



PARENT SUPPORT NEWSLETTER

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

SUMMER 2017

Visit our website:
psopugetsound.org

Call us:
425-686-9451

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Are You Ready to Walk?

**P.S. 16th Annual Walk to Remember
October 8, 2017**

Please mark your calendars for the P.S. Annual Walk to Remember. This family friendly event is intended to help you honor your babies and meet other P.S. families just like you. Read our helpful Q&A for more details:

Q. Who is invited?

A. Everyone! This is a wonderful family event with refreshments, a short (1 mile) walk, and a craft table for the kids. Please note no dogs allowed (except service dogs) at Gene Coulon Park.

Q. When is the event?

A. Sunday, October 8, 2017. Registration begins at 9:30 a.m. and the walk around 10:15 a.m.

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Following the walk, there is a poetry reading on the dock, followed by the release of carnations into the water. The event is over around noon.

Q. What should I bring?

A. Bring yourself and your family and friends. You can purchase a t-shirt at psopugetsound.org/giving-back or on the day of the walk. The t-shirts are a lovely way to honor your babies any day of the year. And if you'd like to see a photo of your baby on our collage on display at the walk, please send your photos to Crawford Bowden at outreach@psopugetsound.org no later than September 25 so she can include them for you.

Q. How much does the event cost?

A. We suggest a \$20 donation for a family, or \$10 for an individual. There is no other cost, and refreshments (donuts, coffee, juice, etc.) are provided for free.

Q. Where is the walk?

A. The walk is at Gene Coulon Memorial Park in Renton, Washington. Follow the signs to the North Shelter at the park. For more information, **visit their website.** (The park address is 1201 Lake Washington Blvd. N. in Renton).

Q. Can I help at the walk?

A. Yes, please! Volunteers are needed to help direct people, setup, cleanup, and more. If you want to donate food or beverage, flowers or something else, please contact us at info@psopugetsound.org.



Thank You for Your Donations

Give with Liberty Employee Donations

Kroger (via Fred Meyer Rewards)

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P.S. Needs New Vice President, Facilitators

We need your help to keep our board strong and our groups up and running! Please consider volunteering as a facilitator or back-up facilitator for one of our local groups. Right now, Tacoma and Olympia are in need of new volunteers just like you. No experience is necessary, and training is provided. The best reward is helping others during their time of need.

Please send an email to info@psfpugetsound.org or facilitator coordinator Robin Hills at facilitators@psfpugetsound.org if you're interested.

We are also looking for a Vice President for our board, a position that is much less intimidating than it sounds! Typical duties include participating in planning events, attending quarterly board meetings, and helping to shape the future of P.S. with your thoughts and ideas. Contact us at info@psfpugetsound.org for more information. We can't wait to work with you to help others!

Give Back with Poppy Tops

Poppy Tops is a creative give-back project recently started by Crawford Bowden, Outreach and Events Coordinator for P.S., to continue the memory of her daughter Poppy Raen. Hand-made, knitted beanie caps are needed at NICU facilities for premies and newborns around the country. Why not help in our own backyard? It takes about \$5 to make five hats.

If you would like to join this little but mighty movement, or to receive the list of approved yarns, contact Crawford at crawford.bowden@gmail.com or check out [@AlwaysPoppyTops](#) on Facebook.



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a donation to:

Parent Support

Get started

[amazonsmile](#)



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'FOR 10 MINUTES I WAS SOMEBODY'S MOTHER': A STORY OF MISCARRIAGE AND HOPE

Ariel Levy was five months pregnant when she went into labor in her hotel room. Her son died before the ambulance came.

Reprinted from King 5.

Author: Christina Anderson, TODAY, TEGNA Published: 07/28/17

Ariel Levy knew from the time she was little that she wanted a life full of adventures, and that by pursuing something she loved — writing — she could go to new places and explore new worlds. When Levy stepped off a plane in Mongolia in November 2013 to write a story for The New Yorker magazine, she didn't know that she was about to embark upon one of the most arduous journeys of her life.

Levy was five months pregnant with her first child when she traveled, with her doctor's blessing, to Mongolia for work. On her second night in Mongolia, the pains that Levy had chalked up to normal pregnancy aches intensified, and she went into labor in her hotel room. There, across the world from her family and friends, Levy delivered her son at 20 weeks old. He son lived for ten minutes, and in that time, Levy experienced motherhood and tragedy in one fell swoop.

When Levy picked up the phone to call for help, the voice on the other end of the line belonged to Dr. John Gasson, who calmly told her to take an ambulance to the hospital. He also told her that her son had no chance of survival.

"I had to explain to her, 'I'm sorry but your baby is not going to survive. It's impossible.' And she was very brave, very engaged, and very practical," Gasson told TODAY.

When Levy arrived at the hospital with her son wrapped in a towel on her chest, Gasson was expecting her.

"I went over to Ariel and my first thought was intense sorrow for this person," he said.

After days of convalescing in Mongolia, Levy flew back to New York, where her grief felt bottomless. She woke up in the middle of the night to find she was lactating for a baby who wasn't alive.

"I never knew I could feel that bad. I never knew you could suffer like that, because a switch flipped in my heart while I was there. And I had experienced maternal love. So I felt in the deepest part of myself, like, I was a mother. But I came back and I had no child," Levy told TODAY.com. "I was making milk to feed a child who wasn't there. So I felt like I was literally dripping with motherhood, but I wasn't a mother."

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When Gasson emailed her medical records from Mongolia, Levy took that chance to ask him about her experience.

He wrote back and said, "The milk letdown reflex after a miscarriage is one of nature's least kind tricks."

"I just thought that was such a beautiful way to put it," Levy recalled. "I remember being like, 'I want to communicate more with this person.' He was the only person who was there. Even though he was in Mongolia, and he was South African, and I didn't really know him, being in communication with the only other person who was there made me feel comforted in some kind of deep way."

Gasson felt a connection with Levy, too, and they fell into correspondence easily. Over time, their shared experiences blossomed into more, and one year after losing her son, Levy met John in South Africa, where their relationship grew from friendly to romantic.

The couple has plans to marry, and plans to split their time between New York and South Africa. Levy tried to become pregnant again, but two years, untold expense and countless rounds of IVF were unsuccessful.

Despite finding a partner in Gasson, Levy wanted to make it clear that John wasn't a white knight who rode in on a horse and saved her from despair.

"Losing a child and not being able to have another one, nobody can save you from that. It's mortality, is what it is. That's something you just have to learn to surrender to," Levy said.

Levy has been telling her story, through her memoir "The Rules Do Not Apply," and through conversations with women she has met or who have written to her about their own stories of loss.

"I've found out from the hundreds of women who've written to me that, unlike other kinds of grief, I think miscarriage, stillbirth ... there's some shame around it. And I think you feel a little crazy. Because it's not something that's spoken about," Levy said. So it feels like, 'Am I insane for grieving this this way?'... I had no idea until it happened to me that it doesn't feel like a little medical accident. It feels like your child has died."



Microsoft Data Scientists Turn Skills to SIDS Research

Reprinted from KOMO.com

REDMOND, Wash. ([KOMO](#)) -- Local scientists have made intriguing discoveries related to Sudden Infant Death Syndrome, or SIDS. But these aren't health scientists. This new information comes from data scientists at Microsoft.

This team of data scientists normally takes reams of complex information to find trends important to Microsoft. Now the scientists are using their skills and technology to investigate a health mystery: What causes SIDS?

The quest started with the team's general manager, John Kahan, who lost his son to SIDS.

"Very personal. I want to know why Aaron passed away," Kahan said. "I want to make sure it doesn't happen to any other parent in the future."

Kahan raises awareness and money for SIDS research through mountain climbs, and after reaching his highest peak, Mount Kilimanjaro, he returned to work to find his team inspired.

[\(Here's a link to his fundraising page on Seattle Children's website.\)](#)

Kelty Allen is a senior data scientist at Microsoft. "This idea that maybe you could make a difference in something like SIDS, I decided to play around with the data and see if we could help," she said.

They took millions of pieces of information from [the Centers for Disease Control on birth and infant death](#) and discovered two new correlations suggesting SIDS risk is reduced when women have early prenatal care and cut back on smoking.

While medical researchers already had access to the same CDC data, it wasn't presented in a clear, easily understood way. "They don't have it in this way, and they don't have the capacity to understand the data on the probability of SIDS, said Juan Miguel Lavista, senior data science director at Microsoft. "They know certain races (and their risk of SIDS), and now they can see how these other things interact and change the probability of SIDS." Those other factors include various happenings during labor and delivery, the age and health of the parents and if this is the mother's first child.

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They also created a tool where doctors can go down a checklist with expecting mothers.

"A doctor can ask all the different questions to their patients and understand exactly, for that patient, what is the probability of having a kid with SIDS," Lavista said.

That information is now at the Seattle Children's Research Institute, where scientists will try to turn all that data into answers. Researchers are already trying to better understand SIDS. A project currently underway analyzes networks in the brain that control breathing. The Microsoft tool will help the researchers better pinpoint where to focus their time, potentially speeding up their search.

"Instead of us not having a good idea of what could be happening and kind of trying to figure it out blindly or testing multiple things, Microsoft gave us a tool that tells us what is happening, what are the big markers, and we can test those," said Ibis Agosto, a Seattle Children's researcher. and a Ph.D.

Science must be methodical. But Kahan hopes the Microsoft tool can speed up progress.

"Since Aaron died 13 and a half years ago, 52,000 children in the United States died and parents do not know why. They don't know why. That has to stop," Kahan said.

"We are straining and searching for something that's very personal. I want to know why Aaron passed away. So yes, it's personal. But it's to solve it so that it never happens for anyone else."



OCTOBER FORGET ME NOTS

Aaron Mathew Kahan
10/6/2003 10/8/2003
Heather & John Kahan

Aliss Esch Leora Staples
10/28/2006 12/29/2006
Tinsa & James Staples

Angelica Grace Garcia Martinez
10/14/2008
Janelle Garcia

Ashley Marie Sines
10/29/1997
Carrie Sines

Austin Edward Krause
10/9/2000
Ed & Lynnetta Krause

Baby Brown
10/2/2015
Heidi Stevens

Baby Fink
10/12/2008
Alia Fink

Baby Jones
10/1/2007
Arielle & Joshua Jones

Baby Lampert
10/1/2008
Heather Lampert

Baby Leon
10/30/2016
Thomas & Kendra Leon

Baby Ross
10/1/2000
Ann Heneghan & John Ross

Bradee Michael Benton
10/2/2008
Marcia & Les Benton

Brigetta Rose Peterson
10/27/1989 11/10/1989
Dana & Jeffrey Peterson

Cameron Zane Lacy-Roberts
10/19/2000
Doug & Karen Lacy-Roberts

Casey James Martin & Ryan Lucas Martin
10/7/2001 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
Jill & Tony Hoelscher

Elliot Jacobsen
10/25/2015
Elizabeth Jacobsen

Erin Scuderi
10/18/1995
Michael & Shelley Scuderi

Gregory A. J. Neibel
10/21/2001
John & Tonya Neibel

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
10/4/2002 10/7/2002
Lucy & Scott Baker

Joseph Anthony Harris
10/4/2004 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

Leonardo Velumyllum
10/22/2013
Natasha de Sousa & Piragash Velumyllum

Lillian Wren Truscott
10/6/2014
Lisa & Ben Truscott

Logan Robert Francis & Teagan David Francis & Finnegan Western Francis
10/3/2010
Jody & Andrew Francis

Lukas Elevado Regalado
10/11/2012
James & Luann Regalado

Luke McFarlane Dieffenbach
10/5/2000
Tiffanie & Alex Dieffenbach

Martin William Corwin
10/6/2016
Sarah & Chris Corwin

MG (Miracle Gift) Horne
10/25/2000
Neil & Danelle Horne

Michael A. Schillinger III & Alena Schillinger
10/12/2011
Michael & Alissa Schillinger

Naomi Bradshaw
10/30/1994
Dexter & Sabine Bradshaw

Natalie Claire Ebbinge
10/29/2009
Suzette & Spencer Ebbinge

Niccolo
10/22/2016
Mattia Tocco & Gloria Poni

Nicquelle Lily Astrid
10/9/2012 12/5/2012
Lotta Gustafsson & Andre Johnstone

Phillip Austin
10/20/2014
Morgan & Campbell Austin

Tyler Lee Vatne
10/13/1999
Jason & Charro Vatne

Vincent Guenther
10/29/2016 10/3/2016
David & Tiffany Guenther

Younass Jibril Azzam
10/16/2000 10/18/2000
Karla Wagner

NOVEMBER FORGET ME NOTS

"Baby" Keopanya

11/1/2009
Lurline & Sysanan Keopanya

Annika Rose Medco

11/10/1998 11/12/1998
Amy Harris

Audric Anthony Weaver

11/2/2001
Jolene Westphal & Derek Weaver

Baby Gallegos-Schommer

11/1/2009
Erica Schommer

Baby Gallegos-Schommer

11/1/2013
Erica Schommer

Baby Kicinski

11/1/2012
Kristian & Jennifer Howard-Kicinski

Bennett Ian Grimes

11/25/2010 11/26/2010
Melanie Sparks

Brianna Lee Skipton

11/28/2016
Jesse & Lee Ann Skipton

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

Jesse Curtis Slack

11/14/2000
Sanford & Sarah Slack

Joshua Alexander Crist

11/19/2000
Jay & Jacqueline Crist

Kemper William Hardisty

11/24/2006
Kirsten & Chad Hardisty

Maxwell AI Trudell

11/11/1999 11/17/1999
Melinda & Jack Trudell

Maxwell Scott Husemann

11/20/2000
Valerie & Kevin Husemann

Micah Benjamin Thomas

11/24/2004 11/27/2004
Ben & Arlene Thomas

Noah Reitz

11/28/2015
Jill & Chris Reitz

Poppy Raen Bowden

11/11/16
Crawford & DJ Bowden

R. Quinn

11/28/2012
Chris & Lindsay Quinn

River Hensick Aman

11/12/2015
Justice & Jada Hensick Aman

Rose Henry & Lily Henry

11/17/2006 11/17/2006
Chris & Sarah Henry

Samantha Starr Damewood

11/29/2000
Carrie Harrington

Sean Michael Ruff

11/26/1997
Paula & Michael Ruff

Sullivan James Weber

11/24/2016 11/24/2016
Alma & James Weber

Theodore Michael Clow

11/3/2002
Beth & Josh Clow

Willow Caitlin Dorrough

11/28/1993
Anita Dorrough

Zachary Conner Furtwangler

11/10/2011
Alison & Tyler Furtwangler



DECEMBER FORGET ME NOTS

Addison Eloise Crawford

12/5/2010 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

Ashley Rae

12/27/1996
Jennifer & Nick New

Baby Bean Michener

12/20/2001
Jesse & Mike Michener

Baby Bryant

12/10/2010
Steven & Shannon Bryant

Baby Burdick

12/4/2016
Teghan Burdick

Baby Lampert

12/1/2009
Heather Lampert

Brady Dacanay Vannoy

12/3/2006
Geralyn & Byron Vannoy

Brady Owen Bryant

12/1/2016
Steven & Shannon Bryant

Caidinse Olivia Lott

12/4/2002
Beth & Chris Lott

Caitlin McKinzie Wilkowski Sanford

12/30/1987
Dan & Kathy Sanford

Carter Griffith Milholland

12/12/2013 12/19/2013
John & KC Milholland

Catherine Isabella Montgomery

12/22/2011 12/18/2011
Kimberly & Brent Montgomery

Chad Robert Echigoshima

12/15/2001 12/27/2001
Bruce & Tami Echigoshima

Charlotte Veronica Jenkins Wiggins

12/14/2001
Cheryl Jenkins & Bill Wiggins

Cora Cherie Bryant

12/12/2012
Steven & Shannon Bryant

Eilene Stubblefield

12/1/2007
Wendy & Jesse Aporta

Eliza Stone Poledna

12/1/2006 12/15/2006
Aaron & Chandra Poledna

Emily Frances Sugi

12/18/2007
Eiji & Leigh Sugi

Henry Douglas Flothe

12/22/2015
Kerry Flothe

Hope Imani Oliver

12/16/2005 12/16/2005
Pamela & Steven Oliver

James Ly

12/3/2008
Jennifer & David Ly

Jett Allen Van Der Vliet

12/13/2010
Daniel Van Der Vliet

Kalyn Allyn Robinson

12/14/1990
Dave & Kathy Robinson

Kayla Ann Colleran

12/27/2011
TC & Crystal Colleran

Kyle Ray Echigoshima

12/14/2001
Bruce & Tami Echigoshima

Loula Hazel Vigil

12/14/2012
Dominic & Angela Vigil

Luke Avery Pervier

12/7/2011
Daniel & Cora-Anne Pervier

Maeva Kaye Skoubo

12/30/2016
Maegan & Rudd Skoubo

Mark Thomas Whiting

12/13/2001
Fran & Carla Whiting

Melinda Rose Dodge

12/15/1999
Steve & Melissa Dodge

Owen Lynn Kelley

12/9/2002 12/10/2002
Steve & Wendy Kelley

Phillip Seekar

12/5/2002 12/5/2002
Kip & Susan Seekar

Raymond James Foran

12/4/2000 1/13/2001
John & Nicki Foran

Sierra Iris Hutchinson

12/10/2003
Andrea Hutchinson

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 Osterman

Twia MacDonald &

Twib MacDonald
12/13/2013
Tess & Mike MacDonald

Tyler Erickson Raker

12/13/1998 12/13/1998
Mark & Cassandra Raker

William Patrick Larson

12/31/2015
Ellen Larson

Wyatt Andrew Shepherd

12/7/2014
Dyan Shepherd

President's Message

Summertime for me is a wonderful time to slow down a bit and enjoy my family.

Every year we take a trip back "home" to Michigan to visit the grandparents, other family and friends. This year, my kids and I were able to stay for a whole month as we needed to get out of the house while we were having some major renovations done at our home. The first half of the trip my husband was with us but the last two weeks it was me and our three kids with help from my parents when they were not working. We spent most of our time on my parent's lake, but other days we were able to do some other activities. We always love our visits and have a great time but even a little over five years later I am reminded that five years ago I conceived our first child on our Michigan trip over Fourth of July. It was the beginning of our parenthood journey.

One day during our trip, while we were at a park in Michigan, my kids were at the top of a hill and the sky was so blue with big white puffy clouds and the grass was so green, it felt like the kids were so close to heaven as I looked up at them. I was thankful for this moment because I felt Zachary's presence. Do you ever feel as though your little one is there with you too? I long for Zachary's presence and am so glad that I was able to capture this feeling in a photo that I composed. While he is but a shadow, his presence is with me every day — some days stronger than others.

Not a day goes by that we don't think of our little ones gone too soon, but it is my hope that we all can cherish those memories and even make new ones to help keep them alive in our hearts <3.

Wishing you hope & light,



P.S. Officers

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Vice President

LOOKING TO FILL

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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:** Teresa Lynch at 360-493-7240

*****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@psfpugetsound.org*



P.S. Newsletter

Parent Support for Miscarriage,
Stillbirth, and Infant Loss

Parent Support
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