  
Non-Profit.

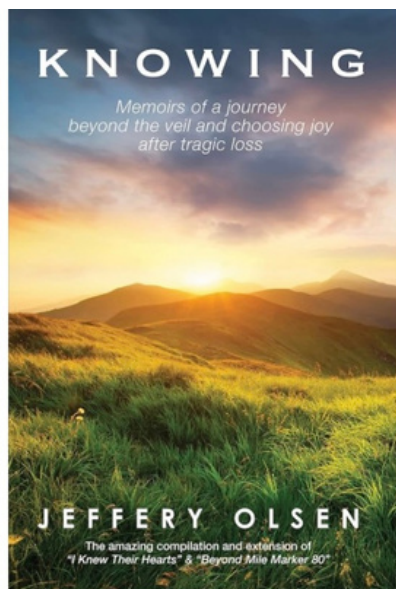
I hope you find some peace  
when you visit. Just like I did.

Located at:  
350 S. McCall Road,  
Englewood FL 34223





## Book Recommendations:



sometimes  
we honor them  
in big beautiful ways.  
we write. we paint. we sing.  
we share their story. their picture.  
we do good things in their name.  
and sometimes we honor quietly.  
we cry. we break. we get out of bed.  
we try to stay alive and love them.  
we can honor a person's life by  
sharing things. creating things.  
and we can also honor a life by  
surviving in a world without it.

sara rian

## Podcast Recommendation:



### The Poetic Pulse

We're not apart; we're just loving each other from different  
angles of the same sky.

**When love gift donations are made to your local chapter in loving memory of your child, at the same time it is helping to fund the work of your local TCF chapter. Each chapter is run by Volunteers. If you wish to donate, checks can be made out to: North Port Compassionate Friends.**