

P.S. Newsletter

A Parent Support Group publication for those who have experienced miscarriage, stillbirth, or infant loss.

Fall 2013/ Volume 34, Issue 16



Time to Walk

Time. It's so central to our lives. Everything we talk about and everything we do revolves around time. On a Sunday in autumn, the 13th of October, 2013, at 10:00 a.m., almost 175 people gathered in Gene Coulon Park in Renton, Washington, for the 12th annual P.S. Walk to Remember. It was the best turnout we have ever had!

Moms, dads, siblings, grandparents, family members and friends, took time out of their lives to remember and honor our babies, whose lives were taken from us at such a young and fragile age. The walk was a time when the world became quiet, and the only sound left was in our own hearts. It was our babies' time.

As we gathered in the park pavilion, we talked about our experiences, we looked at each other's photographs, we made heart crafts with our babies' names and photos, we decorated balloons, we read a beautiful poem, and finally we released our white carnations into the beautiful waters of Lake Washington. And we hugged each other, and provided the kind of support that only those with shared experiences can do.

For many of us, the pain of our loss was still fresh and raw. For others, time has provided a cushion to the ache. It has been said that "time heals all wounds." I think that most of us there at the walk would not agree with that. The wound remains. Maybe it is covered in scar tissue and the pain dulls a bit, but it is never completely gone. Many of us look back on our lives in two segments—the time before we lost our baby, and the time since. Years are measured by "my baby would have been ____ years old this year." It was a common phrase I heard among the crowd at Gene Coulon Park that morning.

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P.S. Information Line:
206-782-0054

P.S. Website:
www.psofpugetsound.org

Find us on Facebook:
www.facebook.com/psofpugetsound

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(Continues from front page...)

Time can be a very healing place, though, and one in which we can all grow. Tragedies can help us understand how infinitely rich, beautiful, and precious life can be. They can remind us to slow down, and spend our time on meaningful things. For some of us, giving back to the P.S. organization has been one way to add meaning to our lives. At the walk this year the new Board of Directors was announced, and long-time members Abbie Poynter and Shelley Scuderi were honored and thanked for their years of service.

Time. As the old song says, it keeps flowing like a river, to the sea. As our carnations float away on the surface of Lake Washington, we say goodbye again to our babies. And we hope and pray that we may hold them again some day. In another life, another time.

Heather is the P.S. Secretary and mother of 4 girls as well as Aaron Matthew, 10/6/03-10/8/03.

Write to us

P.S. needs your email addresses so we can keep you up-to-date with events, meetings, and more! Please send me a note at newsletter@psopugetsound.org if you are interested in being on our email list. Thank you!

As always, poetry, pictures, announcements, your P.S. story, your baby's name, safe arrivals, and other newsletter submissions gladly accepted. Your input is appreciated and needed to create the newsletter. Also, please note that the articles in the newsletter are yours—written by you—and do not necessarily express the views of the organization. To submit:

E-MAIL: newsletter@psopugetsound.org

MAIL: P.S., P.O. Box 1912, Bothell, WA 98041



(Top) Facilitator Cami Carris and her daughter Courtney walk in honor of Baby Caroline.

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(Above) As many as 175 people walked this year in honor of their babies.

“For many of us, the pain of our loss was still fresh and raw. For others, time has provided a cushion to the ache.”

*-Heather Kahan,
P.S. Secretary*



(Right) New President Alison Furtwangler, her daughter and two friends.

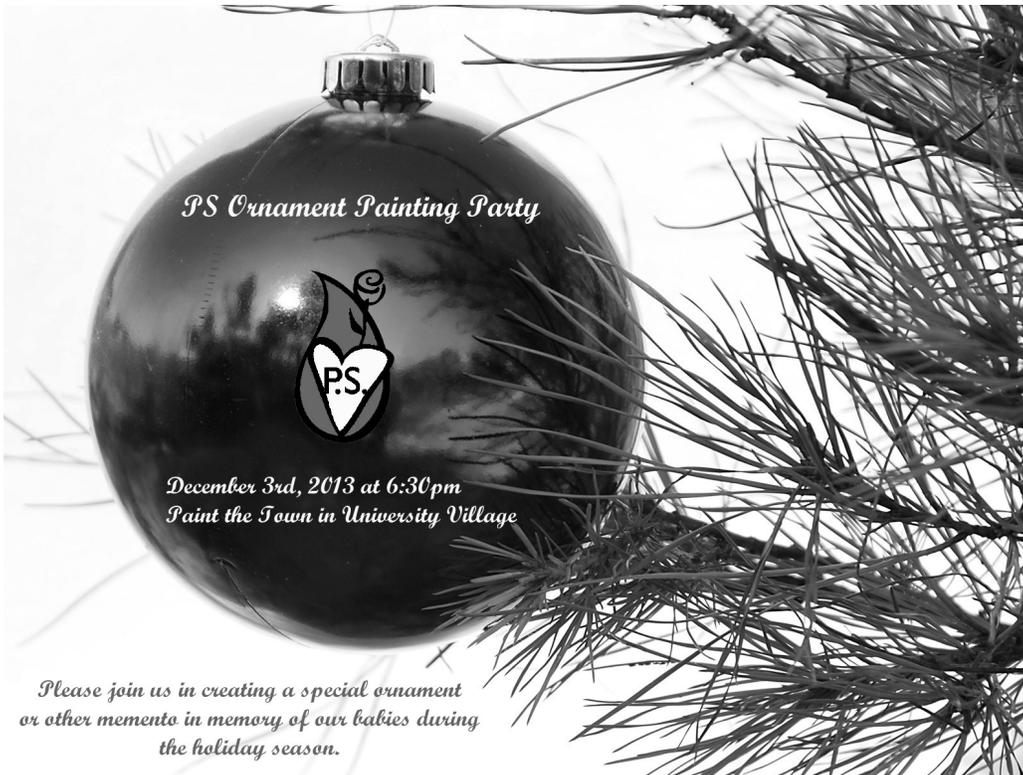
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RSVP!

The P.S. Ornament Painting Party is a great event for the whole family! Please feel free to bring children.

Also, space is limited so please RSVP to Karin Morea at karinmorea@yahoo.com.

Thanks and look forward to seeing you there!



Welcome New Vice President Karin Morea

Hi! My name is Karin Morea and I'm the new Vice President for P.S. It's definitely not a position I ever imagined holding, but I am proud to serve an organization that offers so much support to grieving families.

My husband and I lost our first son, Bennett, on September 12th, 2012, two short days after he entered the world. After a seemingly healthy pregnancy and delivery we were shocked to learn that Bennett had a fatal genetic disease and wasn't going to survive. Only 8 days after leaving the hospital without our son, I attended my first P.S. meeting. I found it helpful to hear similar stories of loss and survival and to be comforted by others who understood the depth of my pain.

As Bennett's first birthday approached, I began searching for ways to honor his memory. It was perfect timing when I received an email from P.S. asking for new volunteers. I knew I was ready to give back to an organization that had comforted me in my time of need and continues to do so. I hope to make a positive contribution to our mission of reaching out and providing help and understanding to bereaved parents.

Please feel free to contact me at karinmorea@yahoo.com.



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New P.S. Online Support on Facebook

You talked...and we listened. That's why Parent Support has now created a private group page on Facebook where you can come and share information or pictures about your baby with P.S. group members only.

This is your group so please exercise judgment in your comments to others so as to protect everyone's feelings. Posts in this group may only be viewed by members of which must be approved by an administrator. The administrator will also check the page and any comment deemed inappropriate will be removed.

Please use this forum to chat and connect with other Parent Support group members. Please be respectful—content is not to be shared outside of this group but of course there is no way to properly restrict sharing. Visit today at <https://www.facebook.com/psopugetsound>.

And, don't forget to visit the website!

Read stories from members, find support resources, look up meeting times on the calendar and more! Visit the website today at www.psofpugetsound.org. You can even donate on the website—click on the "Giving Back" tab and then "Donate" button. Send the link to your friends and family!

P.S. Walk Lost and Found

A gold necklace was left on the memorabilia table at a past walk. It has one pendant and a charm attached. Please contact Cami Carris at camicarris@hotmail.com if this precious item belongs to you.

PS Candle Lighting Service

St. Matthew's Lutheran Church

Friday, December 6th, 2013

7 o'clock in the evening

Renton, Wa



Please join us for this special service honoring our babies during the holiday season.

Adults only at the candle lighting, please.

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Giving Back at the P.S. Memorial Walk

As always, thank you so much for your donations to Parent Support! We had an excellent turnout this year and these contributions will help us fund this important organization so we can keep providing reading materials, newsletters, events and more to grieving families in the Puget Sound.

Roger Kadel in memory of **Michael Stone and Madison McInerney**

Donna Petruzzi-Benson in honor of **Nathan**

Andre Lotta in memory of **Nicqelle**

Karen Urlie in memory of **Margo**

Alissa Schillenger in memory of **Michael Alena**

Jennifer Kicinski in memory of **Oskar Kicinski**

Mattew Ip in memory of **Baby**

Emma and Patrick Flores in memory of **Alejandro**

The Papillon Family in memory of **Willow**

The Durand Family in memory of **Zozy**

The Carlson Family in memory of **Anna Marie**

Guy and Wendy Thomas in memory of **Gabriel**

The Lines Family Trust in memory of **Caroline Carris**

Jen Schneider in memory of **Loula Vigil**

Laura Brandon in memory of **Adam**

The Regalado Family in memory of **Lukas**

The Vigil Family in memory of **Loula**

Kurt and Cheryl Geltz in memory of **Peanut**

Karin and Nathan Morea in memory of **Bennett**

Amanda Feenster in memory of **Steven**

Lindsey Quinn in memory of James Christopher Kelly in memory of **Viviana**

The Priest Family in memory of **Holden Shepart**

The O'Keefe Family in memory of **Goalie**

The Harris Family in memory of **Caden**

The Hardisty Family in memory of **Kemper**

The Kahan Family in memory of **Aaron**

The Custer Family in memory of **David**

The McIntyre Family in memory of **Dahlia**

The Wendkos Family in memory of **Dahlia**

Anne Urlie in memory of **Margo**

Mary McPherson in memory of **Margo**

The Scuderi Family in memory of **Erin, Chris, and Stacey**

The MacDonald Family in memory of **Madison Rose**

The Wilson Family in memory of **Marian Ruth**

The Mueller Family in memory of **Matthew**

The Ashline Family in memory of **Anna Marie**

Rosa Cox and Brett Noggles in memory of **Ryan Andrew**

The Ward Family in memory of **James Ryan**

Kristina Roppo in memory of **Kira Elizabeth**

The Schoos Family in memory of **Quincy**

Colleen Scott in memory of **Quincy**

Abbie Poynter in memory of **Colin**

Keshia Porcincula in memory of **Baby P**

The Rigrtrup Family in memory of **Holden Sheppard**

Rick and DeAnn Roames in memory of **Madison McInerney**

Charles and Maria Scott in memory of **Alejandro**

Duane and Abbie Smith in memory of **Isaiah**

The Weiland Family in memory of **Alexander**

The Flowers Family in memory of **Teddy**

The Levitan Family in memory of **Annelise**

Ginger Hudson in memory of **Buckaroo, Peanut, and Annabelle**

The Haymaker/Prater Family in memory of **Ebey**

Tina and Gary Coleman in memory of **Quincy**

Briana Jeremy and Benton Edwards in memory of **Ethan**

Sarah and Gareth Duncan in memory of **Emma, Ian, Callam and Gavin**

Michelle Haigh in memory of **Nathael Brian**

Healing Grief Rituals

To Remember our Loved Ones

Reprinted from Panacom Inc and Healing Resources.

The value of creating “Grief Rituals” is to help us remember our loved ones in loving, healing ways and with a sense of peace. Too often, bereaved individuals feel they must “hold on” to pain, seemingly forever, in order to remember those they love. Some examples of rituals are listed below. Remember, it is important for yourself or the bereaved to create a ritual individually or with their family that will have the most meaning and healing significance to them.

- Buy a very special candle and light it at times that are special to your loved one’s memory.
- Help feed the hungry/homeless at Thanksgiving and the holidays.
- Create a scrapbook of memories/photos.
- Donate gifts, quilts, etc. in a loved one’s name.
- Plant a strong, healthy tree or rosebush in a loved one’s name.
- Find a tree in the woods, tie a yellow ribbon around it, and go visit it frequently.
- Offer a scholarship in a loved one’s name.
- On birthdays, holidays, and anniversaries, buy your loved one a gift and donate it to a hospital.
- Hang a Christmas stocking and have everyone write a special note to put inside.
- Buy a Christmas ornament every year to remember your baby.
- If you go on a trip at a special anniversary time, do something special to remember your loved one on the trip, such as tossing a rose in the ocean or lighting a candle.



Recommended Reading

Looking for a book to help you with your loss? The following are some books other Parent Support members have found helpful:

- *Empty Cradle, Broken Hearts* by Deborah Davis
- *Losing Malcolm* by Carol Henderson
- *A Broken Heart Still Beats* by Anne McCracken and Mary Semel
- *To Begin Again* by Naomi Levy
- *Waiting with Gabriel* by Amy Kuebelbeck
- *Life Touches life: A Mothers Story of Stillbirth and Healing* by Lorraine Ash and Christiane Northrup MD
- *Our Stories of Miscarriage* by Rachel Faldet and Karen Fitton
- *Finding Hope When a Child Dies* by Sukie Miller and Doris Ober
- *A Silent Sorrow: Pregnancy Loss* by Ingrid Kohn and Perry-Lynn Moffitt
- *Empty Arms* by Sherokee Ilse
- *Tender Fingerprints* by Brad Stetson
- *When Your Baby Dies* by Louis A. Gamino
- *When a Baby Dies* by Nancy Kohner
- *When Bad Things Happen to Good People* by Harold S. Kushner
- *Parenthood Lost* by Michael R. Berman MD
- *Life After Loss* by Raymond Moody and Dianne Arcangel
- *When the Bough Breaks* by Judith R. Bernstein
- *I'll Hold You in Heaven: A Remembrance* by Debbie Heydrick
- *Help, Comfort, and Hope After Losing Your Baby* by Hannah Lothrop
- *An Empty Cradle, A Full Heart* by Christine O'Keeffe Lafser
- *Grieving a Child I'll Never Know* by Kathe Wunnenberg
- *A Guide for Fathers: When a Baby Dies* by Tim Nelson
- *A Piece of My Heart* by Molly Fumia
- *The Worst Loss: How Families Heal from the Death of a Child* by Barbara D. Rosof
- *Miscarriage: A Shattered Dream* by Sherokee Ilse and Linda Hammer Barns
- *The Grieving Child: A Parent's Guide* by Helen Fitzgerald
- *Our Babies Have Died* by Sands Vic
- *The Grieving Garden* by Suzanne Redfern



October Forget Me Nots

Aaron Mathew Kahan

b. 10/6/2003 d. 10/8/2003

Heather & John Kahan

Aliss Esch Leora Staples

b. 10/28/2006 d. 12/29/2006

Tinsa & James Staples

Angel Baby 1 Heckler

10/29/2001

Jeremy & Dawn Heckler

Angelica Grace Garcia Martinez

10/14/2008

Janelle & Juan Carlos Garcia

Ashley Marie Sines

10/29/1997

Carrie & Joe Sines

Austin Edward Krause

10/9/2000

Ed & Lynnetta Krause

Baby Addison

10/3/1996

Sue & Pat Addison

Baby Fink

10/12/2008

Alia Fink

Baby Jones

10/1/2007

Arielle & Joshua Jones

Baby Ross

10/1/2000

Ann Heneghan & John Ross

Benjamin Martin Tom

10/24/2000

Wilton & Deborah Tom

Bradee Michael Benton

10/2/2008

Marcia & Les Benton

Brigetta Rose Peterson

b. 10/27/1989 d. 11/10/1998

Dana & Jeffrey Peterson

Cameron Zane Lacy-Roberts

10/19/2000

Doug & Karen Lacy-Roberts

Casey James Martin & Ryan Lucas Martin

10/7/2001 d. 10/7/2001

Wendy & Greg Martin

David Ellis Freckleton

10/18/1997

Mark & Tracy Freckleton

Elijah Jackson Gerard Whalen

10/21/1998

Robert & Sheila Whalen

Ella Sophia Hoelscher

10/4/2006

Tony & Jill Hoelscher

Erin Scuderi

10/18/1995

Michael & Shelley Scuderi

Gregory A. J. Neibel

10/21/2001

John & Tonya Neibel

Hazel Laine Wentlandt & Aurthur Joshua Wentlandt

10/30/2008

Katy & Geoff Wentlandt

Heather Ann Garlick

10/30/2002

Sherilynn & Heath Garlick

Jacob Robert Green

10/12/2004

Dustin & Debbie Green

Jesse Davis

10/1/1984

Bill & Megan Davis

Joel Ha-Lo Wind Baker

b. 10/4/2002 d. 10/7/2002

Lucy & Scott Baker

Joseph Anthony Harris

b. 10/4/2004 d. 10/13/2004

Joseph & Sarah Harris

Kehinde Adekanbi & Dola Adekanbi

10/28/2010

Sara Robbins & Funso Adekanbi

Kennedy Rainey Carroll

10/1/2000 10/19/2000

Joe & Michelle Carroll

Logan Robert Francis & Teagan David Francis & Finnegan Western Francis

10/3/2010

Jody & Andrew Francis

Lukas Elevado Regalado

10/11/2012

James-dee & Luann Regalado

Luke McFarlane Dieffenbach

10/5/2000

Tiffanie & Alex Dieffenbach

MG (Miracle Gift) Horne

10/25/2000

Neil & Danelle Horne

October & November Forget Me Nots

(October cont...)

Natalie Claire Ebbinge

10/29/2009

Suzette & Spencer Ebbinge

Nicquelle Lily Astrid

b. 10/9/2012 d. 12/5/2012

Lotta Gustafsson & Andre Johnstone

Tyler Lee Vatne

10/13/1999

Jason & Charro Vatne

Victoria Sky Minasyan

10/6/2011

David & Nicole Minasyan

Younass Jibril Azzam

b. 10/16/2000 d. 10/18/2000

Karla Wagner & Taieb Azzam

Michael A. Schillinger III & Alena Schillinger

10/12/2011

Michael & Alissa Schillinger

Naomi Bradshaw

10/30/1994

Dexter & Sabine Bradshaw

Aaron James Rasmussen

11/16/2002

Kerry & Dean Rasmussen

Annika Rose Medco

b. 11/10/1998 d. 11/12/1998

Amy Harris & Doug Medco

Audric Anthony Weaver

11/2/2001

Jolene Westphal & Derek Weaver

"Baby" Keopanya

11/1/2009

Lurline & Sysanan Keopanya

Baby Kicinski

11/1/2012

Kristian & Jennifer Howard-Kicinski

Baby McQueen

11/26/2001

Mary Ellen McQueen

Bennett Ian Grimes

11/25/2010 11/26/2010

Melanie Sparks

Brielle Bryant

11/23/2004 11/18/2004

Jessica Bryant

Callum Alexander Duncan

11/22/2008

Sarah Duncan

Connor Atlas Downs

11/2/2007

Eva & Rob Downs

Cooper Eldridge

11/3/2003

Jill & Joshua Eldridge

Ethan Richard Torres Philip

b. 11/23/2003 d. 11/23/2003

Eric & Yolanda Phillips

Jennay Faye Christian

b. 11/14/2005 d. 11/15/2005

Jenna Swanlund

Jesse Curtis Slack

11/14/2000

Sanford & Sarah Slack

Jessica Delaney Shapely

b. 11/15/2009 d. 12/22/2009

Carolynn Shelden & John Shapely

Joshua Alexander Crist

11/19/2000

Jay & Jacqueline Crist

Kemper William Hardisty

11/24/2006

Kirsten & Chad Hardisty

Maxwell Al Trudell

b. 11/11/1999 d. 11/17/1999

Melinda & Jack Trudell

Maxwell Scott Husemann

11/20/2000

Valerie & Kevin Husemann

Micah Benjamin Thomas

b. 11/24/2004 d. 11/27/2004

Ben & Arlene Thomas

Orion Alexander Boyd

11/19/2003

Mandy & Ken Boyd

Raspberry

11/24/2012

Chris & Lindsay Quinn



November & December Forget Me Nots

(November cont...)

Rose Henry & Lily Henry

b. 11/17/2006 d. 11/17/2006

Chris & Sarah Henry

Ryan Charles Heiberg

11/27/2004

Dawn & Charlie Heiberg

Sean Michael Ruff

11/26/1997

Paula & Michael Ruff

Shawna Leigh Wagner

11/9/1989

Mary & John Wagner

Theodore Michael Clow

11/3/2002

Beth & Josh Clow

Trevor Lee Frost

11/20/1978

Marie Frost

Veronica Faith Schoenhals

11/18/2003

Shannon McGee & Eric Schoenhals

Willow Caitlin Dorrrough

11/28/1993

Anita & Anthony Dorrrough

Zachary Conner Furtwangler

11/10/2011

Alison & Tyler Furtwangler

Addison Cloise Crawford

b. 12/5/2010 d. 12/4/2010

Brian & Keleen Crawford

Alaina Michele Kahler

12/1/1985

Michael & Cindy Kahler

Alice Shirley Brown Ford

12/5/2004

Brynnen Ford & Jonathan Brown

Ana Dodge Krattinger

12/23/1999

Kristin Dodge & Anita Krattinger

Baby Bean Michener

12/20/2001

Jesse & Mike Michener

Brady Dacanay Vannoy

12/3/2006

Geralyn & Bryon Vannoy

Caidinse Olivia Lott

12/4/2002

Beth & Chris Lott

Caitlin McKinzie Wilkowski Sanford

12/30/1987

Dan & Kathy Sanford

Catherine Isabella Montgomery

b. 12/22/2011 d. 12/18/2011

Kimberly & Brent Montgomery

Chad Robert Echigoshima

b. 12/15/2001 d. 12/27/2001

Bruce & Tami Echigoshima

Charlotte Veronica Jenkins

12/14/2001

Cheryl Jenkins & Bill Wiggins

Christopher Scott Packwood

12/23/1997

Stephanie & Scott Packwood

Eilene Stubblefield

12/1/2007

Wendy & Jesse Aporta

Elija Stone Poledna

b. 12/1/2006 d. 12/15/2006

Aaron & Chandra Poledna

Emily Frances Sugi

12/18/2007

Eiji & Leigh Sugi

Evan Alexander Jones

12/19/2002

Marianne & Scott Jones

Hope Imani Oliver

b. 12/16/2005 d. 12/16/2005

Pamela & Steven Oliver

James Ly

12/3/2008

Jennifer & David Ly

Jett Allen Van Der Vliet

12/13/2010

Dan & Brandi Van Der Vliet

Josiah David Thompson

b. 12/30/2004 d. 12/30/2004

Shellie M. Tedrick

Kalyn Allyn Robinson

12/14/1990

Dave & Kathy Robinson

Kyle Ray Echigoshima

12/14/2001

Bruce & Tami Echigoshima



December Forget Me Nots

Leo Charles Bang-Knudson

b. 12/16/2010

Jacob & Melissa Bang-Knudson

Lisa Michelle Lewis

b. 12/30/2006 d. 1/6/2007

Malinda & James Lewis

Loula Hazel Vigil

12/14/2012

Dominic & Angela Vigil

Luke Avery Pervier

12/7/2011

Daniel & Cora-Anne Pervier

Mark Thomas Whiting

12/13/2001

Fran & Carla Whiting

Melinda Rose Dodge

12/15/1999

Steve & Melissa Dodge

Nathan Randall Miller

b. 12/25/1999 d. 12/25/1999

Tim & Shannon Miller

Olivia Moss

b. 12/27/1994 d. 12/4/1994

Jill Moss

Owen Lynn Kelley

b. 12/9/2002 d. 12/10/2002

Steve & Wendy Kelley

Peter Whitman Hinkleman

b. 12/3/1992 d. 12/4/1992

Sarah & Mark Hinkleman

Phillip Seekar

b. 12/5/2002 d. 12/5/2002

Kip & Susan Seekar

Raymond James Foran

b. 12/4/2000 d. 1/13/2001

John & Nicki Foran

Sierra Iris Hutchinson

12/10/2003

Andrea & Nathan Hutchison

Spencer Robert Kelley

12/9/2002 12/9/2002

Steve & Wendy Kelley

Trevor Dale Jones

12/24/2000

Will & Tanya Jones

Trinity Jade Osterman

12/8/2001

Kris & Jamie Osterman

Tyler Erickson Raker

b. 12/13/1998 d. 12/13/1998

Mark & Cassandra Raker

Forget Me Nots Updates

Parent Support is working on a new system to ensure we have all of your babies' names in the Forget Me Nots. Please let us know if you have any changes or corrections to your baby's name, your name, or the dates so we can use the updated information going forward.

We know how much you look forward to seeing your sweet baby's name in the Forget Me Nots each quarter so please help us by sending an email to info@psopugetsound.org with any updates or corrections. Note that we are listing your baby in the month of his or her birth.

Thank you so much--
The P.S. Board



President's Message



Last newsletter it was announced that I would be the Website and Facebook Administrator. Well, this newsletter brings the announcement that I am now the President of this amazing organization! I am so very excited to be sitting on the board with such a compassionate group of people. I hope to bring renewed energy to Parent Support of Puget Sound (P.S.) and keep our community going and successful for many years to come.

If you haven't heard anything about me, let me share a bit about my journey to finding P.S. Two years ago—I cannot believe it has already been two years since my husband, Tyler, and I lost our first born child—Zachary was born still on 11-10-11 at only 20 weeks gestation. My pregnancy was normal until we found out it wasn't during our anatomy scan. After that Monday morning finding out Zachary had Fetal Hydrops (fluid on his brain and abdomen) we went home and cried. Only two days later we found out his heart had stopped beating and I was induced. Looking back I am so glad we got to see him on the ultrasound alive for one last time but of course I wish the outcome would have been different. Since I cannot change the past, I have decided to change the future in his memory. I attended a P.S. group three months later for the first time not knowing what to expect and have been going ever since. I lost my second child that spring to an early miscarriage and went on the following month to get pregnant a third time. Apparently the third time was the charm and we now have a beautiful daughter, Vivian, who will be one on 12-11-12. One year, one month and one day after Zachary's birthday. I love that they share such unique birthdays!

I continue to share Zachary's story to keep his memory alive to whoever will listen and share Vivian's story to give hope to anyone who has gone down the dark path of pregnancy and infant loss. My love for my children and my community is what lead me to accept the position as President for P.S.

Now as the President, what a whirlwind these past few months have been for me! I have been whisked away into the love and awe that is our Parent Support community. No longer just a bystander but actively bettering our community. Promptly after being elected the new President of Parent Support of Puget Sound we started planning for our 12th Annual Walk to Remember. If you had the chance to attend you know this is no small event for our group—apart from our monthly support groups, this is proba-

bly the single most important event held during the year. The significance of the walk for our attendees is the reason we host it and in doing so we have a perfect opportunity for fundraising for our organization. Without the support of your family, we could not be here to support our community.

I am happy the walk has now come and gone and we had record attendance—nearly 170 walkers! Thank you to each and everyone who came out to celebrate, remember, donate and share in such a wonderful day to honor the memories of our babies at the P.S. Walk to Remember. After walking with our remembrance balloons held high we all stood together as a community and released white carnations into the depths of Lake Washington to forever honor our children.

While this was only my second walk, it will definitely become an annual event for my family that we will look forward to each year.

Now with the walk behind us, the holidays are looming ahead. Most of us have experienced a holiday after loss and it can be an emotionally challenging time. Holidays definitely remind me that someone is missing from our family. It took us a little while to figure out how Zachary would fit into our holidays but now there is no question. This will be the second year that Zachary will have a special tree in our bedroom with beautiful white ornaments and lights—seeing his tree brings me peace each night.

Whether this holiday season is your first or your fourteenth, we are here for you. We have planned a beautiful candle lighting service and a fun, uplifting ornament painting party both in December. We hope to make memories with you in remembrance of your children even though they cannot be here with us for the holiday season.

If you are like me and are looking to step up and help our P.S. community in some way, I encourage you to reach out to us with your interests and availability.

Looking forward to making lasting memories with all of you!

Warm regards,
Ali

P.S. Officers

President

Alison Furtwangler

Vice President

Karin Morea

Secretary

Heather Kahan, 425-443-3464

Treasurer

Rosa Cox

Website & Facebook Manager

Alison Furtwangler

Newsletter Editor

Jill Hoelscher

Printing, Mailing & Publications

John & Donna Benson
(425-415-6118 for newsletter
copies)

Members at Large

Abbie Poynter, Shelley Scuderi

Monthly Support Group Listings

• **SEATTLE:** Children's Hospital 7:30 p.m., First Thursday. Rm G-1026, Giraffe Entrance, follow signs.

• **Contact:** Sanjay Rad at sanjayrad@gmail.com.

• **SEATTLE:** Pregnancy After Loss Group. Children's Hospital, First Wednesday. Rm G1027, 7:30-9:30 p.m. **Contact:** Jennifer Howard-Kicinski at 206-227-2207.

• **OLYMPIA:** Providence St. Peter Hospital, 7:00 p.m.-8:30 p.m. Second Thursday. Check main lobby for room information. **Contact:** Spiritual Care Office or Doug and Karen Lacy Roberts at 360-534-0192.

• **OLYMPIA:** Pregnancy After Loss Information. **Contact:** Kirsten at 360-923-0344.

• **EASTSIDE:** Overlake Hospital 7:00 p.m. Third Thursday of every month. PACCAR Education Center.

• **Contact:** Cami Carris at 425-277-9494 or camicarris@hotmail.com or Alison Furtwangler at alifurt@live.com.

• **EVERETT:** Providence General Medical Center, 7:30 p.m., Second Thursday. **Contact:** Ann Wilson at 425-258-6106.

• **AUBURN:** Auburn Regional Medical Center, Cardio Pulmonary Rehab Classroom, 7:00 p.m., First Wednesday. **Contact:** Wendy/Guy Thomas at 253-863-1791 or Michael Scuderi at 253-373-0297.

• **WHIDBEY ISLAND:** **Contact:** Phone support only—Jolene Weaver at 360-331-5495 or 425-319-8695.

• **TACOMA:** **Contact:** Phone support only—Robb or Sara at 253-238-3474.

• **EDMONDS:** Stevens Hospital, third Wednesday from 7:00 p.m.-9:00 p.m., third floor conference room.

• **Contacts:** Kathy Albin, Bereavement Coordinator, at 425-640-4404 or Jolene Weaver at 360-331-5495 or 425-319-8695.

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