

# Listening Hearts



A GATHERING OF BEREAVED MOMS...

Volume IV, Issue 3

May/June 2012

## Flight

*"Oh, I have slipped the surly bonds of Earth  
And danced the sky on laughter silvered wings;  
Sunward I've climbed, and joined the tumbling mirth  
Of sun-split clouds--and done a hundred things  
You've never dreamed of....."*

*High in the sunlit silence  
And while with quiet lifting mind I've trod  
I've chased the shouting wind along  
Put out my hand, and touched the face of God."*

- J.G.. Magee

A young airman, during WWII, describing his experience flying.  
Sent to his parents who received it after he died in a training mission.



## In this issue:

- ♥ Calendars pgs. 2-5
- ♥ Baby Loss, pages 6-7
- ♥ Mother's Day Memories, pages 8-9
- ♥ Memories of Travis, pg. 10
- ♥ First Dream by Scarlett, page 11
- ♥ What Moms Are Doing, pages 12-13
- ♥ General Meeting Info, pages 14-15

## Love Gifts

Generous donations make it possible to reach out to other grieving mothers through this newsletter, group sessions and the web site.

...Thank you!!!

# Listening Hearts

---

## May 2012 Listening Hearts Children

### These cherished children have birthdays this month:

14th	Byron Clay, Jr.	mom, Janice
14th	Heather Turner Lane	mom, Cindy
15th	Clint Reagan	mom, Debra



---

### These cherished children have anniversary dates this month:

9th	Lana Mae Hopkins	mom, Jennifer
26th	Zachary Griffin	mom, Deb



***FOREVER IN OUR HEARTS***

May 2012 Other Beautiful Children

**These adored children have birthdays this month:**

17th	B.J. Outlaw	mom, Cindy
18th	Brian Mazdra	mom, Terry
19th	David Giraud	mom, Cathy
19th	Adam Hess	mom, Trudy



---

**These adored children have anniversary dates this month:**

8th	Daniel Coorey,	mom, Marcelle
12th	Julian Preciado	mom, Veronica
15th	Michael Dionne	mom, Anne
18th	Katie Cassidy	mom, Diane
20th	Jim Taylor, II	mom, Dinah
22nd	Damon Fewer	mom, Kim



***FOREVER IN OUR HEARTS***

# Listening Hearts

---

## June 2012 Listening Hearts Children

### These precious children have birthdays this month:

7th	Joshua Humphreys	mom, Melissa
14th	Kelby Lee Akins	mom, Mitzi



---

### These precious children have anniversary dates this month:

20th	Colt Porterfield	mom, Karen
21st	Condrige Willis	mom, Jean



***FOREVER IN OUR HEARTS***

*June 2012 Other Beautiful Children*

**These adored children have birthdays this month:**

3rd	Jim Coniglio	mom, Lori
17th	Ryan Griffin	mom, Kim



---

**These adored children have anniversary dates this month:**

4th	Dustin Kitts	mom, Debbie
16th	Daniel Pallick	mom, Betsy



***FOREVER IN OUR HEARTS***

# Listening Hearts

## Baby Loss

### ***Tiny Footprints on a Mother's Heart***

*When a baby arrives,  
be it for a day, a month, a year or more,  
or perhaps only a sweet flickering moment-  
the fragile spark of a tender soul  
the secret swell of a new pregnancy  
the goldfish flutter known to only you-  
you are unmistakably changed...  
the tiny footprints left behind on your heart  
bespeak your name as Mother.*

*-Unknown*



*"Sometimes miracles arrive  
so tiny that we cannot feel  
the weight of them –  
and yet we are still changed,  
and we are blessed none the less..."*

*Unknown*

Baby Loss

*"A Mother's Love cannot be measured by increments of time ...an entire lifetime of love can be squeezed into a few brief miraculous moments when necessary...."*

*Unknown*



Lana Mae



Lana Mae Hopkins  
December 21, 2010-May 9, 2011

# Listening Hearts

---

## Mother's Day Memories

Jim Coniglio 6/03/1983 - 3/06/2009

What has changed the most for me now on Mother's Day is the wonderful cards that my Jim used to give me. For a young man, I know that he put a lot of thought into these. Mother's day will never be the same for me, even though I have 2 beautiful daughters and 4 beautiful grandchildren, the chain will always be broken and the puzzle will never be made complete.



*Jim*

"Sometimes all a person needs  
is a hand to hold and  
a heart to understand"  
~Andy Rooney (bereaved sibling)



The Listening Hearts ' moms send our  
condolences out to our fellow bereaved  
mom, Reneau Howard. Reneau's brother  
died unexpectedly at the age of 55.



More Mother's Day Memories

My Mother's Day 2006

The Mother's Day before Zach died he asked me what I wanted for Mother's Day.

I said, "Zach, build me some shelves in my hall closet".

So while Larry and I went to see his mother, Zach built the shelves.

He was so proud of building those shelves for me. So every time I open the closet door there's my shelves full of memories. What a wonderful son we had!



By Deb Griffin

In Loving Memory of her son, Zachary

November 22, 1983-May 26, 2006



Zachary

---

Thank You, Thank You

Group News: The Listening Hearts' moms want to send out a big Thank You to our secretary, Deb Prosis, for the condolence cards she acquired for us. These cards will be used to introduce our group to the newly bereaved. We are passing them out to Chaplains of local facilities.

# Listening Hearts

## Memories



Travis Kress  
September 19, 1982-March 17, 2009

This is a picture of Travis Kress after stem cell treatment in November 2008. He stated chemo again every 3 weeks. On September 2008, he was given 6 months to live. His last chemo was January 2009. Then on February 3rd Dr. L. Einhorn from IU said, "No more can be done, go home". The doctor also told us that in September 2008, but we begged to try other chemo treatment.

Travis went with a friend to Hawaii, a place he wanted to see before he died. I am in tears again. He was so brave and I wasn't. I cried everyday for him, but he didn't know.

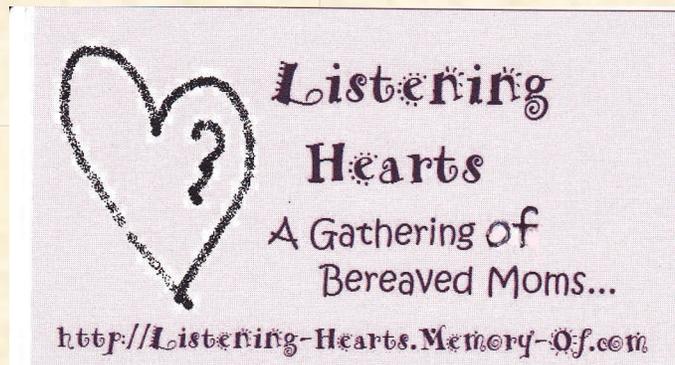
Diana



### Other Group News:

We received a Trademark Certification on our name, logo and slogan.

Thank you , Kate, for creating our beautiful logo.

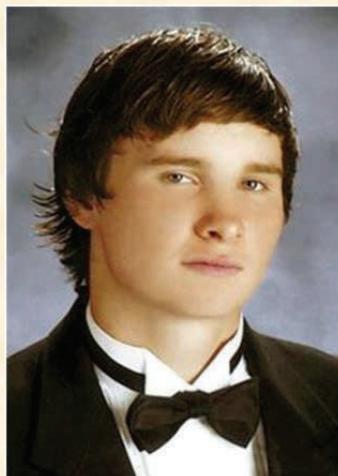


The First Dream by Scarlett

The First Dream

I remember the first dream after Sean's passing  
The doorbell rung  
And when I open it  
There was Sean  
With a sign of relief I screamed, "We thought we lost you!"  
And Sean's reply was, "Yeah, mom, I thought I was lost too  
But I found my way home!"  
As I watched Sean bounced up the stairs  
I smiled from ear to ear  
It seemed so real  
When I woke up I found tears upon my pillow  
And a piercing pain throughout my body and soul  
This feeling has never left me but it has gotten softer throughout the years  
Many other dreams of Sean has come to me mostly telling me to get living and  
sharing my life  
I keep telling Sean I'm trying and in the dreams I see him smiling  
With his words echoing in my ears "Fake it till you make it" which I continue to do

In loving memory of my son, Sean Austin Powell, 10-24-88 to 3-10-07



Sean

# Listening Hearts

## What Moms Are Doing

### **Rock Falls Woman Heals Through Education**

The dangers of prescription drug abuse, especially by teens, is a community problem Tamara Wolf knows all too well.

Her son, Alex, died on Aug. 7, 2009, after taking a combination of his anti-anxiety medication and oxycodone, a powerful pain reliever for which he did not have a prescription.

Despite her grief, Wolf, 51, of Rock Falls, decided to do something to help other families recognize the signs she now says she didn't see in Alex.

In 2010, Wolf launched the public awareness campaign "Prescription Drugs: A Prescription for Disaster."

The program aimed to remove the stigma attached to mental illness and dispel the myth that prescription drugs are safe.

"I think [our family] just needed to do something else to focus our attention on," she said. "We wanted to be straightforward to reduce that stigma. In a lot of cases, it's kids making bad choices."

Three years before his death, Alex was diagnosed with depression, anxiety, and obsessive-compulsive disorder.

Wolf, originally from Tampico, already knew what it was like to have a mentally ill family member. Her sister was diagnosed with generalized anxiety when Wolf was just a girl.

At the time, the family didn't understand her sister's illness or how to help her cope with it, she said.

The lack of resources for her family prompted her to go into the social services field. She worked in the homemaker and intact families program through the Illinois Department of Child and Family Services.

Now, as family resource coordinator at Sinnissippi Centers, she provides support for families with children diagnosed with mental disorders.

"I love kids and families," Wolf said. "There are some people with very little positive support in their lives."

Continued

## What Moms Are Doing Cont.

The prescription drug campaign, which was funded through Alex's memorial fund and Sinnissippi, included public service announcements and billboards with Alex's picture in Sterling, Rock Falls, Milledgeville, and Galena.

In March 2011, Wolf paired with Sinnissippi to put on a presentation at Amboy High School about how to prevent teen prescription drug abuse.

"Early on, it was my dream to do this in every town," Wolf said.

Now, she's seeing that dream come true. Similar presentations have been made at high schools in Sterling, Rock Falls, and Dixon.

In November, the Whiteside County Healthier Communities Partnership sponsored a 3-day forum titled "What Kids Know That Parents Don't" that included a panel of local students who talked about "their reality" with drugs and alcohol.

Wolf also was invited to join the Carroll County Substance Education Coalition, a group that looks at ways to reduce substance abuse and underage drinking.

She also has encouraged local law enforcement to take part in "take back" old prescription drug programs and to invest in a prescription drug drop-off box, which Sterling Police recently installed in the station.



Tamara Wolf of Rock Falls has turned a personal tragedy into a public awareness campaign. Her son Alex died in 2009 after taking a combination of his anti-anxiety medication and oxycodone, for which he didn't have a prescription. Now, Wolf is involved in a number of different activities to help other families see the signs of prescription drug abuse that she did not see in Alex.



This article first appeared at [saukvalley .com](http://saukvalley.com).

# Listening Hearts

## Morristown Meeting Information

Listening Hearts is a gathering of bereaved moms. We wish every day that there was no need for such a group. Since we can't change things that are out of our control, we work to help ourselves and each other to process this devastating and life altering loss. We work to find ways to carry the loss and love in the same heart.

Our group meets every other month in Knoxville at the Eye Institute Conference Room located at 2020 Kay Street, Knoxville, TN 37920. The dates and times can be found at our website: [www.listening-hearts.memory-of.com](http://www.listening-hearts.memory-of.com).

We also have a second meeting place in Morristown. See below.

### ***Listening Hearts A Gathering of Bereaved Mothers***

***....now has a second meeting  
place.....***

***Hillcrest Baptist Church  
410 S. Liberty Hill Rd.  
Morristown, TN 37813***

***All bereaved moms are  
invited.***

#### ***2012 Morristown Meeting Dates:***

***Saturday, January 7th  
Saturday, March 3rd  
Saturday, May 5th  
Saturday, July 7th  
Saturday, September 1st  
Saturday, November 3rd***



***Meeting Time:  
10:00 a.m. to 12 noon***

A gathering for bereaved moms...

## LISTENING HEARTS

Donations may be mailed to  
Listening Hearts  
P.O. Box 51674  
Knoxville, TN 37950

E-mail: [listeninghearts@live.com](mailto:listeninghearts@live.com)

Website:

<http://listeninghearts.net>



We're on

facebook



*Listening Hearts, a 501 ( c) (3) nonprofit organization, is a self-help gathering of bereaved mothers from all walks of life.*

*It does not matter the age of the child or the cause of death. Nor does it matter the length of time since the child's death.*

*No one should travel this journey alone. Join us as we help each other find ways to carry the pain of this loss and the joy of the love for our child in the same heart.*

Contributors this issue:

Lori Coniglio  
Deb Griffin  
Diane Kress  
Scarlett Powell  
Tamara Wolf

### Listening Hearts Knoxville 2012 Meeting Schedule

*All meetings are held on Saturdays 3:00 – 5:00 pm.*

- ♥February 4th
- ♥April 7th
- ♥June 2nd
- ♥August 4th
- ♥October 6th
- ♥December 1st

Editors:

Debra Reagan  
Heather Reagan

Thank you to everyone. We are honored to share the love and memories of your precious child.

Unless otherwise noted by the contributors, the submissions may also appear on the website.