

# July & August 2014

[www.bfo-hamiltonburlington.on.ca](http://www.bfo-hamiltonburlington.on.ca)



## UPCOMING PROGRAMS

Warm greetings all! As our next program season approaches, the BFOHB office is busy organizing the many details. If you have been waiting for a Fall support group to begin - please know that you are welcome to stop by the office for a cup of coffee and a friendly chat and also use our Resource Library. All program participants who completed the intake process, should receive their invitation to attend by the first two weeks in September. We ask that you respond to the invitation by the RSVP dates specified. If you have not contacted Kimberly Ryan at the office to register for a desired program, please do so as soon as possible. 905-318-0070

## FALL PROGRAM OPTIONS FOR GRIEVING CHILDREN & TEENS:

### T.L.C for Grieving Children 5 - 13 Years of Age

Facilitated by Crystal Rutherford, MSW, RSW, CT and trained volunteers. The program will take place at the BFOHB office in the children's program room. Parents are welcome to stay during the program. Water, Coffee & Tea provided.

### Missing Pieces: The Grief Puzzle for High School Students in Halton and Hamilton

Facilitated by Cara Grosset MSW, RSW, CT and supported by Social Workers from the Halton and Hamilton School Boards. Interested students can speak to the Guidance office at their school or call the BFOHB office. 905-318-0070

## FALL PROGRAM OPTIONS FOR GRIEVING PARENTS:

\*Mothers Groups in Burlington, Hamilton and Niagara

\*Perinatal Loss Support in Burlington and Hamilton

\*NEW! Couples Group for Bereaved Parents

\*Monthly Evening Program - Wednesday, September 10 in Hamilton at 1020 Upper James Street, Hamilton

\*\*\*Call Kimberly at 905-318-0070 to sign up for a program or to volunteer\*\*\*

## UPCOMING EVENTS See BFOHB website for details

**Friday, August 8**

Darren Palko Charity Golf Classic  
Hidden Lake \$150/ golfer (cart & dinner)

**Saturday, August 23, 2014**

2nd Annual M.E.N. Memorial Golf Tournament  
\$100/ golfer (cart & dinner)

**September 6-7**

Volunteer Retreat at Five Oaks Retreat Centre  
See page 4 for details

**Sunday, September 7**

John-Micheal Martin Memorial Golf Tournament  
\$65/ golfer (cart & dinner)

★ **Saturday, September 27**  
Bowl 4 Hope!!!!

See website for details. Get your friends out for a night of 'old school bowling' at Burlington Bowl!  
\$ 160 per team of 6 bowlers. Includes a large pizza, shoes and free lane coupons!  
See page 2 for details.

## COMING UP!

**Fall Volunteer Celebration Dinner & Dance  
November 22, 2014 at the Burlington Legion**

A great evening of fun, food, dancing, silent auction shopping and live music by the Tony Antidormi Band again!!! Tickets are \$30 each. Don't dance? Don't worry! There is so much to do! Volunteer years of service certificates will be presented during the dinner.

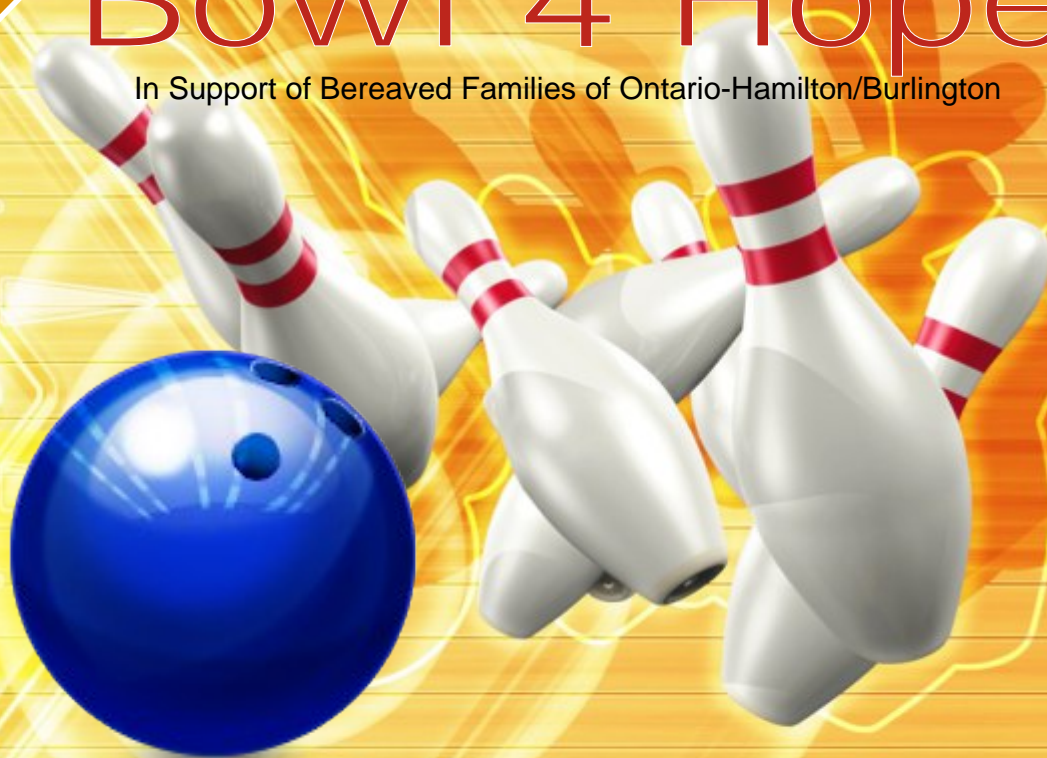
**December Family Tree of Lights**

Update and a lovely surprise to be revealed in next month's newsletter!

BACK  
by popular  
demand!!

# Bowl 4 Hope

In Support of Bereaved Families of Ontario-Hamilton/Burlington



## Can you SPARE a Saturday night?

**SATURDAY, September 27, 2013**  
**7:00 - 9:00 PM at Burlington Bowl**  
4065 Harvester Rd, Burlington, ON L7L 5J1

You are welcome to dedicate your lane in honour of a loved one

Each lane enjoys a  
large pizza!



Maximum of 6 players per lane, no shoe rental fee required  
Family or team rate of \$140 maximum of 6 players per lane

Contact person:

Contact Number :

Contact Email:

List Team Members below:

1.

2.

3.

4.

5.

6.

Charge my credit card:  VISA  MC  AMERICAN EXPRESS

Name on card: \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Amount \$ \_\_\_\_\_

**PAY ONLINE [www.BFO-HamiltonBurlington.on.ca](http://www.BFO-HamiltonBurlington.on.ca)**

# Care & Comfort By Kimberly Ryan

“Down Time” Resting our Body, Revitalizing our Mind and Rejuvenating our Spirit



The lazy days of summer are upon us and some of you may have the opportunity for some “down time” either to laze on the beach, read a book under a shaded oak in your back yard or just sleep in for a day or two.

For others, a one or two week break is going to be the extent of your “down time” this summer. Whatever category you find yourself in, this can be a season for finding time to be refreshed with the gifts of nature that summer time often bring such as taking in a sunset, a long walk on the beach, an invigorating hike or bike ride, or a slow walk in a garden enjoying the soundscape and nature's perfume from the nearby flowers and birds. Summer has typically been the season for rest and relaxation, and as you read this article consider what it is you will do this summer that could elicit what feels like “a break” from the daily and weekly demands you undertake all year long. Think about....what could you do to recharge your physical and mental batteries?

At the Annual General Meeting I spoke about the importance of taking care of ourselves as volunteers and especially more so when we are facilitating a support group or in the midst of one of our huge fundraisers here at BFO. We know from health statistics that there is tremendous value in being a little bit selfish in taking care of our physical and mental well-being. Ask yourself, what can help to feel and be renewed so you may continue to not only provide the care your family needs, but also to continue to contribute time and energy as a valued volunteer in the upcoming year?

We have likely learned by now that if we don't do this for ourselves, no one else will. I hear from people all the time that part of the reason they don't do “down time” is because there IS no time for down time. However, when I chat with them a little more, I soon discover that with a little bit of planning, it is VERY possible to sneak in some “ME” time here and there. If we work at it, those few minutes of “here and there” can be turned into an hour or an afternoon or perhaps a full evening in a busy but albeit regular day.

I am going to challenge you to firstly “think about” activities that are doable in a 5 minute time frame that you could easily fit into a routine day. Next, “DO THEM”. And lastly, make a plan or intent to continue this down time as you swing into the busyness of September. Chances are if you have acted upon taking charge of your time, and you like it, you will “find” time to continue your routine as best you can once the fall schedules roll around.

I've included a snapshot of the list of “me time activities” from a website called “the self-compassion project”—this clever individual decided to start a list of things to be more compassionate with self and invites you, the reader, to add your ideas to the list. You will see that some of these are more physical, some more mentally focussed or emotionally fulfilling while others are more spiritually based. Some could take as little as a minute or two while others up to a day or more. The point is, NO MORE EXCUSES! If determined and with some planning, you can fit almost anything into your day!

Now having said all that ..... (breathe)... please be gentle with yourself as you attempt to make some changes in your day to day. I warn you that it will not be easy for some of you, and will be even harder for others, but having the understanding that you don't have to build Rome in a day, it is truly an achievable goal. To help you--set a start date on your calendar, then a review date as to how you are doing, and finally, make a commitment to yourself by mapping out that time in your day planner or fridge calendar. Try to approach this new “challenge” as you would treat a friend who is down-- with patience, gentleness and grace; always giving several chances while coming back again and again with a renewed hope that this too is possible.

So even if your “down time” is 20 minutes for a cup of tea, or a few minutes alone, as you approach those difficult anniversary dates, the continued demands of family life, and stressful summer vacations, I wish you peace, lots of sunshine and hope for more gentle days ahead. Namaste.

(Journaling, walking with my dogs, nature, guided meditation, listening to books and music, gratitude journal, better diet, not skipping sleep to get things done, simplifying, cuddling with my puppies, running, laughter, tears, a long bath, knitting, crafting, baking, a cup of tea with a friend, watching what I want on TV, journaling, stargazing, doing nothing)

*Kimberly Ryan is the part-time Coordinator of Programs & Volunteer Services at Bereaved Families of Ontario - Hamilton/Burlington and also hosts wellness retreats and mindfulness courses. Kimberly will be shares her insights and self-care tips to our newsletter readers in this bi-monthly column.*

# Our TLC Family Camp from June 6-8 at YMCA Wanakita



YMCA Wanakita's unique Family Camp program combined with the bereavement support offered by BFOHB is a place where grieving families develop and strengthen relationships with family, make new friends and learn valuable coping skills. We aim to provide unique opportunities for families to learn and grow together!



## LEGEND OF CAMP PHOTOS

1. Mothers, fathers, grandparents, children and teens who attended the 2014 Family Camp.
2. Memorial Butterfly Release on the last day of Camp
3. Pancakes and strawberries for breakfast. Yeah!
4. BFO Camp staff Michelle, Shauna, Crystal, Tammy and Alex
5. Kids getting ready to go kayaking
6. Pathway of handmade memorial lanterns
7. Child reflecting beside lake during luminary event
8. Placing memorial floating candles in lake at twilight
9. Memorial photo frames made by the children and teens
10. The beautiful Koshlong Lake at YMCA Wanakita
11. A mom and dad camper climbing the rock wall!
12. Kids program time-making feeling circles
13. Evening group campfires and smores! Yum!
14. Kids and parents going canoeing! Which boat won?!
15. View of the cabins families stay in which have bathrooms!



## A PARTNERSHIP OF CARING



Special thanks to YMCA Wanakita for their support!

# Volunteer Retreat

Celebrating Self-Care and Personal Empowerment  
Bereaved Families of Ontario-Hamilton/Burlington

September 6-7, 2014

Five Oaks Retreat Centre  
Paris, Ontario

## Bereaved Families Volunteers are Special

We planned this retreat with you, our valued volunteers in mind. We want to say thank you and acknowledge the work that you do to support the bereaved families in the Hamilton-Burlington-Niagara regions.

### Our Hope

You will replenish the energy you give to others by taking a time out for yourself. You will learn to take care of the caregiver (you) and learn new ways of maintaining your mental and physical health.

Very few spots left!  
Call 905-318-0070 today!

## WHAT'S INCLUDED

The retreat setting is in the country and surrounded by the peaceful offerings of mother nature at Five Oaks Retreat Centre in Paris, Ontario. *Your needs will be attended to, all food, refreshments and accommodations are included.* You arrive Saturday morning and until you leave on Sunday morning, you will not need to know what time it is, or make any major decisions, or have any demands placed upon you. Just show up and we will take care of the rest!

You will be learning and practising the art of mindfulness meditation, learn about your personality type, engage in informative discussions and take away with you a renewed sense of purpose for yourself and appreciation for the vulnerable families that we serve. SPECIAL BFO Cost is \$95 for lodging, meals and activities.

Limited spaces so book soon!

To Register call Kimberly  
at 905-318-0070.



## Your Host

### Kimberly Ryan

Kimberly is the part-time Coordinator of Programs & Volunteer Services at Bereaved Families of Ontario - Hamilton/Burlington and also hosts wellness retreats and mindfulness courses. Kimberly also created a mindfulness meditation CD in 2006, *A Moment to Myself*.

# In Loving Memory July

James Almas  
Beloved son of Beth  
Brother of Joy, Kim, Esther & Becky  
James was born March 30/78  
Died July 28/07

Gordie Beckerson  
Beloved son of Ann & Colin Howe  
and the late Donald Beckerson  
Brother of Lori and Sherri  
Gordie was born February 1/87  
Died July 9/05

Caylen Barletta  
Beloved child of Carlo & Rachael  
And Krista Bloom  
Caylen was born May 6/86  
Died July 2/12

Justen Bezemer  
Beloved son of Corine Bezemer -Johnson &  
Mike Johnson  
Brother of Kristen & Lexi  
Justen was born May 7/87  
Died July 30/07

David Brown  
Beloved son of Reid & Dianne  
Brother of Kristyne  
Hannah was born July 16/78  
Died July 5/02

Evan Jackson Bryars  
Beloved infant son of Mark & Tricia  
Big brother to adopted sister Chloe  
Evan was born June 10/05  
Died July 5/02

Chantele Kanisha Varona Fetterly  
Beloved daughter of Sandra Fetterly-Brown  
& Donald Moore  
Sister of J.J. & Nicole  
Chantele was born December 8/90  
Died July 3/07

Bryce Macfarlane  
Loving son of Bunny & Michael  
Beloved brother of Julia & Callel  
Bryce was born June 4/78  
Died July 6/95

Elijah Alexander Maxwell  
Beloved son of Andrea Martin & Marlon  
Maxwell

Brother to Nevaeh  
Elijah was born and died July 22/12

John-Micheal Martin  
Beloved son of Diane & John  
Brother of Matthew, Adam & Zachary Harris  
John was born January 6/88  
Died July 23/06

Ken McGillion  
Beloved son of Michael & Janet  
Loving parent of Kyran, Brenna & Drew  
Loved spouse of Angela  
Ken was born March 18/55  
Died July 24/08

Kinley Cameron Daniel Klodt  
Son of Angel Klodt  
Kinley was born October 29/07  
Died July 2/08

Chris Kotan  
Son of Paul and Lenora  
Chris was born August 15/84  
Died July 29/13

Jesse-Joseph Medeiros Sousa  
Son of Elena Medeiros-Smith &  
George Sousa  
Brother of Cynthia-Rose Medeiros Sousa  
Jesse was born September 13/89  
Died July 16/13

Robert Bernard Mikic  
Beloved son of Ante Tony & Slavica  
Brother of Melissa  
Robert was born August 20/67  
Died July 6/95

Wayne Miller  
Beloved child of Lorrie Miller  
Brother of Marlene Miller(Milon)  
Spouse of Josie Miller (Langley)  
Wayne was born August 16/42  
Died July 6/95

Linda Michele Moorcroft  
Beloved daughter of Doris  
Linda was born June 11/59  
Died July 04/83

Bronwen Nixon  
Child of Stacey and Christopher  
Bronwen was born July 26/98  
Died July 26/98

David Gordon James O'Hagen  
Beloved son and only child of Holly & Bill  
David was born May 27/78  
Died July 26/92

Darren Lawrence Palko  
Beloved son of Larry & Barbara  
Brother of Lindsay  
Darren was born January 7/77  
Died July 5/02

Allan Roberts  
Beloved son of Melissa Laking  
Brother to Alannah & Lean  
Allan was born on May 10/88  
Died July 31/12

Lise Ann Russell  
Beloved daughter of Claire Allan  
Sister of Derek (D), Michele Anne (D),  
Walter, Rosalind & Christopher  
Lise Ann was born July 11/62  
Died July 6/85

Ryan Taylor  
Child of Nicole Taylor  
Brother of Rodney  
Ryan born on March 9/72  
Died July 27/10

Laurin Thivierge  
Beloved son of Carmen & Bert  
Parent of Jean-Claude & Rene Thivierge  
Brother of Simone  
Laurin was born February 12/73  
Died July 11/02

Christine Louise Waldram  
Beloved child of Peter & Jean  
Sister of Garry, David, Mark & Craig  
Christine was born June 30/63  
Died July 1/63

Ryan Thomas Wallace  
Beloved son of Donald & Debbie  
Brother of Kimberly & Shannon  
Ryan was born January 22/80  
Died July 17/10

# In Loving Memory August

Edward (Ted) Adamson  
Loving father of Jennifer Buckle  
Ted was born October 7/18  
Died August 2/87

Gary William Bardy  
Beloved son of Susan Lowney  
Brother of Sara and Tanya  
Gary was born September 12/94  
Died August 19/10

Michael Bozel  
Beloved son of Margaret Szarka  
Brother of Peter and Steven (D)  
Michael was born October 7/65  
Died August 16/78

Keir Buckle  
Beloved son of Jennifer  
Keir was born September 3/77  
Died August 6/83

Elley Pattison Chichakian  
Beloved daughter of Beth Chichakian  
and Mike Pattison  
Sister of Harlee, Robin, and Raya  
Elley was born and died August 28/07

Stephan Clarke-Fevens  
Beloved son of Deidra Clarke  
and Doug McKee  
Brother of Douglas and Heaven  
Grandson of Nancy Clarke and Pam and  
Jim Griffiths  
Stephan was born June 3/83  
Died August 24/06

Tamara (Tammy) Beth Coates  
Beloved daughter of Geoffrey  
and Dorothy  
Sister of Penny and Stephanie  
Tammy was born October 18/69  
Died August 14/95

Kathy Dickerson and her  
son Tyler Chicop  
Beloved daughter and grandson of  
Connie  
Sister and nephew of Debbie, Pat and  
Claude  
Aunt and cousin of Joanna, Frank,

Claude and Bonnie-Lynn  
Kathy was born November 20/64  
Tyler was born December 24/91  
Mother and son died August 28/94

Amylou Renee Elizabeth Gadoury  
Beloved infant daughter of Jeannine  
Sister of Kia Angelique Nancy (D)  
Granddaughter of Rene and Nancy  
Amylou was born still on August 11/98

Ruth Hellyer  
Loving mother of Ashley  
Ruth was born December 17/57  
Died August 31/11

Julie Hollingshead  
Beloved daughter of Sandra  
Julie was born May 15/92  
Died August 5/09

Jake Richard Hughes  
Beloved son of Pearl Hughes  
Jake was born July 30/93  
Died August 20/12

Cole Mitchell Johnston  
Beloved son of Linda Zappitelli  
and Paul Johnston  
Brother of Harley and Mason  
Cole was born July 7/10  
Died August 17/11

Shaena Lynn Longboat-Barrowcliffe  
Loving mother of Andrew, Tashina and  
Alexander  
Shaena was born November 25/73  
Died August 27/01

Robert Laufman  
Son of Michael and Charlene  
Robert was born October 27/77  
Died August 26/13

Kathleen Elizabeth McDonagh  
beloved daughter of Albert and Helen  
Sister of Michael, Ann, Margaret, Maureen  
and husband Dan  
Aunt to Elise  
Kathleen was born July 31/70  
Died August 28/07

Dustin McLean  
Beloved son of Anne Popiel  
and Allan McLean  
Brother of Aaron, Ian and Greg (D)  
Dustin was born December 23/75  
Died August 26/99

Adam Cain Ort  
Beloved son of Shirley and Helmut  
Adam was born March 6/70  
Died August 15/96

Anthony Ravida  
Beloved son of Joanne and  
Salvatore Ravida  
Brother of Matthew and Isabel  
Anthony was born December 9/90  
Died August 18/08

Matthew Ryan  
Beloved son of Kimberly and  
Mark Ryan  
Brother of Nicole and Mackenzie  
Matthew was born October 23/81  
Died August 17/09

Jamie Thomas Watts  
Beloved son of Sabina C. Stone  
(formerly Watts)  
Brother of Shari Williams  
Brother-in-law of Jason Williams  
Father of Justin Jonathan Watts  
Uncle to Calista and Ava Williams  
Jamie was born May 15/74  
Died August 31/06

Sydney Alexandra Wood  
Beloved daughter of Sue and  
Greg Wood  
Sister to Mallory and Kamryn Wood  
Sydney was born May 28/01  
Died August 20/12



## www.bereavedmothersretreat.com

Give yourself permission to pause from the daily demands and energy of grief work. Allow yourself to be supported by others in a peaceful, safe and nurturing environment. Enjoy the sun on your face, a pictureque scene of Long Point Bay, and the quiet sounds of the wind and birds; these become a comforting refuge and remind us of the calming gift of Mother Nature and her sense of order that is lost in the midst of grieving. Throughout the weekend, you will have opportunity to sit and chat with other bereaved mothers through shared activities including: Campfires (weather permitting), Outdoor walks (weather permitting), Meditation, Yoga, Aromatherapy, Massage, Hand and Foot Soaks, Specialty tea time, Delicious and healthy meals (comfort foods). Along with the pampering sessions, you will be creating your own personalized comfort care basket, unique to you and your needs to take home and continue with your commitment to self care. September 19-21, 2014

### Rolph Family Stag & Doe Event

Saturday, August 16th 8pm-1am  
Tickets \$15 each, includes buffet  
Burlington Legion - 828 Legion Road  
\*Cathy & Wayne invite anyone who would like to join in the pre-celebration of their daughter, Shelly's upcoming wedding to Dan.



We welcome submissions to our bimonthly newsletter and reserve the right to edit based on available space. Please email any submissions or suggestions to the Executive Director, Lisa Lesnicki-Young at [community@bfo-hamiltonburlington.on.ca](mailto:community@bfo-hamiltonburlington.on.ca).

Our Privacy Policy: Bereaved Families of Ontario - Hamilton/Burlington (BFOHB) respects your personal information and adheres to all legal requirements with respect to protecting your privacy. We do not rent, sell or trade our mailing lists or other personal information. We use your personal information to assist us in providing you with appropriate services and to keep you up-to-date on the activities of BFOHB including programs, services, special events, appeals for additional funding through periodic contacts and to volunteer.

If at anytime you wish to be removed from any of our contact lists, please advise us by telephone at 905.318.0070 or by email at: [info@bfo-hamiltonburlington.on.ca](mailto:info@bfo-hamiltonburlington.on.ca) and we will gladly accommodate your request.

## Our Leadership Team

### BFOHB Leadership Team

Executive Director: Lisa Lesnicki-Young  
Coordinator of Programs & Volunteer Services: Kimberly Ryan  
Administrative Assistant: Cathy Rolph  
Finances: Homer Smith & Rick Salter  
Professional Consultant: Dr. Lori Triano-Antidormi, Ph.D., C. Psych  
Missing Pieces for Teens Clinical Director: Cara Grosset M.S.W., R.S.W., C.T.  
Children's Programs Clinical Director: Crystal Rutherford M.S.W., R.S.W., C.T.  
Crystal is also the Clinical Director for Camp Erin Hamilton and our TLC Family Camp at YMCA Wanakita.

### Board of Directors

Board Chair: Jim Matz  
Vice Chair: Ryan Moffat  
Secretary: Annette Jansen  
Treasurer: Tim Sprague  
Past Chair: Darryl Rankin  
Director: Ryan Cloutier  
Director: Tyler Sumac  
Director: Kjirsten Georgison  
Director: Jocelynn Patrick  
Director: Denise Vanderveen

### Professional Advisory Committee

Shauna Cassidy - Social Worker  
Karen Demaline - Social Worker  
Jane Galbraith - Author of "Baby Boomer Face Grief: Survival & Recovery"  
Kent Laidlaw - Trauma Specialist  
Lucinda Landau - Hospital Chaplain  
Jodi Pereira - Hospital Social Worker  
Sarah Pershick - Certified Child Life Specialist  
Crystal Rutherford - Social Worker & BFOHB Camps Clinical Director  
Dr. Lori Triano-Antidormi - Psychologist  
Dianne Vanderwoude - Funeral Director



BFOHB News

## Bereaved Families of Ontario - Hamilton/Burlington

There are no fees for any of our programs, however, donations are greatly appreciated.

Yes! I want to give my support to Bereaved Families of Ontario-Hamilton/Burlington with my gift in the amount of \$\_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Charge my credit card:

VISA  MC  AMERICAN EXPRESS

Name on card: \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Please bill me \_\_\_\_\_ Monthly \_\_\_\_\_ Annually

Amount \$ \_\_\_\_\_