



# PARENT SUPPORT NEWSLETTER

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

SPRING 2017

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# Mother's Day

Adapted from an article on [The Compassionate Friends' website](#).

**Before we lost our children to death, Mother's Day was a happy time.** We each reflect back on Mother's Days past.....gifts, cards, special memories and one day set aside to acknowledge the best in our relationship with our treasured children.

With the death of our child, this dynamic was forever transfigured. Now, instead of looking forward to this day, we grasp at anything that will keep our minds away from it. Yet the anxiety still creeps into our minds and hearts; our stomachs churn and tears fill our eyes at the most inopportune moments. The dreadful countdown begins in late April and lasts for nearly three weeks. This is the eighth Mother's Day I have endured since the death of my son. Each year I have the same, desperate anxiety, yet each year the day is a bit easier to handle. Each year the anticipation is far worse than the day itself...."borrowing trouble" as my dad would say.

*(Continues on page 3...)*

## Thank You for Your Donations

We appreciate your donations! Remember, you are helping fund our support group books and materials, printed newsletter, and events such as the Walk To Remember. Thank you again for helping the P.S. community!

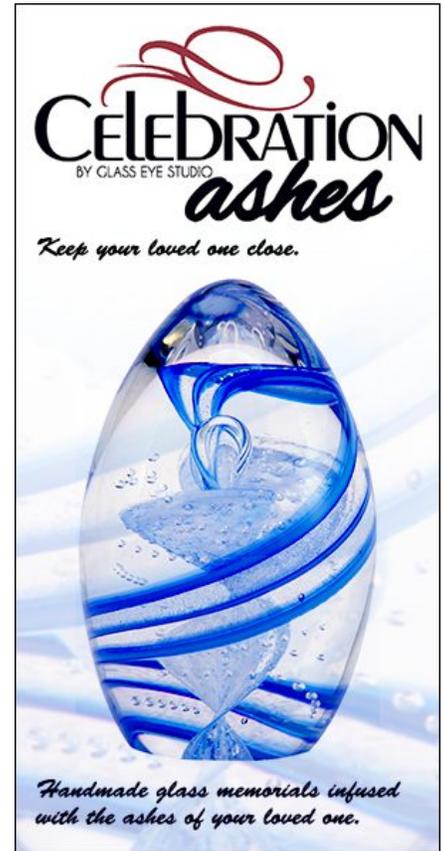
*Tami and Bruce Echigoshima*

*Ky Vu*

*Michael & Shelley Scuderi*

*Ashley Kaskel, in memory of Angel*

*The Kroger Company*



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10% off for P.S. Members

## New Look for the Newsletter

**You may have noticed the newsletter looks a bit different this issue.** You're right! We've decided to streamline our process and update our look to save us time and provide you with a more modern look and feel. You'll find the same helpful content and tips as usual, including stories about getting through the holidays, dedications for contributions, Forget Me Nots for your beautiful babies' birthdays, and a President's Message and listing of meeting times and locations. As always, we welcome **YOUR** submissions and your thoughts, ideas, and writing or art. Send us a photo of something you made in honor of your baby, or write a poem on his or her birthday. The newsletter is yours and we welcome your content always.

Best wishes of healing and hope —

**Jill Hoelscher**

**P.S. Newsletter Editor**



*(...Continued from page 1)*

Since my son is my only child, I do not have the comfort of other children nor do I have the need to put on a happy face. Instead, I am able to choose what I will do without feeling the burden of guilt.

While my first Mother's Day was filled with tears, subsequent Mother's Days have been more subdued. The choice to embrace or ignore Mother's Day is yours alone. Many bereaved mothers adopt a new perspective which honors their child and still gives normalcy to their family. Mother's Day is bittersweet for us. The pain is part of the love that we will feel for our children for eternity. We wouldn't trade one treasured moment for a cosmic reduction of our pain. Some of us plan the day carefully. Some of us just "go with the flow." Some of us weep; some of us work. Some of us read, some of us revel in this special moment set aside just for mothers. Each of us makes a choice that is based on our own truth. The day itself is not nearly as overwhelming as the buildup of anxiety and sadness which precedes it. I have found this to be true of all holidays, birthdays, death anniversaries and special occasions. I am trying to live in the moment.

When the moment of Mother's Day happens, I will decide what I should do. I refuse to let others pressure me. I refuse to become maudlin over greeting card commercials and heart-grabbing point-of-purchase marketing efforts. I will not be manipulated by the agenda of others. But on Mother's Day, as on each day of the year, I will think of my son, remembering the child he was and the man he became. I will honor his life by doing the best I can with what is left of my life. I will remain in the moment and treasure my memories. And for this mother, that is enough.

**Annette Mennen Baldwin**

***In memory of my son, Todd Mennen***

## New P.S. Group: North Sound

Parent Support of Puget Sound is pleased to announce a new support group for our North-end members. Details are as follows:

**When:** Second Thursday of every month (beginning in June) from 7:00 to 9:00 p.m.

**Where:** United General Hospital, Sedro Woolley

A big thank you to **Becca Curley** for facilitating this new group!  
Stay tuned to the Summer edition to read more about Becca's story.

## Easy Ways to Donate

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# The Japanese Art of Grieving a Miscarriage

Originally published in *The New York Times*.

By Angela Elson, January 6, 2017

**When we lived in Japan, my husband took me on a date to a cemetery.** In his defense, it was a famous cemetery in an Ewok-worthy forest on Mount Koya known for gimmicky headstones in the shapes of rockets and coffee cups.

Yet they didn't interest me as much as the hundreds of stone Jizo statues that lined the wooded paths. These small figurines dressed in red caps and bibs honor the souls of babies who are never born. Crowding their feet are toys and snacks left by parents to comfort their children in the afterlife. Sometimes a woman would turn away as we approached her on the path. Sometimes the flowers would still be fresh.

My husband, Brady, and I were young enough then to assume that tragedies happened to other people and not to us. This was a belief we carried for years until the day we held hands on an ultrasound table watching the technician turn off the monitor and tiptoe out of the room. A miscarriage at 10 weeks produces no body, so there would be no funeral. "What do we even do?" I asked the doctor.

She wrote me a prescription for Percocet: "Go home and sleep."

We went home. I didn't sleep. I spent a week throwing myself around the house I'd

decorated to look like a dojo — that's how many souvenirs I brought when we'd moved back to the States from Japan. I was itchy with sadness. I picked at my cuticles and tore out my hair. I had all this sorrow and no one to give it to, and Brady couldn't take it off me because his hands were already full of his own mourning. We knew miscarriage was common. But why wasn't there anything people *did* when it happened?

"If only there were some kind of tradition..." I said to Brady.

"Like a Jizo?" he replied, recalling that quiet day we'd spent walking hand-in-hand through a Japanese forest of other people's grief.

It was as if someone had poured calamine lotion all over me. "Exactly like a Jizo."

What *can't* one buy on the internet? Our statue of Jizo arrived a few days later. He was the height of a paperback and made of cement. His eyes were squinted in a mellow smile, hands folded in prayer.

According to Buddhist belief, a baby who is never born can't go to heaven, having never had the opportunity to accumulate good karma. But Jizo, a sort of patron saint of fetal demise, can smuggle these half-baked souls to paradise in his pockets. He also delivers the toys and snacks we saw being left at his feet on Mount Koya. Jizo is the U.P.S. guy of the afterlife.

***(Continues on next page...)***

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Brady and I grieved the baby in ways that were different but equally sad. One thing we both understood perfectly, though, was Jizo — why we had to search for the right kind of red yarn, how I had to crochet the smallest hat and coat.

When Jizo was dressed, Brady complimented my handiwork. “Where should we put him? In the yard?” “Maybe in a few days,” I balked, stationing the statue on our dining room table where I could pat him on the head on my way to the kitchen. I talked to him. Sometimes I kissed him when no one was looking, or I took him with me to the living room to watch TV.

It was crazy to fuss over a statue like I did. But I felt crazy, which could have been from the pregnancy hormones still coursing rudely through my body. Or maybe it was the lack of traditions surrounding miscarriage in the States that gave me nothing to take the edge off my grief. Without a prescribed course for mourning, I didn’t know what else to do besides mother this lump of concrete as if he could actually transfer my love to the afterlife.

After a few days of keeping Jizo in the house, I got to the point where I could put him on the front porch without too much separation anxiety. A few weeks later, Brady planted a garden for him in the backyard, where Jizo now sits and reminds us of the baby we lost — not so often as to make us sad, but often enough so that we don’t forget him entirely.

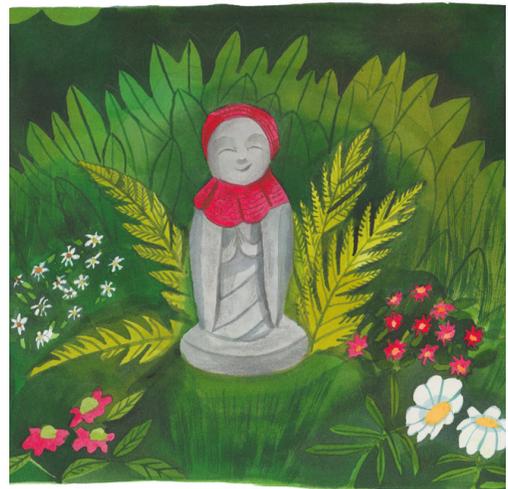
I check on Jizo when I take out the trash, picking him up when he gets knocked over by

squirrels or brushing snow off his hat. I catch Brady through the window plucking leaves from his little red coat. On the anniversary of the miscarriage, I replaced the statue’s sun-bleached clothes with fresh ones, gave him a bath, kissed him on the head and put him back outside.

I’m not sure if this is the correct way to weather a miscarriage, or even the right way to Jizo. I don’t know how long I’m supposed to crochet new outfits: maybe until I don’t feel the need to, or maybe forever.

I do know that like those parents haunting Mount Koya, Brady and I will always think of that baby who never was. We’ll leave pieces of our love for him wherever we go, hoping Jizo will deliver them to wherever he is.

***Angela Elson lives in Seattle and is writing a memoir about the year she spent teaching English and finding love in Japan.***



*This year's Paint with P.S. event was a success, and we thank you for coming to enjoy time with your family, share stories of your babies with P.S. friends and enjoy some time painting pottery. If you were unable to attend, we look forward to seeing you next year!*



## Olympia P.S. Support Group Seeks Facilitator

Have you ever considered becoming a P.S. Facilitator? If you live in the Olympia area and are interested, we would love to talk with you. Start date is late May/early June, and training is provided. The commitment is not a lot — and the payoff is huge. Let's work together to help each other!

***If you're curious to hear more or would like to help, please email P.S. Facilitator Coordinator Robin Hills at [robinhills@gmail.com](mailto:robinhills@gmail.com).***



# Never the Same

***By Stephanie Reid, mother to Kenley and Blake (2015-2016).***

**It was the day of my daughter's Celebration of Life.** On the inside, I was frantic. On the outside, I was focused. I wanted to make everything perfect; the flowers, the music, even the chairs were important to me. I was still in shock from just 7 days before when I held my lifeless baby. The day after that, making arrangements to cremate her body. So many things a mother or father should never, ever have to do.

I knew when the doors opened a flood of people would enter. I knew that when that happened, I would need to remain focused, almost robotic. I would continue to make sure it was all perfect for her. I would gather everything I had in me to speak about her life. I would do all of this while onlookers stared at me. My family, friends, co-workers, many people who only knew Blake through a picture. All of them would look at me differently than they used to. Life was no longer simple. I was no longer just a mom, I was a bereaved mom.

I walked up to the podium and looked out at the rows filled with people. I started to speak and then I kept speaking. I talked about my beautiful daughter, Blake. My little sunshine, who changed my world in the almost 11 months her Daddy and I got to have her. Her love of Minions,

licorice and big sister, Kenley. I briefly talked about the disease, Spinal Muscular Atrophy (SMA), type 1 that took her from us. Shortly after I was done, one of my uncles came up to me. You know what they all say: "I don't want to say the wrong thing", or, "I didn't know what to say." I know he felt this way, along with love and I could tell he also felt obligated to approach me. Shaky, he told me a story. He told me about decades ago, when his mother lost her son, his brother just a toddler at the time. I already knew this story, but listened as well as I could. He caught my attention when he said, "His death ruined my mother's life. She was never the same. Don't let Blake's death ruin your life." That was the point that solidified my life from the moment she died, moving forward: People don't understand. Society today doesn't do grief very well. That's pretty much a given. When you tell someone you lost your child at any point — miscarriage, stillbirth, 1 month, 8 months, 5 years, 15 years — it's like you've put a sign on your forehead that says "run away." They freeze up, sometimes for a while, sometimes for a moment. Blake died just 8 months ago. I struggle every single day to get out of bed. I have, what I'm learning, is pretty severe PTSD from all that came with her diagnosis, death and the aftermath of it all. I struggle with being a parent to my living daughter and I fear what life looks like when our third child is born

this coming July. The hard is even harder when I look around at people who just don't understand. People who think I should be "better" by now, or at least very soon. People who think I should be the same. People who think my life shouldn't be ruined by the loss of my child. People who have run away. If you're reading this, you are like me and I am so sorry for that. I'm sorry you know what living through unimaginable pain is like. The best advice that has been given to me so far is: Find the ones who understand in a way that is helpful to you. Find other mothers and fathers who can relate to your pain. Sadly, there are many of us out there. Know that you are doing everything right when it feels like you are doing everything wrong. You lost your child. There is nothing else in the world that hurts like that. You are forever changed and you should be. Try to care of yourself and know that even when it feels like it, you are never, ever alone.

***For more on Blake's life, SMA or Blake's family go to [stillfindingsunshine.com](http://stillfindingsunshine.com).***

## JULY FORGET ME NOTS

**Aaron Ray Johnson**

7/16/2000  
Ed & Lisa Johnson

**Addison Kay Hughes**

7/28/2008 9/3/2008  
Christopher & Danielle Hughes

**Alexander Mason Reynolds**

7/6/2002 7/10/2002  
Elisha & Vince Reynolds

**Anna Francis Johnson**

7/15/2005  
Susanne & Peter Johnson

**August Reign Brittain**

7/27/2015  
Bethany McCaig

**Baby Heidecker**

7/20/2012  
Amanda Heidecker

**Baby Lacy-Roberts**

7/21/2002  
Doug & Karen Lacy-Roberts

**Baby Ross**

7/1/2011  
Ann Heneghan & John Ross

**Baby Swenson**

7/3/2013  
Josh & Mary Swenson

**Brian Cleaves**

7/3/2003 7/5/2003  
Robin Cleaves

**Carl de Jesus Robinson**

7/29/2003  
Riza de Jesus & Fred Robinson

**Cathleen Delia Ross**

7/31/2004 10/27/2004  
Ann Heneghan & John Ross

**Charlotte Lindquist**

7/19/2002  
Brian & Elizabeth Lindquist

**Cricket**

7/26/2014  
Scott & Erica Kring

**Devon Cornell-Drury**

7/23/1998 7/23/1998  
Diane Figaro

**Edward George (Teddy) Ricard**

7/18/2003  
Ann Marie & Erik Ricard

**Gabriel Charles Stowell &**

**Nathan Hudson Stowell**  
7/20/2011  
Angela & Ethan Stowell

**George M. Ogula**

7/31/2012  
Sylvia Koncheslah

**Isabel Joyce Piliavin**

7/8/1998  
Therese Joyce & Neal Piliavin

**Isaiah Duane Smith**

7/24/2008  
Duane & Abbie Smith

**Jason Caleb Dolleman**

7/26/1978  
Bill & Doreen Dolleman

**Keegan Mackenzie Whalen**

7/7/1997  
Gina Whalen

**Madelynn Grace Hunter**

7/16/2010  
Arthur & Christie Hunter

**Marian Ruth Wilson**

7/29/1986  
Ann Wilson

**Michael Anthony Bains**

7/19/1995  
Raj Bains

**Nicole Farmer**

7/17/2002  
Gloria & Steve Farmer

**Raven Wiley Pride**

7/20/2008  
Angela & Dylan Pride

**Reese Anthony Fairbanks**

7/15/2011  
Amber Reese

**Riley Colin Austin Riggs**

7/2/1994 8/4/1994  
Craig & Tamara Riggs

**Samuel Tyce Underwood**

7/22/2002  
Jodie & Todd Underwood

**Sean Thomas Lee**

7/28/2010  
Sheila Lentz & Thomas Lee

**Season Miracle Shute**

7/12/2014 8/13/2014  
Summer & Andrew Shute

**Stacey Scuderi**

7/16/1996  
Michael & Shelley Scuderi

**Trevor James Cook**

7/30/1986  
Mark & Christy Cook

**Viviana Fratangelo**

7/29/2011  
Kelly Martin & Jack Fratangelo

**Walker Kimberly**

7/5/2009  
Ashley & Tyler Kimberly

**Zane Samuel Fecht Abbott**

7/22/2000  
Tina Abbott & Debra Fecht

**Zoe Amara Leismer-Knight**

7/25/2011  
Robynne Knight

## Safe Arrival: Arda Dundar

**We proudly announce the safe arrival of our son, Arda Dundar, who was born on March 9, 2017 at 11:15 am. He is our first baby on earth and the little brother of Baris Dundar (stillborn on March 27, 2013) and 6 other siblings in heaven.**

**Eda Dedebas Dundar & Baha Dundar**

## AUGUST FORGET ME NOTS

**Alex Wilburn**

8/7/2014  
Chunyan Liao

**Aliya Amy Lagerquist &  
Bennett Paul Lagerquist**

8/5/2011  
Paul & Amy Lagerquist

**Andrew Reed Tschimperle**

8/11/2016 8/22/2016  
Karl & Kailey Tschimperle

**Anna Marie Carlsen Lafontaine**

8/5/2013  
Mandelin Carlsen & TJ Lafontaine

**Asher Ortman**

8/4/2016  
Alison & Keith Ortman

**Avonlea Rain Eernisse**

8/22/1995  
Dan & Amy Eernisse

**Baby Litz**

8/4/2000  
Charles & April Litz

**Brendan Michael Minea**

8/17/1998  
Michael & Merideth Minea

**Briony Delgado**

8/7/2015  
Carmen Delgado

**Caroline Ann Carris**

8/8/2006  
Cami & Michael Carris

**Daniel Corbin Scherman Fralick**

8/29/2000  
Kurt & Lee Ann Fralick

**Emily Claire Wallace**

8/6/2003  
Jennifer & Paul Wallace

**Ethan Jeremy Edwards**

8/15/2010 8/12/2010  
Briana & Jeremy Edwards

**Gabriel William Warner**

8/23/2013 8/28/2013  
Giselle & Grant Warner

**Henry Huffman**

8/12/2006  
Shelly & John Huffman

**Hope Ann Voelk**

8/2/1998  
John & Beth Voelk

**Jaiden Jamae Sawnson**

8/22/2007  
Dena & Rod Swanson

**Kaia Evelyn Brown**

8/22/2014  
Kristin Addis

**Kevin James Davis**

8/8/1976 10/19/1976  
Amanda & Daniel Davis

**Leah Maloney**

8/6/2000  
Joe & Lynn Maloney

**Lily Elizabeth Rodriguez**

8/13/2008  
Carrie Rodriguez

**Madelyn Elaine Parish**

8/6/2008 8/7/2008  
Alan & Michelle Parish

**Mia Cameron**

8/4/2011  
Rebecca & Thomas Curley

**Mizuko Star Jones**

8/10/2010  
Kara Jones

**Natalie Korotkin Mintz**

8/11/1998  
Beth & Adam Mintz

**Nathan August Zucati**

8/13/2015  
Natalie Zucati

**Nova Chapek**

8/21/2008 10/16/2008  
Kabran & Drie Chapek  
**Poncho Xavier Rodriguez**  
8/17/2010  
Carrie Rodriguez

**Reagan River Dickey**

8/26/2016  
Grace Chavez Jacob Dickey

**Rohan Roychoudhury**

8/3/2014 8/6/2014  
Pavitra & Kanishka Roychoudhury

**Samuel Isiah**

8/27/2010  
Pete & Sherri Armendariz

**Shaun Davis**

8/24/1990  
Bill & Megan Davis

**Sophie Maria & August Angel Rodriguez**

8/21/2015  
Carrie Rodriguez

**Theo Owens**

8/20/1986  
Jon & Cheryl Owens

**Timothy Hwang**

8/14/2014  
Reyna & Steve Hwang

## Safe Arrival:

**Karin, V.P. of P.S., welcomed her third son on April 22. Nolan joins his two big brothers, Chesley, who is two years old, and Bennett, who died when he was two days old from Spinal Muscular Atrophy in September 2012. Welcome Nolan!**

**Nolan Michael Morea  
7 lbs 14 ounces  
19 inches long  
April 22, 2017**

## SEPTEMBER FORGET ME NOTS

**Aiden John Huntley**

9/1/2011  
Beth Dietzel & Bill Huntley

**Alvaro Dean Vargas**

9/17/2014  
Rebecca Vargas

**Amy Katrin Knoll**

9/14/1982  
Mary Knoll

**Angel Kelley Turner**

9/10/1995  
Cinda Kelley

**Angel Sugi**

9/16/2001  
Eiji & Leigh Sugi

**Arielle Delgado**

9/21/2014  
Carmen Delgado

**Arjun Radhakrishnan**

9/4/2006 9/20/2006  
Sanjay Radhakrishnan

**Arthur John Londroche**

9/24/2011  
Ashley & Kevin Londroche

**Baby "Hope" Elliott**

9/13/2008  
Abby & Cameron Elliott

**Baby Dominic**

9/22/2015  
Sarah & Joel Dominic

**Baby Freckelton**

9/2/1999  
Mark & Tracy Freckleton

**Baby Lacy-Roberts**

9/21/2001  
Doug & Karen Lacy-Roberts

**Baby Lampert**

9/1/2010  
Heather Lampert

**Baby Pitts**

9/19/2012  
Nathan & Hannah Pitts

**Bastian Cuyler Linrud**

9/22/2015  
Shelly & John Morgan

**Benjamin Jackson Turner**

9/11/1995  
Cinda Kelley

**Bennett Carlton Morea**

9/10/2012 9/12/2012  
Nathan & Karin Morea

**Bridget Shaw Somers**

9/28/2004 9/30/2004  
Brenda & Greg Somers

**Charlie Allan &  
Jackson Decatur Allan**

9/1/2007 9/1/2007  
Nathan & Casey Allan

**Conner Wallace Nelson**

9/1/1987  
Eric Nelson

**Connor Michael Barringer**

9/10/2004  
Kim Barringer

**Dawn Mead & Shane Mead**

9/19/1987  
Marlene Mead

**Devin Clark**

9/22/2000 2/20/2001  
Daryl & Mealea Clark

**Elianna Zoe**

9/18/2009 2/21/2010  
Jaime & Paul Gerber

**Evan Amir Pourarien**

9/7/2007 9/23/2007  
Christina & Cody Pourarien

**Grace Ola O'Brien Pang**

9/17/2008  
Chelsea Pang

**Greg Michael Arnits Jr.**

9/20/2009  
Greg & Rebekah Arnits

**Hope Marie Coon**

9/4/2000  
Scott & Darcy Coon

**Ian Christopher Duncan**

9/27/2007  
Sarah Duncan

**Jared Andrew Flowers**

9/6/1993  
Staci Flowers

**Jayden Elevado Regalado**

9/10/2013  
James & Luann Regalado

**John Robert Glaub Sprencer**

9/23/2006  
Amy & Kees Sprencer

**Jonathan Bryce May**

9/22/2004  
Kara & Jeffrey May

**Kalene Luper &  
Jennifer Luper**

9/14/1993  
Joy Luper

**Kiley Savannah Paniagua Stuck**

9/12/2008 9/12/2008  
Sonja Paniagua

**Kimberly Renae Cameron**

9/25/1991  
Veronica Cameron

**Madison Sydney Godfrey**

9/21/2014 10/31/2014  
Brandon & Nicole Godfrey

**Matthew Joseph Runte**

9/28/1989  
Joe & Gloria Runte

**Megan Marie Nikodim**

9/13/2005  
Louis & Danyell Nikodim

*(Continues on next page...)*

# President's Message

**Finding traditions or tangible ways to remember the loss of a child is something I am always trying to do.** I had never heard of Jizo until the article on page 4 was submitted to us but when I read it, I found it very comforting and similar to something I do.

The first spring after losing Zachary — spring of 2012 — we were gifted a garden angel from my parents. It isn't meant to "do" anything special like Jizo other than serve as a reminder that Zachary is always with us and I find great comfort gardening with him by my side. I am often arranging the increasing myrtle around him so he does not accidentally get covered up and tending to that area of the garden more than the rest.

This year, we have a new addition to our garden. My mom brought out a fairy village for our three lively children as my eldest, Vivian, is currently in love with the idea and magic of fairies. Each child got a little fairy house and by now – five years later – we don't expect anything for Zachary. He is obviously in our family's thoughts but gifts for him are one of our traditions or expectations. However we were provided a wonderfully unexpected opportunity to incorporate Zachary into the fairy village when Vivian found a toadstool with an opening that she immediately recognized as a fairy house at our Paint with P.S. event a few weeks ago. Not only could she paint something that was exciting and fun to her, but it also had extra meaning to our family.

We will definitely have a nice time out in the garden this year in the company of our garden angel and all the fairy houses, including Zachary's hanging symbolically above the three earthly fairy houses.

**Wishing you warmth,**



## SEPTEMBER FORGET ME NOTS

*(...Continued from previous page)*

**Mia Smith**

9/8/2010

Duane & Abbie Smith

**Rafael Charles**

9/17/2016

Ruth Castro

**Ragamuffin Osborn**

9/1/1991

Chris & Linda Osborn

**Sasha Adler-Raff**

9/23/1995

Karen & Larry Adler-Raff

**Serfio Ramon Flores**

9/15/2000

Angela Flores

**Sidney Davis**

9/23/1994

Bill & Megan Davis

**Sweet Baby Spencer**

9/3/2010

Jamie Randall & Shane Spencer

**Taylor Alan Amundson**

9/25/1997

Victoria Amundson



## P.S. Officers

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## 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:** Cami Carris at camicarris@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

**\*\*\*NEW GROUP\*\*\* TACOMA** Support Group, Integrated Therapy Services NW, 6004 Westgate Blvd. Tacoma, 6:30 p.m. Third Wednesday. **Contact:** Evangeline at msvange@yahoo.com or Marquita at marquita.straus@yahoo.com

**OLYMPIA** Parent Support Group Providence St. Peter Hospital, 7:00 p.m. Second Thursday. Check main lobby for room information. **Contact:** Doug and Karen Lacy Roberts at lacyroberts@earthlink.net

**\*\*\*NEW GROUP\*\*\* SEDRO WOOLLEY** Support Group, United General Hospital, 2000 Hospital Dr, Sedro Woolley, 7:00 p.m. Second Thursday. **Contact:** Becca at becndevcurley@gmail.com

*\* For phone or email support, please call 425-686-9451 or email us at [info@psopfpugetsound.org](mailto:info@psopfpugetsound.org).*



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