



# Bereaved Families of Ontario (BFO) Kingston Region

August 2017

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## Contact Us

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## Hello! from the BFO Office

*Don't take my grief away from me\** – This is the title of a book here in the Bereaved Families of Ontario (BFO) – Kingston Office –by Doug Manning. It was one of the books that leapt off the shelf for me soon after starting my position here with BFO. It has been six months since I started this creative, emotionally challenging and rewarding opportunity helping the BFO Board and its valued volunteers grow this wonderful organization.

I have lost people in my life; there is not a person alive that will take this wonderful journey through life and not suffer the loss of a loved one. I have lost my parents as a young adult, my grandparents as a child, an uncle only recently, co-workers along the way and a friend; a dear friend that left too soon.

Sadly; society, the work place, maybe those around you, who come to you only with love in their heart, want to *take your grief away* from you - from me. My mother died after suffering from cancer; we all knew it was coming, we were prepared, we helped her prepare and I thought we coped well -- that was almost 25 years ago.

My short time with BFO has made me realize that life just wanted me to 'push on' and 'move on'. It took me 5 years to say the word, *Mom* and at times, like typing this, it brings a tear to my eye. LIFE - *Took my grief away from me....* I didn't share my mom with my kids, with my spouse, in my life. I buried her in my heart and only now feel that I recognize that this did not allow my grief, my mourning, my mom, a place in the journey that is my life.

*Cont'd on Page 3*

## The Best Way Out



shutterstock - 166025477

Someone in the depths of grief often wonders, "When will I feel better?" and similarly, "When will I feel normal?" She or he will likely hear certain statements from different individuals such as "It's time to pull yourself together" or "Get on with your life." Both the bereaved person and the well-meaning comforter struggle to make sense of it all, to solve the problem, and to bring the situation back to what it was before the loss.

We are almost always in a hurry, expecting far too much, too soon, of ourselves. We want "out." If we could, we would simply avoid the process of grieving. The result of avoidance is that at some time in the future, we still must face the grief and work through it. As



## BFO Groups

### Parents Night – 2<sup>nd</sup> Tuesday

August 8  
September 12  
October 10  
November 14

### Spousal-Partner – 2<sup>nd</sup> Thursday

August 10  
September 14  
October 12  
November 9

### Family Night – 3<sup>rd</sup> Tuesday

August 15  
September 19  
October 17  
November 21

### H.E.L.P. After Suicide – 4<sup>th</sup> Tuesday

August 22  
September 26  
October 24  
November 28

## The Best Way Out, cont'd

Helen Keller said, "The best way out is always through." Attempting to go around the grief can bring us right back where we started, to deal with all of the pain and sorrow, anger and guilt, self-pity and helplessness. All of this leads to frustration and depression, which sap our ability to function.

Make no mistake, grieving is a time-consuming, difficult process that can last one year, two years, and longer. Because of the "two-steps forward/one-step back" phenomena, it may seem that there is little or no progress. The first year is fraught with reminders of our loss, and no one can predict whether the second or third year will be better or worse than the first. That said, often we don't realize that we have indeed made progress because we tend to dwell more on the bad times than the good (or better) ones.

Some helpful advice is given in a pamphlet entitled "Giving Yourself Permission to Grieve", which is available at the Bereaved Families of Ontario, Kingston Region, office.

- "Know what to expect." Grief is not a feeling, it is a process that involves an assortment of emotions. It is a long, slow, hard journey toward letting go of someone you loved, and continue to love.

- "Befriend your grief." Try to realize and accept grief as a necessary process. The numbness, which shields you from the initial shock, wears off over time. Gradually you will work through the pain with the support of family, friends, support groups, or your faith community.

- "Let the tears flow." If you can allow yourself the luxury of crying, you will find some relief. Studies have shown that tears of grief contain specific chemicals that are natural pain relievers.

- "Vent your anger if it's there." A safe physical outlet, some type of vigorous exercise, even punching a pillow, can help release the emotional and physical tension.

- "Applaud each small step." Some days, getting out of bed is a major accomplishment. Maybe you won't get everything done that you'd like in a day or week, but try to go easy on yourself. You are doing some incredibly onerous work. Taking time for yourself, to do exactly what you want or to do nothing in particular, is allowed and recommended, as long as no harm comes of it.

You are not alone, so reach out to family, to friends, and to us at Bereaved Families of Ontario - Kingston Region. We can help you find "the best way out" and help the healing begin.

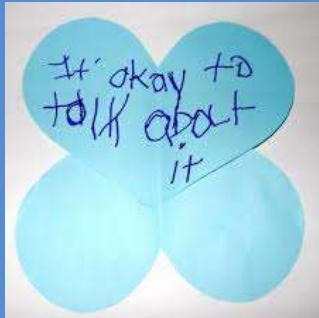
*Sandy Mortensen*  
*BFO-K Facilitator*

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## Save The Date! -- Walk to Remember

### October 1, 2017

Lemoine Point Conservation Area  
Registration opens at 11:30 with activities; Wall of Memory  
Walk begins at 1:00 followed by BFO BBQ, Raffles



**Mourning Coffee**  
- 4<sup>th</sup> Tuesday each month  
10:00 a.m.  
@ Gordon F. Tompkins Funeral  
Home, 425 Davis Drive, Kingston

## Hello... Continued

I am learning that it's ok to be sad, tragically, ugly-cry sad when someone dies. You don't have to 'move on' and 'get on with life' in a nice tidy way so people around you and your workplace don't feel awkward.

It was ok to cry when I saw the back of a woman that looks just like my mom, even years later. It's ok to cry when I'm talking to my Aunt, who sounds just like her ☺, it's lovely actually because it's part of life, it is part of living. Grieving is part of that journey, the lovely person/people I lost, make up ME; and it's ok to be sad but it's also ok to live my life and let them be a part of that happy, fulfilling life.

I am learning that the narrative needs to change in today's society. Grief is a part of life, it is a part of the journey through life and it is ok to talk and then to talk some more because that's healthy. The valuable services provided by the caring and giving individuals that make up Bereaved Families of Ontario-Kingston Region needs to be supported, supported by the workplace and supported by the community.

My vision is to continue to grow and support you and others in the community finding their way through grief and mourning the loss of a loved one. I hope to grow our services to reach a larger geographic area, to grow our groups and one-on-one sessions and to be there when the Kingston Region needs us. I want to continue to establish ties to other community groups so that they are aware of our service - aware that we are here.

Grief can be such a lonely, isolating place; when the world gets on with life. It is so important to allow people to take their own unique grief journey and Bereaved Families is the strong, supportive organization that is here to help.

Thank you for allowing me this opportunity to work with Bereaved Families and I look forward to continuing to help and grow BFO.

Thank you for your support of Bereaved Families through events such as the Butterfly Release, our upcoming Walk to Remember in October; as well as monthly donations to this worthy and valuable organization. We hope to see you in October!

*Barb Mundzell – Program and Administrative Coordinator  
... do good and lead a meaningful life*

\*Manning, Doug. *Don't take my grief away from me – How to walk through grief and learn to live again.* In-sight Books, Inc. (1979)





## 2017 Butterfly Release



On May 27 and June 3; the Annual Butterfly Release – Wings of Serenity was held in Hospice Gardens, Brooks Landing Retirement Home and Fairmount Home. We look forward to seeing you at this event next year! Watch for details on the BFO – website.

Both days provided beautiful weather during a Spring with so much rain, and the turnout was great with families and friends joining together to celebrate loved ones. We hope that you were also able to join us and look forward to 2018.

We are very happy to announce that over \$3,000 dollars was raised at the 2017 Butterfly Release and we are pleased to announce that Glenhaven Gardens on Division St., will join us as a venue for the 2018 Butterfly Release.



### We are Bereaved Families of Ontario – Kingston Region.

We provide programs, services and resources based on a mutual support model, to individuals, families, children, groups and communities. We are the Bereaved helping the Bereaved learn to live with grief. We can help the healing begin.

Thank you to the following sponsors for their support of the 2017 Butterfly Release





**How to raise \$250  
for Walk to Remember  
– October 1**

Sponsor Yourself \$20  
Ask 3 Relatives for \$25 each \$75

You're almost a third of the way there!

Ask 3 Friends for \$10 each \$30  
Ask 5 co-workers for \$10 each \$50

More than halfway!!

Ask 5 neighbours for \$10 each \$50  
Ask a local store/workplace for \$25

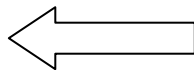
**YOU DID IT!!!** Just like that you have contribute \$250 to BFO-Kingston; contributed to supporting families/friends/colleagues and the community when someone is living with grief.

## Walk to Remember

The Walk to Remember will be held on Sunday October 1<sup>st</sup>. Registration will open at 11:30 and the walk will begin at 1:00. There will be activities, raffle draws and prizes as well as a BBQ. Join us for this special event to honor your loved ones. Be sure to bring a picture / memory of your loved one to share at this wonderful event.

Pledges for the Walk to Remember help BFO (Kingston) continue is good work helping families, individuals and the Greater Kingston Area community with groups / one-on-one and outreach to community services.

A pledge sheet is enclosed with your newsletters. You can pledge online @ <https://www.canadahelps.org/en/charities/bereaved-families-of-ontario-kingston-region/> or have friends and family complete the form enclosed.



### How are you going to raise money ?

Here is a suggested easy way to raise \$250 dollars; an amazing amount!

If we have 75 people at the Walk to Remember pledging \$250 each --- that's over \$18,000 dollars for BFO – Kingston.

If we reach our goal of \$10,000 BFO Kingston will purchase a commemorative bench or tree to honour our loved ones. We are in discussion with the Conservation Area to see if a bench at Lemoine Point will be possible.

### What will your pledges allow BFO – Kingston to do?

Pledges raised at the Walk to Remember will allow BFO – Kingston to continue to grow programs and resources for the Kingston Community. Funding such as this will allow us to prepare and make available resources to the community. We are expanding to help service post-secondary institutions in the Kingston Area; have connected with the Seniors Association and are looking to broaden our availability to outlying areas such as Sharbot Lake, Gananoque and Napanee. Funds raised will help to pay for the development of these programs, for the brochures and pamphlets that will be made available and continue to grow relationship with partners in Bereavement Services in the Greater Kingston Area.

### Social Media links to share to help raise funds for Bereaved Families of Ontario – Kingston Region

**Canada Helps:** <https://www.canadahelps.org>

Search - Bereaved Families of Ontario – Kingston Region

There is a link to the 2017 Walk to Remember on the BFO- CanadaHelps page.

**Facebook:** @BFOKingston

Join our Walk to Remember Event / Share with Friends and Family



## Bereaved Families of Ontario (BFO) Kingston Region Newsletter

August 2017

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### In Memory

We would like to invite you to join our Facebook - @BFOKingston page.

For those commemorating the life of a loved one during the month, please feel free to post a picture and/or a memory of your loved one to share with us and your friends and family. We will do this every month on Social Media but we also welcome your pictures and memories to share in our newsletter. We will share as much as we can in our paper newsletters but all memories and pictures will be shared in an electronic format on our website.

If you are interested in participating please send your name, the name of your loved one, and a memory and/or picture you would like to share to [bfo@kingston.net](mailto:bfo@kingston.net) or mail it to: BFO (Kingston), 993 Princess St. Unit 14, Suite 1422, Kingston, ON K7L 1H3

If you would like to share your story or an article or poem you find moving or helpful, email or mail it to the BFO Office. Contributions other than your own must include the author and source. It is our hope that sharing will help all of us navigate our way through life with loss.

#### Contact Us

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993 Princess St., Unit 14  
Suite 1422, Kingston ON K7L 1H3

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER
Baker, Bryce	Asselstine, Brett	Alexander, Riley Edward	Abbott, Sean Michael Angus
Bearance, Keith	Caldwell, Steve	Arrenegads, Arthur	Bell, David
Campbell, Bruce Reid	Carrier, Roland	Ash, Michael James	Bertrand, Aaron Joseph
Commerford, Audrey	Cotton, Leo	Atkins, Bobby	Bilmer, Charley
Compton, Alma	Crossman, Michael	Banford, Stacey	Bond, Cameron
Evans, Gary	Daigle, Clifford	Bennett, Cindy Aubertin	Boomhower, Nicholas
Evans, Makaila Natlie	Doughty, Samantha Rose	Boutillier, Rick	Brean, Berkeley
Eves, Phyllis	Douglas, Lucas	Brown, Joshua	Broughton, Gail
Harkness, Carrie Lyn	Elliott, Gloria	Brown, Lacey	Buchanan, Julia Allison
Holder, Tracey Lynne	Feller, Victor	Chartrand, Bernardine	Burns, Stuart
Kenny, Mary	Fiset, Blake James	Clark, Carolyn	Channen, Eric
King, Tim	Gora, Richard	Coutlee, Maree	Commerford-Bowman, Janice
Lambert, Christian	Hadley, Grant	Crosby, Bing	Cox, Sandi
Leblanc, Renaud "Jack"	Hitchcock, Kyle	Cutcliffe, Paul	Dagnone, Callum Gene
Lemmon, Luke Godwin	Howard, Joe	Darlington, Theresa	Davidson, Jack
Lepack, Sierra Marley	Jackson, Karl	Dean, Josh	Forsberg, Robert
Maracle, Robert John	Kane, Caitlyn	Elliott, Tyler	Gibson, Brandon
Moote, Tamara	Lawrence, John Allen	Fraser, Andrea Louise	Gingras, Vince
Owles, Rosemary	Lynch, Michael	Gerrie, Eileen	Gordon, Jake
Pettis, Samuel	McLurg, Joan	Graham, Scott	Hickey, Daile
Pierce, Terrance	McMurter, Reid	Hands, Nicolle	Hickey, Jan Princ
Sierra	Mitchell, Carly	Jack, Paul	LeClair, Robert
Smyth, Margaret	Murphy, James	Jardine, Noel	Lonergan, Audre Elizabeth
Taylor, Paul	Oliver, Jay Douglas	Kamani, Ali	McGinn, Edward Kayne
Wagner, Sofia	Patrick, Kaden Acacia	Kinsilla, Jeannie	McKeage-Hoerd, Isabelle
Webster, Matthew	Peck, Sandy	Kolodziej, Kazimiera	McNeely, Raeann
Wilson, Bill	Pedros, Debralyann	LeClair, Troy	Nolan, Jamie
	Peterson, Harry	Lotton, Jessica Christine	Penney, Bill
	Prosser, George	Mason, Maria Jane	Pill, Nathaniel Allen
	Ranger, Marcel	McCaugherty, Ryan Michael	Rattray, Jamie Lee
	Rodrigues, Bill	McIntosh, Gavin	Rice, Carys
	Sulieyman, Sabrina	Metz, Michelle	Rosen-Summers, Hali
	Ubdogrove, Ambrose	Minaker, Ricci	Schiegel, Ted
	Webster, Jack	Morton, Bill	Sebastiani, Mariesa Stefania
	White, Nathaniel	Paddle, Bruce	Sequin, Donnie
	White, Samuel	Palmateer, Christohper	Sequin, Ken
		Phills, Christine	Sheedy, Graham
		Richardson, Jay	Tennant, Ron
		Shangraw, Evelyn	Thomas, Tanya
		Simmons, Danny	VanCoughnett, Wendell
		Trudeau, Andrew	Wannemacher, Michael
		VanBlaricon, Andrea	Wray, Sharon
		Vaughn, Charles	
		Wilson, Mark	
		Yantha, Elzeard	

If you would prefer to receive this newsletter by email, or if you wish to have your name removed from our mailing list, please contact us:

613-634-1230

[bfo@kingston.net](mailto:bfo@kingston.net)





Name:	Address:	City:	Postal Code:	
Name:	Address:	City:	Postal Code:	
Name:	Address:	City:	Postal Code:	
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Name:	Address:	City:	Postal Code:	
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Name:	Address:	City:	Postal Code:	
Name:	Address:	City:	Postal Code:	
Name:	Address:	City:	Postal Code:	



**I can't make it to the Walk to Remember on October 1 but want to contribute to programs for Bereaved Families of Ontario – Kingston Region.**

Please find enclosed my **cheque** for \$\_\_\_\_\_ (receipts issued for donations over \$10)

I will be making a donation online through CanadaHelps.ca \*

<https://www.canadahelps.org/en/charities/bereaved-families-of-ontario-kingston-region/>

I will be making a **one-time** donation of \$\_\_\_\_\_ through CanadaHelps.ca

I would like to begin a **monthly** contribute of \$\_\_\_\_\_ through CanadaHelps.ca



Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please complete and mail this form:**  
Bereaved Families of Ontario – Kingston Region  
993 Princess St., Unit 14, Suite 1422  
Kingston, ON K7L 1H3

\* If you have any questions about the online donation, please call 613 634 1230.