



**The Compassionate Friends**  
 Quad City Area Chapter  
 Supporting Family After a Child Dies

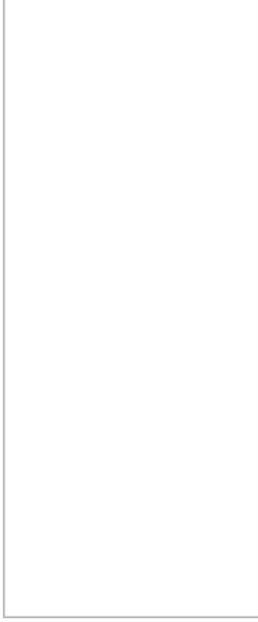


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**March**



**To** those who are receiving our newsletter for the first time, we wish you were not eligible to belong to this group, but we want you to know that your family and you have many friends. We who have received love and compassion from others in our time of deep sorrow now wish to offer the same support and understanding to you. Please know we understand, we care, and we want to help.

*You are not alone in your grief.*



**The Compassionate Friends**  
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Volume XXX **March 2017** Number 3

Dear Compassionate Friends,

## I was sitting

in church on Sunday when the first notes of a praise song began. For a moment I wondered at the familiarity of the opening chords. All at once my memory clicked and I realized that this was the song our granddaughter sang at my dad's funeral in November. I poked Jerry and mouthed the word, "Oceans." The singing began and initially I joined in, but it was not long before the lump in my throat made singing impossible. Tears gently rolled down my face as I remembered Hannah singing this song to my dad as he lay in his hospital bed.

Grief triggers are those reminders, often unexpected, that in an instant can cause a wave of grief to wash over you or even knock you down. You become distracted from what you were doing and find yourself in pain.

A grief trigger can be anything that brings up memories related to your loss. They may be obvious and easy to anticipate – like a birthday or a holiday – or they may surprise you – like spotting someone who looks like your loved one in a crowd. A grief trigger might be tied to an obvious memory or emotion or it may be something that flashes into consciousness and merely leaves you with a sense of sadness and yearning.

For many months after Anna died each time we drove past Exit 242 on I-80, we felt an overwhelming sense of loss and sadness knowing that the hospital where she died was just down the road. Each year, the coming of March triggers feelings associated with that bittersweet month, so many years ago, that began with much hope and ended with much sorrow. One Mother's Day, several years after Anna died, I was devastated by triggered grief when a friend lovingly placed a vase of pink rosebuds on the organ in memory of Anna. Jerry experienced a strong grief trigger the first time we watched *Father of the Bride*, overcome with the reality that he would never walk his little girl down the aisle.

In this month's newsletter, Brendon's father shares in the article, "Grief Triggers Can Become Healing Triggers," how grief triggers can be helpful as well as hurtful. He reminds us that in spite of the anxiety that grief triggers can cause, over time, as you progress along your grief journey they can mellow into a positive experience, a reminder of your loved one. I am grateful for the things that remind me of my baby girl, always loved, never forgotten.

*Sincerely,*  
*Carol and Jerry Webb*

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## Chalkboard reflections

"WE CANNOT OFFER YOU ANY SHORTCUT THROUGH THE PAIN. THERE ISN'T ANY. BUT YOU CAN HELP YOURSELF ALONG THE WAY TO HEALING. WE CAN OFFER YOU SUPPORT, ENCOURAGEMENT, AND THE HAND OF FRIENDSHIP."

JOANN DODSON

We don't just grieve the moment our loved ones pass. We grieve the *past*, the *future*, and the *now*. Our loved one is more than *one moment in time*.

Angie Cartwright

"MOURNING IS ONE OF THE MOST PROFOUND HUMAN EXPERIENCES THAT IS POSSIBLE TO HAVE. THE DEEP CAPACITY TO WEEP FOR THE LOSS OF A LOVED ONE AND TO CONTINUE TO TREASURE THE MEMORY OF THAT LOSS IS ONE OF OUR NOBLEST HUMAN TRAITS."

SHNEIDMAN (1980)

It is, of course, a truism, but only parents who have lost a child can understand the profound depth of the grief; the sense that the natural order has been disrupted and life will never again resume its old course.

Tears are how our heart speaks when our lips simply cannot find the words to describe the pain we feel.

WHAT SOCIETY DOES NOT UNDERSTAND IS THAT GRIEF IS NOT A PHASE AND IT IS NOT A CHOICE.

KRISTIN BINDER

We are put on this earth to love them for as long as WE live not for as long as THEY lived.

Alan Pedersen

GRIEF IS A CONVERSATIONAL MINEFIELD, BUT WE SHOULD LEARN TO NEGOTIATE IT WITH TACT AND DELICACY. AND THE MORE OPEN WE CAN BE ABOUT DISCUSSING IT, THE BETTER IT WILL BE FOR ALL.

There is no warning given when something is going to trigger a strong emotional reaction in you, because triggers can be unexpected or completely unknown. This can be very difficult to deal with, especially when you are just trying to survive your day. It may be worth noting down when something has made you particularly emotional so that you can better learn what your specific triggers are – this can help normalize your experiences.

## SPEAKING FROM THE HEART

Posted on January 19th, 2017

One of my New Year's resolutions was that I was not going to take the easy road and write any of my January articles for publications about New Year's resolutions. Writing about the turning of one year into another takes very little creativity and certainly I can do better than that. As I sat and stared at my computer for nearly an hour without a single good idea for a topic, I decided to go back to basics.

I took a trip back in time to my creative writing class in college. My professor, Mrs. English (seriously, this was her name), would often advise us that when you feel stuck and lack creative ideas, pick a subject that you know something about. So, I am heeding her advice for this article and writing about something that I know a lot about...football.

Football is a game that I love. Professional or college, it doesn't matter; I simply enjoy watching this sport. As I write this column, the NFL playoffs are getting ready to begin with a doubleheader today and tomorrow. On

Monday night, Alabama and Clemson will battle it out for the NCAA championship to decide the top team in college football. When I am watching football, I can truly escape from the rest of the world for a little while.

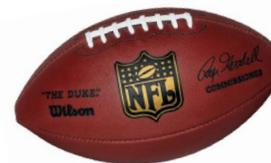
Perhaps you are wondering what on earth football has to do with grief. In my world...everything. Over the years, football was able to give me a much needed reprieve from the constant focus of my loss. I came to look at things I enjoy such as football, playing golf and following current events as a beautiful distraction. These things became my coping mechanism, the soft place I could rest and relax to take a

break from the hard work of processing my grief.

Grief is an exhausting journey that requires navigation down our own unique path through a valley which we have never been, without a compass to guide us. We each make progress at our own pace and arrive where we are supposed to be in our own way. While the work is difficult, we must also recognize that we need times of rest to reenergize and refresh ourselves for what lies ahead.

My hope for each of you is that you consider if there is an activity or hobby that you can participate in that takes you away from the daily struggle of grieving. My wife has taken up running, I have a friend who finds solace in gardening and another who

took art classes and began painting. Each of them has found these endeavors to be very rewarding and beneficial in allowing them to have a place where they can shift gears and refocus their energy.



Our grief is part of who we are and will always be there, right below the surface waiting for us. As we grow in our grief, we learn that it can be a great catalyst for change; it can also direct our lives into areas we never imagined we would go. The good news is we don't have to live in the valley of our grief every moment of every day...grief can coexist with laughter, enjoyment, entertainment and stimulating activities.

Well, I have to run; kick off is just moments away, and I haven't made the popcorn yet.

Alan Pedersen  
Executive Director  
The Compassionate Friends

# Pictures

I set them out. I put them away. I get them out and start to go through them. I am filled with bleak wonder that the daughter pictured there is no longer going to call, or walk in the door, or send a card filled with love and humor. Cards that brightened my day, made me laugh, and always prompted me to call her and give her a big hug when she walked in the door.

**Pictures.** I get them out. I run my hand over her face, lingering on her lips, remembering. And suddenly, overcome with grief, I pull that picture to me and kiss her and tell her how much I miss her. Then I look again and see her eyes that sparkled and twinkled with mischief.

**Pictures.** At times I hate them. They show me what I don't have. They bring back memories of a time when she was healthy and happy, a time when life with her was a joy. I am not yet at a place in my healing where I can remember those times very well. I am filled with memories of her pain, illness and death. I am still at a place that I want all of those horrible memories to be a bad dream, a dream from which I will awake and hear her voice calling me to come outside to take some pictures.



**Pam Fallon, TCF/Central Oregon**

## Contact the Editors

**Jerry and Carol Webb, Box 71, Cordova, Illinois 61242, 309.654.2727,**

**If** you read or write an article or poem which might be helpful to other bereaved parents and would like to share it.

**If** you move and would like to continue receiving the newsletter, send us your new address.

**If** you know someone you think would benefit from receiving the

newsletter, send his/her/their name and address.

**If** you prefer to no longer receive the newsletter or if you prefer to receive this newsletter via email.



## Grief and the Myth of Closure

When faced with grief we often ask, "When will I begin to feel better? When will I return to normal? When will I achieve some closure?" The idea of closure in our culture is one of tidy endings, a sense of completion. The reason we long for closure, of course, is because we would like to be rid of this pain. We would like to shut out the sad, confused, desperate, angry feelings from our lives, putting all of this pain behind us so that we can feel joy again.

For some of us, we expect "closure" to happen after the funeral or memorial service or after a loved one's room has been cleared out. For others, we look for closure after a personal ritual, or after the first anniversary comes and goes. "Surely then, we will have closure" we think. We pray.

But what an odd concept really, closure...as if we could turn the lock and throw away the key, as if we could truly close the door on our emotions and our love for someone lost. The truth, of course, is far more complex. The "closure" that we all strive for loses its relevancy in the realms of loss and love.

Closure may work well in the world of practical matters – with business deals and real estate transactions. But closure does not apply to the human heart, not in a pure sense. It isn't possible to permanently close the door on the past as if it didn't exist. And why would we want to anyway...really? If we so thoroughly detached from our loss, we would not only close the door on the pain but we would also sever the connection to our loved one.

In losing someone dear to us, it's important to remember that the relationship itself is not over. Death cannot take away the love that weaves its way through every fiber of our being. Love will always triumph over death in this regard. We want to hold our cherished memories close to our heart, recognizing that our love is an essential part of us. In fact, we want to open the door, not close it, onto the reality of living with loss.

Perhaps it is better to drop the idea of closure and think instead in terms of healing and growth. We can process our pain and move to deeper and deeper levels of healing; we can find ways to move on while holding our relationship with our loved one forever in our hearts; we can channel our pain into meaningful activities to honor our loved ones; we can even learn to smile again, laugh again, breathe again and love again.

Our loss becomes love transformed, transformed from that which relies on physical presence to something more pure. So let us not strive for closure. When we do that, we unwittingly close the door on all the love that we shared. And, truly, that would be a loss too terrible to bear.

**TCF's Facebook Page** is a proven support area for bereaved family members to come and talk about their grief. Stop by and visit with some of our more than 120,000 Facebook members. **Please join our TCF/USA Facebook family. Tell us about your child, sibling, grandchild, or other loved one and find support in the words and concern of others. Check out the Discussion Boards! Every day we also provide thought provoking questions, grief quotes, and links to grief stories, as well as TCF news such as updates on the National Conference, Worldwide Candle Lighting, and other TCF programs.**



Closed Facebook Groups: The Compassionate Friends offers several closed Facebook groups to connect with other bereaved parents, grandparents, and siblings. The groups supply support, encouragement, and friendship. Recently added groups include Men in Grief; Loss of Long Term Illness; Loss of a Step Child; Loss of a Child with Special Needs.

### The Compassionate Friends National Newsletter

One complimentary copy is sent to bereaved families who contact the national office: The Compassionate Friends, Inc., P.O. Box 3696, Oak Brook, IL 60522-3696 (877)969-0010.

**email:**

NationalOffice@compassionatefriends.org

**Website:**

www.compassionatefriends.org

Visit the [sibling resource](#) page at

[www.compassionatefriends.org](http://www.compassionatefriends.org)

It is also available to read online without charge.

**e-Newsletter Now Available!** An e-Newsletter is now available from the National Office! The monthly e-Newsletter contains notes and happenings of interest to all TCFers. To subscribe to the e-Newsletter, visit the TCF National Website home page and click on the Register for TCF e-Newsletter Link. This newsletter is available to everyone.

**Triggers** can also come in the form of internal questions we find ourselves asking, such as, “Could I have done more?” “What if I had done something differently?” or, “What if we had spotted this sooner?” Being bereaved comes with a lot of questions, and hindsight is a helpful but sometimes torturous thing. You can always look back and feel like things were missed and what if this or that was done sooner, what if I had realized? The trouble with the “What if?” question is that we may never have the answers and can therefore find ourselves going around in loops.

**TheLossFoundation.org**

### You Think...

You think it won't happen to you, but it does.  
 You think your life could never be this way, but it is.  
 You think you should have recognized that he was dying, but you didn't.  
 You think your grief is so huge that you'll forget to breathe, but you don't.  
 You think the sun will forget to come up, but it doesn't.  
 You think the tears will stop coming, but they don't.  
 You think you can't handle the pain, but you do.  
 You think you'll lose hope, but you don't. You think you'll never be happy again, but you will.  
 You think you'll be alone forever, but you won't.  
 You think that you'll never laugh again, but you do.  
 You think you can't live without them, but you learn how.

Angelia King TCF/Seattle-King County

### About TCF...

**The Compassionate Friends** is a nonprofit, self-help organization offering friendship and support to families who have experienced the death of a child. Founded in England in 1969, the first U.S. chapter was organized in 1972. Since then, 635 chapters have been established. The current Quad City Chapter was formed in 1987.

**TCF National Office**

P.O. Box 3696  
 Oak Brook, Illinois 60522-3696  
 Toll Free (877)969-0010  
 TCF National Web site —  
[www.compassionatefriends.org](http://www.compassionatefriends.org)  
<http://www.quadcitytcf.org>

**Mission Statement**

The mission of The Compassionate Friends Quad City Area Chapter is when a child dies at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

**Vision Statement**

The vision statement of The Compassionate Friends is that everyone who needs us will find us, and everyone who finds us will be helped.

### Do You Have Children?

How do I answer such a painful question?  
 Could they possibly understand my feelings for you? I have no one to hold, no one to call me Mommy.  
 In their eyes, I am childless;  
 I am not the same as before I had you.  
 I love you, think of you, just as a mother would.  
 If they could only see into my heart,  
 They would know you are with me always.  
 Yes, I do have children...

Joni Cross, TCF/DeSoto, Texas

## Support Groups for Grieving Parents & Siblings

### The Compassionate Friends, Quad City Chapter

**Monthly Meeting, Thursday, March 23, 2017, at 6:30 pm at  
Bethany for Children & Families, 1830 6th Avenue, Moline**

Please call Doug Scott (563.370.1041) for information and directions.

**Next month's meeting: April 27, 2017, at 6:30 pm**

**TCF website: <http://www.quadcitytcf.org>.**

<b>The Compassionate Friends of Muscatine</b>	Meets the second Sunday of each month at 2:00 at the George M. Wittich-Lewis Funeral Home, 2907 Mulberry, Muscatine, Iowa. Chapter Leaders are Linda and Bill McCracken. You can call them at 563.260.3626 for directions or information, or contact them at linmac67@machlink.com.
<b>Rick's House of Hope</b>	This is a community resource for children and adolescents dealing with grief. There is no fee for services. Groups meet on Monday and Tuesday nights. The group for 14 year olds and older meets Sunday from 3:00 pm until 5:00 pm. All meetings are held at 5022 Northwest Boulevard, Davenport, Iowa 52806. For more information, call Emily Gordon, Program Director, at 563.324.9580, or egordon@rhoh.org or go to www.rhoh.org.
<b>MJL Foundation Suicide Grief Support (DeWitt)</b>	A peer group for suicide grief support meets on the third Friday of every month, 6:00 pm to 7:30 pm at the Frances Banta Waggnor Library, 505 10th Street, DeWitt, Iowa 54742. Contact Betsy Loehr, 563.843.3655 or at there.is.hope@hotmail.com — <a href="http://www.mjlfoundation.org">http://www.mjlfoundation.org</a> .
<b>MJL Foundation Suicide Grief Support (Fulton)</b>	Survivors of Suicide Support Group meets on the second Monday of each month in Fulton, Illinois, at the Second Reformed Church, 703 - 14th Avenue, Fulton, Illinois 61252, from 7:00 pm-8:30 pm. Contact Laura Wessels, 815.589.3425, or <a href="mailto:laura@secondreformedchurch.net">laura@secondreformedchurch.net</a> .
<b>SHARE</b>	A support group for parents who have lost a child through miscarriage, still-birth, or early infant death. SHARE meets the third Thursday at 6:30 pm in the Adler Room #1 in the lower level of Genesis Heart Institute, 1236 East Rusholme Street, Davenport, Iowa. Questions? Contact Chalyn Fornero-Green at 309.373.2568, or <a href="mailto:chalyn@shareqc.com">chalyn@shareqc.com</a> or <a href="http://www.shareqc.com">www.shareqc.com</a> .
<b>Loving Listeners</b>	If you need someone who understands and will listen, feel free to call or email (if address is given): <ul style="list-style-type: none"> <li>♥ Kay Miller 309.738.4915</li> <li>♥ Doug Scott 563.370.1041 <a href="mailto:doug.scott@mchsi.com">doug.scott@mchsi.com</a></li> <li>♥ Rosemary Shoemaker 309.945.6738 <a href="mailto:shoearthb3@mchsi.com">shoearthb3@mchsi.com</a></li> <li>♥ Judy Delvecchio 563.349.8895 <a href="mailto:delvecchiojudy@hotmail.com">delvecchiojudy@hotmail.com</a></li> </ul> <p>Kay, Doug, Rosemary, and Judy are willing to take calls from bereaved parents, grandparents, or siblings who want to talk to someone who cares that they don't feel alone.</p>

## Printed Resources for Grieving Parents & Siblings

<b>TCF Online Support Community</b>	TCF's national website offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The sessions last an hour and have trained moderators present. For more information, visit <a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a> and click "Online Support" in the "Resources" column.
<b>TCF's Grief Related Webinars</b>	Held monthly, the webinars are on various grief topics with well-known experts in the field. To reserve a seat for the next webinar (or to view the previous month's webinar), go to <a href="http://www.compassionatefriends.org/News_Events/Special-Events/Webinars.aspx">http://www.compassionatefriends.org/News_Events/Special-Events/Webinars.aspx</a> . Webinars are being archived in TCF's Webinar Library, accessible from the webinar page.
<b>TCF National Magazine</b>	<i>We Need Not Walk Alone</i> is available to read online without charge. Go to <a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a> and review the options at the top of the page. <b>TCF e-Newsletter</b> is also available from the National Office — to subscribe to the e-Newsletter, visit the TCF National Website home page and click on the Register for TCF e-Newsletter link.
<b>Grief Materials</b>	Looking for a particular grief book? Look no further than the Centering Corporation, the official recommended grief resource center of The Compassionate Friends. With the largest selection of grief-related resources in the United States, Centering Corporation will probably have just about anything you're looking for — or they'll be able to tell you where to find it. Call Centering Corporation for a catalog at 402.553.1200 or visit their website at <a href="http://www.centering.org">www.centering.org</a> . When ordering, be sure to mention you are with The Compassionate Friends and all shipping charges will be waived.
<b>Our Newsletter</b>	For parents who have experienced the death or deaths of multiple birth children during pregnancy, at birth, in infancy, or in childhood, contact Jean Kollantai at P.O. Box 91377, Anchorage, Alaska 99509.
<b>Amazon.com</b>	When making a purchase from Amazon.com, enter through the link on the home page of TCF national website and a portion of the purchase price is donated to further the mission of TCF. This donation applies to all purchases made at Amazon.com.
<b>Previous Newsletter Editions</b>	<b>Looking</b> for more articles or previous copies of this newsletter? Go to <a href="http://www.bethany-qc.org">www.bethany-qc.org</a> for copies of the last several years of The Quad City Chapter of TCF-QC Chapter Newsletter in Adobe Acrobat format.
<b>Alive Alone</b>	A newsletter for bereaved parents whose only or all children are deceased. A self-help network and publication to promote healing and communication can be reached at <a href="http://www.alivealone.org">www.alivealone.org</a> or <a href="mailto:alivealone@bright.net">alivealone@bright.net</a> .
<b>Bereaved Parents' Magazine</b>	Online articles and poems. Reminder emails are sent notifying readers when new issues are available. <a href="http://www.bereavedparentsusa.org/BP_NatlNews.htm">http://www.bereavedparentsusa.org/BP_NatlNews.htm</a> .
<b>Our Newsletter</b>	Published one to three times per year, when there is content to make a balanced issue. It usually contains 30 pages of personal stories and updates, poetry, subsequent birth announcements, and any new topical articles and information. Currently it is being distributed electronically (PDF), but a printout is available to anyone without email access. To request a sample copy, please email Jean Kollantai, <a href="mailto:climb@climb-support.org">climb@climb-support.org</a> . Include

## Grief triggers can become healing triggers

As I was driving down the street about a year after my son, Brendon, died, there was a young man standing on the side of the road, getting ready to cross. When I passed him, I looked in my mirror to see what he was going to do. As he began to run across the street, he had the exact same gait; same arm and leg motion as my son. It was Bren in someone else's body. My heart sank and my tears streamed. I pulled off the road. My grief had been triggered.

My wife, Kathy, works as a checker in a grocery store. It took her almost two years after Brendon died to muster the strength to get the job. It was a leap of faith. A few months after she started, a woman came through her line with the same brand of chili we'd found on the stove when we went to Bren's apartment to get clothes in which to bury him. Her grief triggered and she started to cry. The woman reached in her purse, said nothing, and handed Kathy a Kleenex. She knew something very sad had happened. Kathy's grief had been triggered.

What was, is, it for you? We've all experienced those painful sights, scents and sounds that remind us of our children's deaths. Was it a trip to the grocery store where you saw their favorite cookie and found yourself on the floor sobbing? At the mall were you suddenly hit with a scent that said, "It's



you; it smells just like you," and you had to sit down? In your car, as you flipped through radio stations, did a song come on that was your song together and you had to pull to the side of the road?

Grief triggers can be crushing and it's okay to let them knock us down. It's okay to occasionally walk backwards and let those emotions wash over us. It's important we experience them fully and not push them away. But if we do our work and positively express our suffering, they can't keep us down. They can't win. As we move forward in our journey it's possible to know that death did not take all when it took our kids' bodies. Death can never take their spirit, their life force. It can't have our memories or our love; only life gets those. Death is not as powerful as it thinks it is if we don't let it be.

Healing triggers happen when those same sights, scents and sounds that once knocked us down, now lift us up because they're a reminder of our living, breathing, laughing, loving children. By using our time wisely and embracing the power of letting go and forgiveness, we can transition from grief triggers to healing triggers. In embracing those healing memories is where we can find our smile and find our children.

For our children to have died, it meant they had to have lived first, however long that was. If we focus on their living, and let go of their dying, we can heal; we can smile and find meaning again. Look for your healing triggers, they're everywhere.

Brendon's father  
[fromheartbreaktohealing.weebly.com](http://fromheartbreaktohealing.weebly.com)

## Dancing in the Rain

The word dance seems to be etched into my mind. Recently, a friend shared a quote she had come across: "Life isn't about waiting for the storm to pass. It's about learning to dance in the rain." Wow – what awesome words! The image of a storm is a good analogy in understanding our grief. Storms can come from nowhere, like a tornado, seemingly destroying everything in their path and leaving our lives a complete and utter shambles. The darkness and dreariness stay while lightning continues to flash, stabbing our hearts with pain. Thunder clamors constantly, reminding us that our children are gone. We can walk in fog for what seems like years as the sleet and frigid cold freeze us in our tracks. The wind howls, imitating our screams and wailing. The rain seems to be endless.

Others, who haven't lost their children, who are living in sunshine, cry out to us, "Come in out of the rain." They don't understand that often we're just not able to move. The storm has become our world, for however long we need or choose to live there. My own experience of grief tells me that our lives will always be stormier than they were before the hurricanes came and took what was most precious to us. But, we do have a choice. We can stay hunkered down under the false protection of denial. We can lock ourselves up in a protective shell and never come out. Or, we can learn to dance in the rain. However, each bereaved parent must decide what feels best to them.

I find myself thinking, "It's hard to crawl, walk or breathe without her and she wants me to dance? She must have forgotten all those times I tried and she said, "Mom, you can't dance!" then I realized that she's not referring to my ability when I hear, "Dance, Mom, dance! Dance in the rain. Dance because you can't change what has already been done. You have the choice to sit it out or dance. Listen for the music, keep your eyes wide open, go forward, follow the music and dance. Follow me. I am not behind you. I am in front of you. I'm free and I am dancing."

She taught me to hear the music and her song continues on. Without it, I couldn't dance.

I believe if we allow our children to lead us to dance in the rain that they will eventually dance us out of the severe storms of pain and into the sunshine of peace.

"And when the skies are gray because I went away, put on your dancing shoes, grab your umbrella, and dance."

Excerpt from an article by Julie Short, TCF/SE Illinois, In Loving Memory of Kyra. Reprinted from "We Need Not Walk Alone," Summer 2008.

