



Bereaved Families of Ontario — Ottawa Region

The bereaved helping the bereaved learn to live with grief.

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Lending Library
Quarterly Newsletter
Web Site
Facilitator Training
Educational Speakers

BFO-OR Charitable Donation Number: [85343 2730 RR0001](https://www.bfo-or.org/donations)
A not for profit support agency.
A time for healing and remembrance.

Working through grief

As a Peer Facilitator for loss of spouse, I have often been asked, "How do I get out of this grieving?".

What I have found is that I have to work through my grief. It is work because grief takes a great deal of energy and effort.

For me, this work was a learning process with gradual understanding. Here are a few of my discoveries:

- Recognizing grief as being normal
Grief is a natural process which affected me at all levels: physically, mentally and emotionally. Although it seemed difficult to imagine at the time, I moved forward a great deal.
- Recognizing grief as being unique
Each loss is unique, personal, and no two individual mourn or grief in the same manner. No one could really know how I was feeling, or what I was going through.
- There is no quick way out of grief
There are no pre-set specific steps, instructions or road maps. There are neither straight lines, nor automatic check-in and check-out times. Grief is a process.
Mourning, defined as the open expression of thoughts and feelings regarding loss, allowed me to heal, to learn and to grow.
- Grief will not be ignored
I see grief as a wound needing to be cared for. All wounds, need tender and sensitive care. The grief in my mind body and soul needed to be cared for.

- There is no time limit
Grief takes longer than most people think. A grief journey does not end in weeks, or 2 to 6 months.
The first year was the grieving of my raw emotions, and the second year was the reality of my loss, and from where the rebuilding of my life began.
- Hills and valleys; being hit by waves
Feeling fine one day and the next day being wrecked by emotions is what I mean by hills and valleys and the feeling of being hit by waves.
Often it was as if I was taking two steps forward and one step back. However with time the hills and valleys decreased, and the waves were less harsh.
- Talking about my thoughts and feelings
Sharing my grief allowed the healing to occur. I told my story, talked about the circumstance and the death, my feelings of the loss, and the things I missed about my loved one.
- Finding that I was not alone
I found that listening and sharing with others with similar losses lead to understanding I was not alone. I became aware of my feelings and what I was going through.
- Aware of my limitations
Recognizing that I was operating at limited capacity helped me get through the day: "This is what I can do at this moment" was ok.

(continues on page 4)

Many special events are happening through our support programs, see page 5.

- 2-day LivingWorks Education Inc. workshop, typically cost of \$140.00.
A one time free of charge offer to all BFO volunteers. Act now!
- Numerous Closed Support Groups are beginning.

Program Coordinator's Report

We regretfully accepted resignation letters from three members of our Management Board. Barbra Hills-Labonté has been a volunteer on the Board for many years. She has stayed with BFO through office moves and participated in the Steering Committees to maintain BFO as a supportive network to people who are bereaved. She will continue as a volunteer facilitator for a closed Group for Loss of a Child that will begin this spring. We say many thanks to Barbra for offering her administrative, leadership and caring qualities to BFO-Ottawa Region. Christine Durocher has been on our Board for one year. Her opportunity to advance her career will not allow her time to support BFO in an administrative capacity. She will continue to support BFO in other ways. June Wilson has been on the Board for 6 months as our bookkeeper. Her new job and family duties dictates she also is unable to volunteer time at present at the Board level but will continue to volunteer time in the office when needed.

Our new Board member, bookkeeper and accountant is Sue Fisher. We welcome her financial expertise on the Board and her previous experience with other agencies will be an asset to the Board.

If anyone would like to be a Board member, please talk to Hilda at the office at 567-4278. Meetings are the third Tuesday of each month and programming and especially fundraising are the main topics and action items requiring volunteer time.

March means closed groups begin for the spring. We have a pilot project this year. We are partnering with Catholic Family Services to offer a Group for Loss of a Family Member. The parents and children will meet together for supper and that will be followed by a separate facilitated support group for the children and a separate support group for the adults. Please call the office if interested.

The Support Group for Loss of Spouse will begin on Thursdays, March 27th, date to be confirmed. Support group for Loss of a Child will begin by the end of March. Closed Group for Survivor of Suicide will begin in April 16th. Other groups will also be beginning as calls of clients warrant such. We want to run a teen group also after school breaks are finished.

Thank you to the volunteers who come into the office and offer their time. Linda and Guiliana and June are in almost weekly, even during the bitter cold days, sticking labels on pamphlets and photocopying our literature. I would like to thank Georgina Ing for her help in the office during her placement with me as a student in the Algonquin College Student Social Work program. Her last day is April 25th. I wish her future to be very happy and successful. I like giving time to Georgina because she is eager to learn about bereavement and to support others.

*Hilda Sabadash,
Program Coordinator*

Developing BFO-OR

Support for Suicide Programs at BFO

Thanks to a generous donation of \$5000 from the Harold Crabtree Foundation, BFO will be able to offer a Survivor of Suicide Group this year as well as the 2-day LivingWorks Education Inc. Applied Suicide Intervention Skills Training (ASIST) workshop.

The 10-week closed Group for a Survivor of Suicide is now in the planning stages and anyone interested in registering should give Hilda a call at 567-4278.

The 2-day training session will take place Saturday, May 3 and Sunday, May 4, 2003. The grant from the Harold Crabtree Foundation allows BFO to offer this excellent training free of charge to BFO volunteers. Typically, the cost is \$140.00. The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Over 200,000 caregivers have participated in this 2-day, highly interactive, practical, practice-oriented workshop. BFO highly recommends this training. Thoughts of suicide are a normal part of the grief journey and this workshop gives facilitators the skills they need to respond to participants who might be experiencing such a reaction.

Education and Research

BFO and Carleton University are collaborating on a research project to determine the long-term impact of a bereavement support group on participants who have suffered a childhood loss.

In partnership with the Centre for Coping, Stress and Well-being at the University, BFO is hoping to interview former participants in children's groups in order to assess their current well-being in comparison to that of young people who have suffered a loss but not attended a group. This is an exciting new initiative that will help BFO to determine the long-term benefits of the programs that we offer to our community.

Anyone interested in participating in the study should contact Hilda Sabadash at 567-4278.

Making a Difference Forever

At a time of loss, consider a memorial in the name of a loved one. You may also want to consider making a bequest to BFO in your will or naming BFO as the beneficiary of your life insurance or retirement plan. Through your will you may leave a specific monetary gift or asset, a percentage of your estate, or the residual after gifts to family or friends.

This is a significant way to honour a beloved family member or friend. Making a bequest ensures that your gift is made once your lifetime needs and other obligations have been met.

*Submitted by,
Martha Attridge Bufton,
Development Coordinator*

Continuing Bonds . . . Featuring stories, poems, or ideas from readers about how they include their loved ones in holidays or special events, how they observe anniversaries, or whatever they do to keep their loved ones alive in their hearts.

Widow's Walk

She is dressed well
not flashy
good quality
carefully chosen
coordinated, we could say.

Hair done, make up applied carefully
A serviceable, not outlandish purse
shoes to match
But something is missing.

She walks distracted
As if she's misplaced something
She's not sure what it is
She's not sure she wants to remember
what it is
But still she'd like to find it.

She doesn't stand out in the crowd
Though you might notice that her eyes are
downcast
rather than focussed on her stroll through
the mall
Now and again she looks up, startled, as if
wondering how she got here,
or why.

The Freedom of silence

Good friends don't always talk
Sometimes they simply walk
preoccupied together
It doesn't matter whether they stop to
speak or smile or dream for a while
when they share quietness
Their bond has made them free to let
the silence be

Alice Kay Rogers

At home she is the same only she makes
less attempt
to disguise her confusion.
She wanders from room to room
as she wandered from store to store.
She lifts a book, a photo, a newspaper
shifts a pillow on the sofa
puts it back where it was.

Maybe it's in the next room
She glances at the door
at the shadowed interior
moves toward it.

It is the bedroom
She looks down at the empty bed
And remembers
What's missing is her husband.

by Bill Drake

Father's Day

As the day approaches
I wonder how I will react –
Am I still a father?
I will sit quietly never
Allowing friends and family
To see how I feel.
I miss my son but I can't allow
myself to "break"
I must remain strong
And always be a the "rock"
I wish I could just let
Someone know just how much I
Miss my little angel.
How much I cry and how
Much I miss hearing,
"Dad I love your"
I am a father, but I
Wonder will I just pretend,
As usual that
"It doesn't bother me?"
Remember me,
For I hurt, too on this
Special day.

Author unknown

Hugs

Hugs are not only nice; they're needed.
Hugs can relieve pain and depression,
make the happy happier and the most
secure among us even more so.

Hugging feels good, over-comes fear,
eases tension, provides stretching
exercise if you are short, or stooping
exercise if you are tall.

Hugging does not upset the
environment, saves heat and requires no
special equipment. It makes happy days
happier and impossible days possible.

Author unknown

Their Song of Love

Remembering on this Mothers' Day
The melody of your child etched
In your heart.
The sweet song of love
That only your
Child could place there.
As this special day brings
Their song to you,
May the warmth of their eternal love
Fill your heart once again.
For their song is never ending.

Patty Erdman

Poetry is not written to be analyzed; it is meant to inspire without reason, to touch without understanding.

The Newsletter is seeking your contributions. It is a voice for the bereaved. Please share your thoughts, ideas, and requests. Recommend a book and write what you like about it. Share your story, submit a poem, or tell of things that help you. *Thank you!*

Supportive articles . . . how we feel, what we are experiencing, and other challenges we face are very difficult to place into words. Poems, books, articles, and stories are a good supportive source to turn to where you will find that “you are not alone”.

Things to tell people who are not grieving

Dear (friend, parent, brother, sister, minister, employer . . .)

I have had a devastating loss. It will take me time, perhaps years, to heal the grief that has afflicted me. For some time, it is quite possible that I will cry much more than usual. My tears do not signify weakness, a lack of hope or faith. They represent the depth of my loss and signify my convalescence.

Perhaps at times I will seem more angry than is apparently reasonable. The stress of grief tests the intensity of my emotions. Pardon me please if I seem irrational.

I need your understanding and your presence more than anything else. If you don't know what to say, touch me, kiss me, but please let me know that you care about me. Please, don't wait until I call you. I am often far too tired to even think of using the telephone to reach out for the help that I need.

Don't let me become a stranger to you. Over the next year I will need your presence more than ever.

You can pray for me, but only if you don't do it through obligation. My faith should not be preventing me from grieving.

If, perhaps, you have ever experienced a grief similar to mine, share it with me. You will not hurt my feelings.

This loss is the worst thing that has ever happened to me. But I will survive and I will heal. I will not always feel the way I am feeling at this moment. I will smile again.

Thank you for thinking of me. Your consideration is a gift that I will appreciate forever.

BFO's resources material

Book reviews

Support for Supporters, A Resource Package for Providing Support to Bereaved Adolescents written by Purnima Sundar, MA

This package was made possible with financial assistance from the Diana, Princess of Wales Memorial Fund. The purpose of this resource package is to provide you with tools with which to provide assistance and support to adolescents.

In this book you will find out: why it is important to attend to bereavement adolescence, what grief looks like to adolescents; how grief is conceptualized in the literature; how teens may cope with death, how you may respond to a bereaved teen, what danger signs to look for, do's and don'ts to say, etc. With this book is a booklet written for and by teenagers which lists do's and don'ts for right after the loss, first weeks and months after the loss, and one year after the loss.

Cost is \$10.00 for each book and \$2.00 for each booklet. You can place your order by calling the office.

Lovely Bones by Alice Sebold

It is on the bestseller list for fiction and is a murder mystery concerning bereavement. I found the incidences concerning adults and children bereavement in a family setting very believable. I do not recommend it for the newly bereaved.

*Hilda Sabadash,
Program Coordinator*

Working through your grief (continued from page 1)

- Grief is unpredictable

It's never easy, but it did help once I understood that sudden surges of grief can come out of nowhere, even at the most unexpected times.

- Acknowledging my feelings

I found that it was alright to feel a range of emotions including fear, guilt, relief, anger, hurt, frustration, loneliness, sadness, and even joy.

- Writing my woes

Writing was a comforting means to express my feelings to myself. It was a means of reflection; a way to express my raw emotions without feeling vulnerable.

In time it also showed my progression through my journey.

I was not left to deal with my grief without help, hope, or a means to healing. Finding those who understood my feelings, allowing me to talk was a part of working through my grief. I did the work by allowing myself to grieve.

*Doris Rose Audet,
Peer Facilitator*

Check us out—web site!	BFO-OR Management Board*	
Managed by Stephen Beneteau. Enables access to the newsletters as well as support information, up to the minute announcements, and valuable links. http://www.bfo-ottawa.org	Martha Attridge Bufton (Staff) .. 989-1010 Gail Christy (PAC) 733-5227 Mark Steele567-4278 Kerri-Lynn Herbert567-4278	Hilda Sabadash (Staff) 567-4278 Sue Fisher (Book-keeper) 567-4278 Tim Sen (work)..... 564-8585

* Positions available for BFO-OR Management Board. Contact Hilda Sabadash for further information.

Upcoming Events . . . BFO-OR offers a wide array of support, information, and in remembrance events, supporting all losses. Take a close look; we have much to offer. If you do not find what you are looking for, give us a call at (613) 567-4278.

Support and Share Night (SSN)

Dates: First Tuesday of each month
7:00 p.m. to 9:00 p.m.

Location: St. Timothy's Presbyterian Church,
2400 Alta Vista Drive, Ottawa
(downstairs hall)

April 1 — Dawn Brown speaking

May 6 — video

June 3 — Gail Christy

July 8 — to be announced (July 1 is a holiday)

Closed Support Groups

Closed Support Groups are scheduled for this spring. If you have not been contacted yet, and wish to be included contact Hilda at 567-4278.

- The Support Group for Loss of Spouse begins on Thursdays, March 27th, date to be confirmed.
- Support Group for Loss of a Child will begin by the end of March.
- 10-week closed Group for a Survivor of Suicide is now in the planning stages, dated for April 16th.
- Pilot project offering a Group for Loss of a Family Member. Facilitated support group for the children and a separate support group for the adults.
- Other groups will also be beginning as calls of clients warrant such.
- We want to run a teen group also after school breaks are finished.

Training

- 2-day LivingWorks Education Inc. Applied Suicide Intervention Skills Training (ASIST) workshop will take place Saturday, May 3 and Sunday, May 4, 2003. **Free of charge to BFO volunteers.** Typically, the cost is \$140.00. Act now!

Upcoming Fundraisers—2003:

- Walk to Remember September 27th, 2003.

Newsletter electronic delivery

June Wilson will be calling people who are receiving the newsletter to obtain their e-mail address information.

We hope to get most newsletters sent to e-mail addresses to cut down postage expenses. People who wish a hard copy by mail will continue to receive as such.

Please see Newsletter and Donation form on page 6.

BFO-OR Golf Tournament

Come one, come all to our second annual BFO-OR Golf Tournament – Dinner and Auction!!

If you were able to attend last year, you know what an enjoyable time was had by all and if you were not able to attend please join us this year!

All golfers are welcome, but please come for the dinner and auction if you are not a golfer.

We are also in need of donations for prizes and auction items. Do you know anyone who has a business and would be able to help out? If YES, please see attached Donation letter and pass it on.

Hope to see you on May 30th!

Terry Moxness 830-3905

Fundraising Event

Golf Tournament – Dinner & Auction

Date: **Friday, May 30th, 2003** (Rain or Shine!)

Location: Pineview Golf Course
1471 Blair Road
(417 – Blair Road, south bound)

Time: 12 noon tee off time / 6 p.m. dinner

Cost: \$90 per person*

Dinner & Auction: \$26 per person

See attached registration form and donation letter!

Please register by April 30th, 2003

Call: 837-4566 or visit the web at:
<http://www.bfo-ottawa.org>

Please forward registration fees to:

Bereaved Families of Ontario – Ottawa Region
C/O T. Moxness 1142 St Jerome Cr.
Orleans ON K1C 2A8

Donation of auction items, skills, or services, welcomed!

To be auctioned:

Personally autograph picture of Tiger Woods

Supporting Bereaved Families of Ontario–Ottawa Region.
Charitable Donation Number 85343 2730 RR0001.

"We can help the healing begin"

*A portion of which is tax deductible.

Includes green fees, cart, steak dinner & auction.

Thank you so much for your cooperation

Sponsorship

Many wonderful individuals and corporations have helped Bereaved Families in our community by supporting the programs of Bereaved Families of Ontario—Ottawa Region.

In order to respect the privacy of our individual donors, we will not list any here. However, we want you to know that your contributions are important to the families that you help.

We would like to take this opportunity to thank the corporations, foundations and other charitable organizations that have also helped us help the healing begin.

*Martha Attridge Bufton,
Development Coordinator*

<p>Hulse Playfair & McGarry</p> <p>315 McLeod, Ottawa, Ontario (613) 233-1143 www.hpmc.ca</p>	<p>RBC Royal Bank Bank and Queen Branch</p> <p>99 Bank St., Ottawa, Ontario K1P 6B9 (613) 564-4563</p>
<p>Bumbles & Blossoms Inc.</p> <p>1500 Bank Street, Ottawa, Ontario (613) 736-6636 New and Consigned Fashions: baby, kids, and maternal.</p>	<p>Lundy M P Construction (Ontario) Limited</p> <p>375 Metcalfe, Ottawa, Ontario (613) 233-8484 www.mplundy.com</p>
<p>Mail Boxes ETC</p> <p>1769 St. Laurent Blvd. & Innes Rd. (613) 526-4898 MBE112@travel-net.com</p>	<p>Hope Cemetery</p> <p>4660 Bank Street, Gloucester, Ontario (613) 822-1212</p>
<p>Notre Dame Cemetery Ottawa</p> <p>455 Montreal Rd., Ottawa, Ontario (613) 746-4175</p>	<p>BFO—OR Wish List Small microwave oven</p> <p>If you have this item or other supplies, i.e.: kleenex tissues, you would like to donate, please call the office.</p>

Newsletter and Donations

Please take a moment to revise your information with the selections listed below.*

Mail this slip, with your donation, to Bereaved Families of Ontario—Ottawa Region 308-211 Bronson Ave., Ottawa, ON K1R 6H5

- To reduce overhead cost to BFO—OR, please add my name to the electronic mail-out listing.
My e-mail address is: _____
- I would like to continue receiving a mailing of the BFO-OR Newsletter through regular postal service.
- I would like to make a donation in the amount of:
\$15.00 ___ \$25.00 ___ \$50.00 ___ \$100.00 ___ Other _____.

BFO-OR Charitable Donation Number: 85343 2730 RR0001. Donations over \$15.00 will receive a Charitable Donation Receipt.

Name Mailing Address City Postal code

* Names are removed from mailing list following a period of 3 years of inactivity.