



The Dougy Center

The National Center for Grieving Children & Families

P.O. Box 86852 | Portland Oregon 97286 | 503.775.5682. 1.866.775.5683 | www.dougy.org | help@dougy.org

Dear (XXXXXX),

Rick and LaDeane Palmar met on December 1, 1999, both members of the U.S. Air Force. After Rick served five tours of duty in Iraq, Afghanistan, Pakistan, and Qatar, LaDeane could finally breathe a sigh of relief. TSgt Rick Earl Mathew Palmar had earned a Bronze Star and was now a training instructor in Explosive Ordnance Disposal at Eglin AFB in Florida. They had a two-year-old daughter, Makayla. Life was good.

Nothing, however, could have prepared her for what was ahead. Rick suffered a sudden brain aneurysm just a week before Christmas.

Tragically, 24 hours later, after family members had the opportunity to say their goodbyes, Rick was removed from life support and died. "After Rick died, my first concern was our daughter," LaDeane remembers. "I thought – I'll deal with me later. How is this going to affect Makayla?"

LaDeane and Makayla faced additional changes with an immediate move from Florida to Portland to be near family. A family friend told LaDeane about The Dougy Center. LaDeane had included Makayla at the hospital and her Dad's funeral, informing her of what was happening all along the way. "I wanted her to be a part of it," she says.

At The Dougy Center, Makayla attends a grief support group with children her own age who have had a parent die. She likes to play in her favorite play room, the Hospital Room, a re-creation of a real hospital room. "I very, very, very love sharing about my Dad at The Dougy Center," Makayla says. She finds comfort in her cherished "Daddy Doll" and enjoys sharing her doll with others. LaDeane finds support, comfort and resources with the parents, grandparents and other caregivers who attend the adult grief support group which meets at the same time as Makayla's. "Initially, I thought it was all about the kids, but then to be with adults who've been there and get support from them...it makes a tremendous difference."

The death of an active duty spouse presents unique challenges for the surviving spouse and their children. This Memorial Day, as we recognize the sacrifices of those who have served our country, please consider making a contribution to help families like the Palmars. For just \$1,500, you can support a family's participation at The Dougy Center for a full year. Your support can truly make a difference.

"I want to say thank you to The Dougy Center's supporters," said LaDeane. "This is a place you never imagine yourself going to, but I can't even imagine what our lives would have been like without it."

With deep appreciation,

Donna Schuurman, EdD, FT
Executive Director

P.S. If you would like to acknowledge someone who has died, please list their name on the enclosed card. We will gladly send a note of your memorial contribution if you include a name and address.



LaDeane, Rick, & Makayla



Makayla & LaDeane

- The Dougy Center is a pioneer in the field of grief support, and was the first organization of its kind.
- The total impact of The Dougy Center extends around the globe—more than 500 programs have been developed based on The Dougy Center model.
- Currently, The Dougy Center serves 400 children and 250 adult family members in 58 support groups *each month*—more than ever before in our history.
- The Dougy Center does not charge families for its services and relies solely on the generosity of private donors.

Photos: Elaine Lowry, Sapphire Studio

Yes, I want to help grieving children and families at The Dougy Center.

A gift of \$125 sponsors a child for one month

A gift of \$1,500 sponsors a child for an entire year

Enclosed is my donation of \$ _____

- ☐ My company will match my gift
- ☐ I have included The Dougy Center as a beneficiary of my estate
- ☐ Please send me information about
 - ☐ bequests/estate planning
 - ☐ gift annuities
 - ☐ charitable trusts

☐ Enclosed is a check payable to The Dougy Center

☐ Please charge my:

- ☐ Visa ☐ MasterCard ☐ Discover
- ☐ American Express

Account # _____ Exp. Date _____

Signature _____

Email _____

Printed Name _____

Address _____

City/State/Zip _____

This gift is:

in Memory of _____

in Honor of _____

Please send an acknowledgement to:

Name (please print) _____

Address _____

City _____

State/Zip _____

Please detach this form and send it in the envelope provided. You can also make your donation online at www.dougy.org or by calling us at 503.775.5683.