



PARENT SUPPORT NEWSLETTER

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

FALL 2017

Visit our website:
psopugetsound.org

Call us:
425-686-9451

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Thank You for Walking With Us

Thanks to everyone who made this year's P.S. Walk to Remember an amazing success! We had approximately 160 members show up to walk in honor of their babies. Thank you again for your time, donations, and support—we couldn't be the organization we are without you.



Photo credit: Morgan Austin

Thoughts From the Walk...

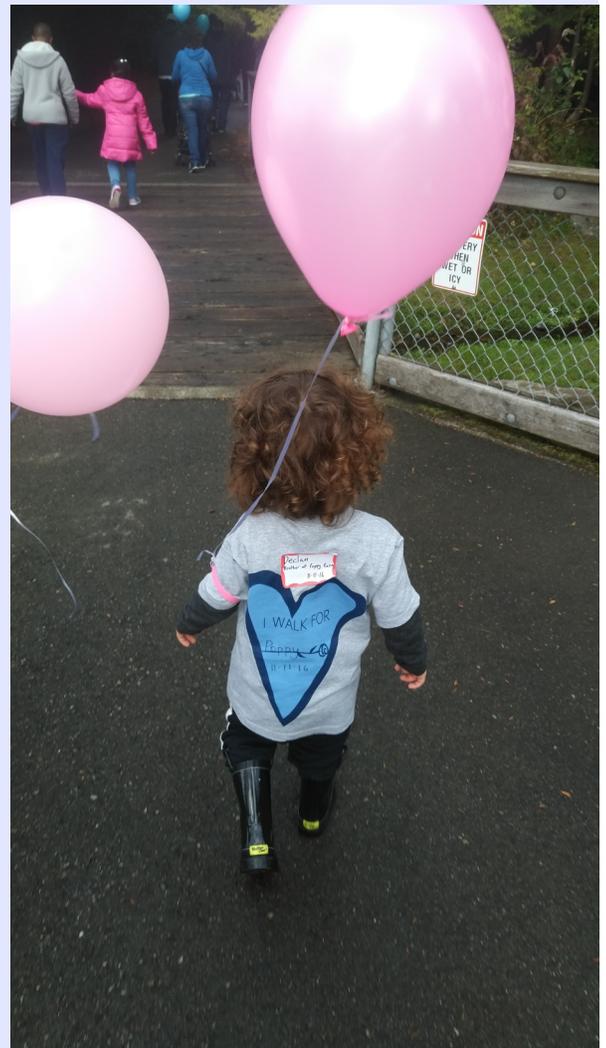
By Crawford Bowden, Facilitator & Outreach Coordinator

This walk was my first with P.S., my second memorial walk overall, and I am positive it won't be the last. I lost my daughter, Poppy Raen, nearly a year ago on November 11th, 2016, and it continues to feel like yesterday. This loss is my only, and will be my last. She was due the day prior to my birthday and her loss has taken the light out of the holidays, special occasions, and family outings.

I don't know what I expected on this walk, but it was more than what I felt it could be. The support, the overwhelming emotions, the fact that it wasn't just the few people I have met before with loss, but a community, and that feeling was bittersweet. We are all part of a family that never should have existed, but it does, and we are here for each other, and that gives me a piece of solace.

The day started grey and miserable, but soon cleared up to be a beautiful Pacific Northwest morning and afternoon. This was an emotional walk for my mother, husband, and myself; my toddler decided he wanted to fly along with the pink balloons we held.

The walk was peaceful, and it was an honor to walk with other families and not feel alone as I do so often. At the end, after the coffee and donuts were gone, and the balloons were passed out, we came together as a collective. We listened as Ali, our P.S. Board President, read a beautiful poem, and together we released our white carnations into Lake Washington. It was a showing of community again, as the day had been. I want to give my sincere gratitude for the parents willing to share their photos of their loved littles; I appreciate your willingness to show your heart and bare your soul.



Pictures From the Walk...



Photo credit: Ali Furtwangler

Walk photos by Morgan Austin, except where indicated.

Walking to Remember

By Morgan Austin, P.S. Website & Social Media Manager

This year's Walk to Remember reminded me of why I became a member of the P.S. board. It's the one day of the year when a significant number of community members join together and walk together for love. And it wows me each time.

This fall was the third anniversary of losing our son. He was born too early to survive life outside the womb. I'll never know why and I don't think that haunting feeling will ever disappear. The ache of him is still present in my heart, and yet I "see" him everywhere: He reminds me to stay present and to savor the good days along with the bad ones. He is part of me. He is the beauty I see in the world. And I am forever grateful for him.

But I remember those early days, that first year especially, and how isolated and frustrated I felt with the world and with our culture. I still have those days, those moments, when I can't or don't speak of him even though I want to, or when I do and the response is hollow. It can be easy to feel incredibly alone.

But there were so many balloons on the path at Gene Coulon Memorial Park. It was like a sea of blue, pink, white and even a few purple. And it took my breath away.

Although I hate that any other parent has experienced the loss of a child, this annual walk reminds me that I am not alone. It's hard to think about the fact that there are others out there who have known this immense heartache and yet I find comfort in the fact that we go on. We even smile and joke and laugh again.

What I noticed in particular this year was the number of support people that attended. It warmed my heart to know that so many in the P.S. community have family members and friends who understand that losing a baby is a BIG DEAL! And that they are walking with you while you grieve and move forward—it's amazing to me. Just more evidence of how much love and kindness there is in this world.

I recall feeling a nervousness leading up to the event. I wondered if anyone would come? Had you all seen the newsletter and Facebook announcements regarding the event? Even if you did, would you show up? And you did, of course you did. Because honoring our babies is imperative. Thank you for coming. I loved walking with you and my family to show our babies that they matter and we miss them and we will REMEMBER them forever.

See you next year at our 17th annual Walk to Remember on Sunday, October 14, 2018.

Thank You for Your Donations

Jessica Brown

Kiara Buechler in memory of Lily

Roger & Janet Kadel

Guy & Wendy Thomas in memory of Gabriel Thomas

Jason & Leyhsa Levine in memory of Victoria

Michelle Lee Haigh in memory of Nathaniel

Liz & Marty Schoos in memory of Quincy Redding

Donna Benson

Russ & Dana Davies

Colleen Barry Barton in memory of William Henry Barton

Alissa Schillinger

Jami A Suedel

Jennifer Howard Kicinski

Brian J Mueller

Abbie L Smith

Jessica Schweitzer

Heather Kahan

Grant W Warner

Natasha de Sousa

Shelley Scuderi

Vanessa A Eng

Andrew Zucati

Marianna Ouellette

Stephanie Ohm Guerrero

Elizabeth K Springborn

Jonathan Laird

Elaine Smith

Mark and Patty DeForest

Harvey White

April Gusweller

Teresa Gregory

Kayla Barreras

The Brown Family

Diane

Laura Brandon

Dee Williams and Family

Lisa Truscott

Crystal Colleran

Grace Chavez

Vivian McCown

The Depusoy Family

Lacey Williams

Rebecca Vargas

The Regalado Family

The Vigil Family

The Skipton Family

Iana Tsosie

The Green Family

Craig Rehberg

Eda Dedevas Dundar

Dana Melton

The Guerrero Family

The Furtwangers

Karin Morea

The Bowden Family

The Austin Family

The Hills Family

The American Online Giving Foundation

Facilitator Bio: Brett Noggles

Brett attended his first P.S. meeting when his son Ryan was born in 2006. He found it immensely helpful to talk with people who had walked the path that he was walking. He has been volunteering as a P.S. facilitator for 5 years now, and greatly appreciates the opportunity to help others as they navigate this journey.



Thank You to P.S. Facilitator Cami Carris

P.S. wants to take a moment to thank Cami Carris for her years of service as the Eastside group facilitator at Overlake Hospital! We appreciate all of the time Cami spent helping newly bereaved parents cope with their tremendous losses. We know you will continue to assist P.S. as a backup facilitator, and we appreciate your ongoing commitment to the group.

Thank you, Cami!

Shop for Loved Ones, Donate to P.S.

As you shop for your loved ones this holiday season, we hope you will consider making some of your purchases through AmazonSmile. Amazon will donate a portion of the purchase price of eligible items to your preferred charity. Donations to Parent Support of Puget Sound allow us to continue to provide much needed support groups, quarterly newsletters, our annual Walk to Remember, and other events.

Wishing all of you a peaceful holiday season, and please remember all of our support groups continue to meet throughout the month of December.

Dear Mommy: A Letter From Heaven

Reprinted from Still Standing Magazine:

<http://stillstandingmag.com/2017/08/dear-mommy-letter-heaven/>

Dear Mommy,

I know you have a hard time facing each day without me, struggling to make sense of my death. I see you cry before bed each night and in your car on the way to work. I'm so sorry, Mommy.

I'm sorry I had to leave so soon. I didn't want to leave you, but please know that although you cannot see me, I am never far away.

Those chills you get when you are all alone, it's me giving you a hug. I'm still here, Mommy. I'm right here. Those beautiful rainbows that stop you in your tracks. It's me saying hello. Those butterflies that flutter around you. It's me reminding you you're not alone.

I hear you say goodnight to me as you drift to sleep each night. You can't hear me, but I whisper "goodnight" back. I wish you could hear me whisper "I love you" everyday.

I know you miss me with every breath you take. That every joyful moment is also filled with sadness and wonder. Wonder of what I would be like, what I would look like, what I would become. I wish you could see me now, Mommy. I'm happy. I'm free.

Mommy, I want you to know that I'm okay. I'm at peace now. I know it's not easy to get through the days, but you keep on going, bringing me with you every step of the way. Thank you, Mommy.

I know one of your biggest fears is that people will forget about me. They haven't forgotten, Mommy. You keep my memory alive. You say my name and tell my story. I live on through you.

I'm so proud that you are my Mommy. You are so brave, so kind, so loving. Although our time together was short, you always took care of me. Protected me. Loved me. You are such a good Mommy.

Don't question if I knew how much you loved me, I knew. I can still feel your love, it reaches me all the way in heaven.

I know there are days that you think you can't keep going. Days that you can't wait to join me, just so you can hold me and kiss me one more time. I know how much you long for that day, but please keep living, Mommy. I want you to live, to smile, to feel joy. You don't need to feel guilty when you're happy. I like to see you smile. I love the sound of your laugh.

Please keep going. Keep carrying me with you in all that you do. I promise I'm here, Mommy. I'm waiting here for you. I will always be with you, sending my love from heaven, until you can hold me again.

Don't let go, Mommy. I live on through you. I'm a part of you. I love you.

JANUARY FORGET ME NOTS

Abigayle Christine Jones

1/31/2009

Arielle & Joshua Jones

Angelique Renee Schermerorn

1/29/1998

Leigh Ann & Ed Schermerhorn

**Ashley Elizabeth Schlott &
Emily Kaitlyn Schlott**

1/20/1996

Deborah Schlott

Ava Byagagaire

1/17/2011

Diana Paulsen

Baby Lampert

1/1/2011

Heather Lampert

Baby Lampert

1/1/2014

Heather Lampert

Baby Pitts

1/21/2013

Nathan & Hannah Pitts

Baby Querec (Twin A)

1/22/2009

Misty Saracino & Travis Querec

Baby Sparkman

1/18/1999

Heather & Eric Sparkman

Brandon Michael Doyle

1/24/1998

Jeannette & Michael Doyle

Brayden Borichewski

1/18/2000

Joe & Shawna Borichewski

Casey Alan Osborn

1/28/1991

Chris & Linda Osborn

Claire Bei Bei Habber

1/3/2000 - 9/30/2000

Kim Haber

Dahlia (Dolly) Sivan Wendkos

1/22/2012

Sarah & Eli Wendkos

Daniel Cutler Elwell

1/1/2000

Bob & Kathryn Elwell

Devin James Fend

1/10/2000 - 4/24/2000

James & Brandy Fend

Eric Brandon Sickles

1/8/1992

Marc & Janet Sickles

Ethan Angel Forbes

1/28/1997

Cheryl & Tom Forbes

Grant Alan Chandler

1/3/1998 - 1/3/1998

Kelly & Rob Chandler

Hope Evelyn

1/4/2014

Kristin Addis

Josiah Bennett Adams

1/10/2004 - 1/25/2004

Alice & Dave Adams

Lillian Jean Londroche

1/21/2011

Ashley & Kevin Londroche

Little Baby Milholland

1/12/2015

John & KC Milholland

Malarie Addison Jenkins

1/30/2005

Steve & Rhonnda Jenkins

Matthew Luper

1/6/1992

Joy Luper

Nailah Iman Bradshaw

1/19/1999 - 10/23/1999

Dexter & Sabine Bradshaw

Nathan Joseph Benson

1/10/2002

Donna Petruzzi & John Benson

Peanut

1/15/2013

Ginger Hudson & John Ikeda

Peanut Iler-Geltz

1/28/2010

Kurt & Cheryl Geltz

Peter John Brillault-Kenny

1/7/2003

Jeanne Brillault

Rachel Lynn Abrams

1/1/2007 - 1/17/2007

Juston Abrams

Samuel Frederick Gleason

1/25/1996

Susan & Tim Gleason

William Henry Barton

1/24/2015

Brad & Colleen Barton

Zeppo Bourne Akeley

1/22/1992 - 1/22/1992

Katy Bourne



FEBRUARY FORGET ME NOTS

Aaron Paul Dunkle

2/9/2011
Lonnie & Susie Dunkle

Abigale Christene Elliott (A.C.E.)

2/6/2015
Elizabeth & Caleb Elliott

Angel Dzikon

2/7/2013
Caitlin Schultz & Jay Dzikon

Baby "T" Peranzi

2/19/2005
Jennifer & John Peranzi

Baby Lacy-Roberts

2/16/2002
Doug & Karen Lacy-Roberts

Bitty Baby Milholland

2/21/2015
John & KC Milholland

Christopher Lee Towers

2/11/1993
Kristy Towers

Colin Mclver & Tristan Mclver

2/1/2009
Patrick & Jennifer Mclver

Debra Sue Johnson

2/5/1992
Ed & Lisa Johnson

Elijah Mortinson

2/22/2013
Jason & Angela Mortinson

Harmony Kissel

2/19/2005
Loretta Crawford & Scott Kissel

Hickory Muller Burke

2/9/2010
Todd & Emily Burke

Kellen Garvis

2/3/2014
Sarah Garvis

Olivia R. Amend

2/22/2005 - 2/22/2005
Steve & Amanda Amend

Oskar Kicinski

2/11/2009
Kristian & Jennifer Howard-Kicinski

Owen Andrew Wicklein

2/6/2014
Nichole Wicklein

Pacita Regalo Maisano-Torres

2/7/2002 - 2/7/2002
John & Portia Maisano-Torres

Paul Berwyn Jones

2/12/2014 - 2/12/2014
Sarah Searcy

Quincy Schoos

2/20/2001
Elizabeth & Marty Schoos

Red Nichols & Fred Nichols

2/18/1999
Fritz & Kate Nichols

Samuel Jacob Weaver

2/9/2003
Jolene Westphal & Derek Weaver

Sarah Rae Sammons

2/11/1982 - 2/23/1982
Bailey Sammons

Vincent Dean Stephens

2/13/1994 - 2/18/1994
Dean & Jennifer Stephens

The Compassionate Friends' Worldwide Candle Lighting

Event information modified from The Compassionate Friends' Eastside Chapter website. For more information, visit www.eastsidetcf.org.

Sunday, December 10, 2017

(Arrive around 6:00 p.m. - 6:15 p.m.)

Sunset Hills Memorial Park Chapel

1215 145th Place Southeast

Bellevue, WA

Join us as we commemorate and honor our children by lighting a candle for those who died too soon from any cause and at any age.

Our ceremony begins promptly 6:30 p.m. and candles will be lit at 7:00 p.m., so please arrive early so you can complete your child's name card (to be read aloud during the ceremony). We will provide individual candles for all to use (special non-flame candles will be available for children). Following the one hour ceremony, enjoy light refreshments.

If you are not able to attend, please light a candle wherever you are for your child at 7:00 p.m. Visit www.thecompassionatefriends.org to sign the Remembrance Book with others from all over the world.



The Compassionate Friends
Supporting Family After a Child Dies

Light a candle for all children who have died

Worldwide Candle Lighting®

... that their light may always shine.

Sunday, December 10, 2017
7 PM Around the Globe



MARCH FORGET ME NOTS

Adam Neil

3/9/2001 - 3/9/2001
Jenny Neil

Aidan Bales & Graeme Bales

3/12/2009 - 3/13/2009
Mark & Jen Bales

Amelia C. Stevens

3/18/2009
Corey & Katlyn Stevens

Angel Baby Johnson

3/21/2005
Aaron & Jennifer Johnson

Ashley Joy Judah

3/2/1998 - 3/2/1998
Sam & Jill Judah

Ashley Louise Davis

3/10/1987
Bill & Megan Davis

Aubree Alayah White

3/6/2017
Harvey White

Baby Bryant

3/1/2003
Mike & Kim Bruns

Baby Furtwangler

3/9/2012
Alison & Tyler Furtwangler

Baby Pitts

3/19/2013
Nathan & Hannah Pitts

Baris Dundar

3/27/2013
Eda Dedevas Dundar & Baha Dundar

Caden Lee Vatne

3/17/2003
Jason & Charro Vatne

Caden Michael Harris

3/31/2010 - 4/25/2010
Greg & Kate Harris

Charlotte Wallace Wright

3/13/1993
Deb & Jim Wright

Christopher Michael Scuderi

3/21/1997
Michael & Shelley Scuderi

Dakota Jones

3/11/1999
Kara Jones

David Timothy Beeler

3/20/2009
Michelle Beeler

Ella Mei Riley Wang

3/25/2013
Teresa Wang & Atiba Riley

Emma Rose Duncan

3/6/2005
Sarah Duncan

Gage Wilday

3/28/2014 - 7/28/2014
Vanessa Eng & Dan Wilday

Hansel Davis

3/20/1987
Bill & Megan Davis

Hope Vaule

3/22/2009
Carlene Vaule

Hugo Sadi Damas

3/20/2005
Christina & Hugo Damas

Jack Michael Giesy

3/3/2002 - 3/5/2002
Michael & Michele Giesy

Jacob Evans

3/6/1998 - 3/6/1998
Shan & Rich Evans

Jeremiah Jacob Damewood

3/3/1999
Carrie Harrington

Jessica Mary Elizabeth Day

3/14/1991
Wendy & Steven Day

Karl David Jacobsen

3/5/1986
Kurt & Perdis Jacobsen

Kyle Wayne Stebner

3/28/2000
Maureen & Wayne Stebner

Lauren Faith Baker

3/25/2001
Lucy & Scott Baker

Lauren Louise DuFresne

3/30/2005 - 4/16/2005
Shirley & Larry DuFresne

Levana Cadyne Tsois-Jansen

3/8/2014
Brysen and Lana Jansen

Madison Elaine McInerney

3/13/2002 - 3/15/2002
Krista & Brian McInerney

Natalie Scott

3/29/2005
John & Valerie Scott

Olivia Jade Perdue

3/25/2015
Sean & Andrea Perdue

Samantha Ann Judah

3/2/1998 - 3/21/1998
Sam & Jill Judah

Scarlet Elizabeth Steggerman

3/1/2016 - 3/1/2016
Betsy & Brian Steggerman

Sophia Grace Harris

3/16/2010 - 3/21/2010
Joseph & Sarah Harris

Thomas Benjamin Elbert

3/28/1995 - 3/29/1995
Steve & Mary Ann Elbert

Tyler Steven Giesy

3/3/2002 - 3/6/2002
Michael & Michele Giesy

William Kings Gonzales

3/16/2001
Daniela & Joe Gonzales

President's Message

This Fall Zachary should have been going into Kindergarten. It would have been a very exciting year. I would have had him dressed on day one in his finest back-to-school clothes with a backpack on the front porch anxiously waiting to walk to the bus stop. He wouldn't have been holding a sign because, let's be honest, I'm not put together enough for that, but I'd digitally put a caption on his photo later, probably. Instead, this year I was still fortunate enough to get my younger two kiddos ready for preschool but knowing this was supposed to be the big year still stings.

And of course it's not just the back-to-school milestone that catches my breath, but the holidays begin that time of year when you just know someone is missing. Sometimes I can't help but get a tear in my eye ready to roll over if I don't quickly start to think of something else. Back-to-school, quickly followed by Halloween—what would Zachary have been? Would he have been big into the superheros like all the other little boys?

After Halloween comes Zachary's birthday. He would be six this year. We will all take off work and school as we have since Zachary was born, now a family holiday that will never be forgotten. This year we are finally doing something with his ashes—making a glass memorial orb. We will bake cupcakes and take them to the night nurses after a family dinner out where the wait staff will ask if we are celebrating and without missing a beat my 4-year-old, Vivian, will excitedly shout "We are celebrating Zachary's birthday up in heaven!" It will no doubt confuse them because the tone doesn't match the words. While my daughter will randomly come to me and say she is sad because she misses her big brother that she never met, usually he is a happy thing to talk about these days. It makes my heart happy that we can continue his memory in our family, even if only my small family remembers.

Then comes Thanksgiving and Christmas. Such hard holidays to be without a piece of your heart. How can one possibly survive the holidays after such a devastating loss? It is possible. It is definitely different than I imagined it would be, now with a special tree in my bedroom just for Zachary.

Whatever your holiday season may look like, know that we understand what a sensitive time this can be for a loss family. Find comfort that you are not alone in your celebration and your sorrow. It is normal to find great joy in the season as well as great pain, often silent and hidden like my own. Lean on our loss community. Join our in-person groups to help you find ways to survive or thrive this holiday season.

Warm wishes,



P.S. Officers

President

Alison Furtwangler

Vice President

Robin Hills

Secretary

Eda Dedevas Dundar

Treasurer

Sanjay Radhakrishnan

Facilitator & Outreach

Coordinator

Crawford Bowden

Website & Social Media

Manager

Morgan Austin

Newsletter Editor

Jill Hoelscher

Printing, Mailing & Publications

John & Donna Benson

Member at Large

Karin Morea

Monthly Support Group Listings

Check our calendar and Facebook page for last minute updates or changes.

SEATTLE Parent Support Group Children's Hospital, 7:30 p.m. First Thursday. Room RC.3.905 or RC.3.906, River Entrance, follow signs. **Contact:** Brett Noggles at 206-364-6916.

SEATTLE Pregnancy After Loss Support (PALS) Children's Hospital, 7:30 p.m. First Wednesday. Room RC.3.905 or RC.3.906, River Entrance. **Contact:** Jennifer Howard Kicinski at jhowardkicinski@yahoo.com

EASTSIDE Parent Support Group Overlake Hospital, PACCAR Education Center, 7:00 p.m. Third Thursday. **Contact:** Kristin Addis at kristinaddis@hotmail.com

EASTSIDE Parenting Post Loss Support (P.P.L.) Overlake Hospital, PACCAR Education Center, 7:00 p.m. Second Wednesday. **Contact:** Nichole Wicklein at nwicklein@gmail.com or Victoria Monroe at victoria.l.monroe@gmail.com

EDMONDS Parent Support Group, Verdant Health Commission Building, Sequoia Room, 7:00 p.m. Third Wednesday. **Contact:** Brett Noggles at 206-364-6916

EVERETT Parent Support Group Providence General Medical Center, Colby Campus Medical Office Building, Mt. St. Helens room. 7:30 p.m. Second Thursday. **Contact:** Ann Wilson at alarue@wilson-ps.com

AUBURN Parent Support Group 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 cotinga1@yahoo.com

TACOMA Support Group, Integrated Therapy Services NW, 6004 Westgate Blvd. Tacoma, 6:30 p.m. Third Wednesday. **Contact:** Jennifer Ly at lyjennifer82@gmail.com

OLYMPIA Parent Support Group Providence St. Peter Hospital, 7:00 p.m. Second Thursday. Check main lobby for room information. **Contact:** Teresa Lynch at 360-493-7240

SEDRO WOOLLEY Support Group, United General Hospital, 2000 Hospital Dr, Sedro Woolley, 7:00 p.m. Second Thursday. **Contact:** Becca at becndevcurley@gmail.com or Arielle Jones at jones.arielle@yahoo.com

*** For phone or email support, please call 425-686-9451 or email us at info@psopugetsound.org**



P.S. Newsletter

Parent Support for Miscarriage,
Stillbirth, and Infant Loss

Parent Support
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Bothell, WA 98041

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