

P.S. Newsletter

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

Spring 2013/ Volume 34, Issue 14



A Pair of Shoes



Author unknown

I am wearing a pair of shoes.
 They are ugly shoes.
 Uncomfortable shoes.
 I hate my shoes.
 Each day I wear them, and each day I wish I had another pair.
 Some days my shoes hurt so bad that I do not think I can take another step.
 Yet, I continue to wear them.
 I get funny looks wearing these shoes.
 They are looks of sympathy.
 I can tell in others eyes that they are glad they are my shoes and not theirs.
 They never talk about my shoes.
 To learn how awful my shoes are might make them uncomfortable.
 To truly understand these shoes you must walk in them.
 But, once you put them on, you can never take them off.
 I now realize that I am not the only one who wears these shoes.
 There are many pairs in this world.
 Some woman are like me and ache daily as they try and walk in them.
 Some have learned how to walk in them so they don't hurt quite as much.
 Some have worn the shoes so long that days will go by before they think about how much they hurt.
 No woman deserves to wear these shoes.
 Yet, because of these shoes I am a stronger woman.
 These shoes have given me the strength to face anything.
 They have made me who I am.
 I will forever walk in the shoes of a woman who has lost a child.

Contents:

A Dad's Perspective	2
A Note From the P.S. Treasurer	5
Forget Me Nots	6
P.S. Updates	9
Group Listings	10

P.S. Information Line:

206-782-0054

P.S. Website:

www.psofpugetsound.org

A Dad's Perspective

By *Kenny Morris*

Reprinted from the March/April 2013 Share newsletter.
www.nationalshare.org/Mar-Apr_Parenting.pdf

After losing our son, it really made me take a step back and stop focusing so much on work that I was forgetting to live, watch my children grow, and be a part of their childhood. I forgot to take time out to help build those childhood memories. Now, I try so hard to do each of those things.

We have family game nights. I attend all of my son's baseball games. I play with my kids more, sometimes, for hours. We act silly, we make messes, and we laugh a lot. I sometimes work long days and get little sleep, but if our boys are up, so am I.

I hate admitting that I missed a lot, but if one positive thing can come out of losing our Shayne, it is me finally putting my family first over work, to actually be mentally instead of just physically involved in everything we do.



Have You Visited Lately?



Like P.S. on Facebook.

Introduce yourself, share memories or thoughts about your babies, and find information about upcoming events. www.facebook.org and type in the search space: P.S. Pregnancy and Infant Loss Support or go to our website at www.psofpugetsound.org and click on the Facebook icon to be taken to the P.S. page.

Visit the P.S. website.

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

Remembering

Loss anniversaries are painful and unpredictable even years later. Generally the first anniversary is the most difficult. In my case, as in many others', the days leading up are the hardest, the day of is surreal and painful and the days after bring a new sense of peace with the knowledge we survived a whole year without our baby - mother's day, our own birthdays, the day we discovered we were pregnant and then the day our baby was no longer going to be the baby we would bring home to hug, kiss, cuddle, laugh with and hold for the rest of our lives. Love though...love no matter what.

The day parents choose to mark the loss of their baby is not always clear. Infant death or situations where a baby is born one day and passes away another are the easiest to identify. Babies who are stillborn sometimes die before parents know they are gone. And they often are born still after their parents learn of their absence. Baby losses which occur before the half way point are even harder to identify on just one day of the calendar. Sometimes a time frame is recognized or parents choose which day seems most appropriate to remember their lost little love.

Everyone's experiences are different and everyone makes different choices concerning how they honor and remember their child around the time they learned they were no longer living. Some years just surviving the day in quiet is best. Other times recognizing a child's day in a more traditional sense might feel right. And sometimes it's hard to know... one way might seem best until the day comes and then a parent wakes up feeling the opposite would be better. Parents use different titles to recognize this time: Remembrance Day, Birth Day, Angel Day, Memorial Day, Anniversary...

The way babies are lost, the day they are remembered and how vary, but almost always thoughtful support can help. You already know you cannot "fix" this problem. You cannot bring our baby back to us. Saying we are young, can have more children, or the baby's death was God's plan dismisses the importance of our lost child. It undermines the grieving process and does not allow us to mourn which is the best thing for us.

So what should you do? *Remember*, and let us know you remember. One of our greatest fears is that our babies will be forgotten. We are fearful we are the only ones who loves and remembers them. Just knowing our friends and family are grieving along with us lightens our load. If we do not

have to make the effort of reminding you that we are in terrible pain then we are allowed more time to mourn ourselves. Our own grieving is what is going to help us heal. We will never be the same, but in time, with love and understanding, we will learn how to cope better. It might seem counter intuitive that asking about our child, our fears, and thoughts will help us heal, but it's almost always the case. You might ask us on a day we don't feel like sharing, but knowing you care enough to ask is very helpful. We also might not say much about our baby because we are afraid of making you feel uncomfortable. Let me assure you we are always thinking of them so please let us know you are too. If we are in a situation where we are really trying to hold it together or it's not a place we can breakdown (at work, in public, etc.) you can simply say you are thinking of us. Let us know you are there to listen whenever we might feel like talking.

For my baby's first birthday friends and family gave her special gifts to recognize the day she passed away during birth- we call it her birthday. She was stillborn on August 8, 2006 at 1:00 am in the morning. She weighed ten ounces and was eight and a half inches long. I remember her fingernails. We named her Caroline. She was my first born. For her birthday I bought her a music box, and her Daddy and I had her name engraved in our wedding rings. We were given children's books, a candle holder, a silver cup with her named engraved, a tiny bud vase...precious gifts that showed us she was remembered and special. Send a birthday or thinking of you card (sympathy cards at my daughter's one year birthday didn't seem as appropriate), write our child's name in the card.

We cannot help our babies open their presents, but you can give us the gift of speaking our baby's name. Say, "I am thinking of you and _____ today. I am sorry s/he is not here with you." That's all you have to say.

Every birthday, special holiday, snowy day, rainbow day and all the days in between find us feeling the painful absence of our baby. Knowing you remember will mean more than you ever will know.

Cami Carris is Mother of Caroline and Courtney and Facilitator of the Eastside P.S. Group.

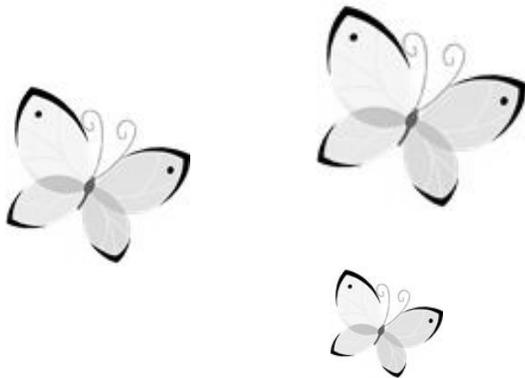
P.S.NEWSLETTER/SPRING 2013

Donations: In honor of the babies we love

Jonathan Brown & Brynнен Ford
In memory of
Alice Shirley Brown Ford

Scott and Darcy Coon
In memory of **Hope Marie Coon**—9/4/00
We will always love you!

Microsoft/Bradley Ouellette



The most painful tears are not the
ones that fall from your eyes
and cover your face,
It's the ones that fall from *your heart*
and *cover your soul.*

-author unknown



**stillborn
still loved**
G u i l d
HONORING THE LIVES OF
STILLBORN BABIES



A Seattle Children's Hospital Guild

Honoring the lives of stillborn
babies through advocacy,
awareness, and support.

YOU ARE INVITED
TO THE GUILD
WINE TASTING &
AUCTION TO
BENEFIT GAPPS.
SUNDAY, MAY 19 AT
HOTEL MONACO.



**SWIRL
&
SIP**

Tickets are on sale at: www.stillbornstillloved.org/wine
To find out more about our guild contact Ashley at
ashley@stillbornstillloved.org

CALL FOR VOLUNTEERS!

Stillborn Still Loved Guild is looking for new members who want to work toward the guild mission: to honor the lives of stillborn babies through advocacy, awareness, and support.

The guild (www.StillbornStillLoved.org) is a part of the Seattle Children's Hospital Guild Association and supports the Global Alliance to Prevent Prematurity and Stillbirth (gaps.org).

Contact Abbie or Ashley for more information:
info@StillbornStillLoved.org

A Note From the P.S. Treasurer

As you may or may not know, I will soon be stepping down as P.S. Treasurer. Rosa Cox will be taking over the position. Thank you, Rosa!

I have served in many capacities on the P.S. Board over the last 13 years, including President and Secretary, in addition to being Treasurer for many years.

Being part of P.S. has been an experience that has been invaluable in giving back to an organization that has given me so very much. Next month will be 16 years since we lost our lovely little girl, and it is from several of you that we have been able to grow from the initial loss.

Thank you all for the love that you have shared with us through the years and experiences.

Shelley Scuderi

“Being part of P.S. has been an experience that has been invaluable in giving back to an organization that has given me so very much.”

- Shelley

Welcome New Facilitators!

Parent Support would like to welcome two new facilitators: Sanjay Rad and Brett Cox. We are so thankful to have these two new volunteers donate their time and efforts to help make our support groups as helpful for you as possible. Please join us in welcoming Sanjay and Brett, who will be at Seattle’s Children’s Hospital.

If you are interested in volunteering for P.S. in any capacity from facilitator to member of the board, please contact Therese Joyce at theresejoyce@hotmail.com.



April Forget Me Nots

AIDAN RILEY BORBERG

4/24/03

Amy & Charlie Borberg

CATHERINE ANN BOYD

b. 4/3/01 d. 4/3/01

Jon & Stacie Boyd

AIDAN EUGENE CLARK

4/4/05

Larry & Sarah Clark

CAROLINA RAE CRUDUP

4/3/02

Coni & Harvey Crudup

NICHOLAS JAMES DOIDGS

b. 7/27/05 D. 4/25/07

Roby E. Doidgs

LAUREN LOUISE DuFRESNE

b. 3/30/05 d. 4/16/05

Shirley & Larry DuFresne

BABY "WHOSIT" ELLIOTT

4/6/08

Abby & Cameron Elliott

MEGAN ELIZABETH ERICKSON

4/3/98

Clay & Tammy Erickson

DEVIN JAMES FEND

b. 1/10/00 d. 4/24/00

James & Brandy Fend

SAMUEL MATTHEW FINNELL

4/25/05

CHARLIE JAMES FINNELL

4/29/05

Dave & Edie Finnell

VICTORIA JUNE FRECKLETON

b. 4/22/02 d. 4/22/02

Mark & Tracy Freckleton

MERCEDES ELISABETH GRANT

4/18/94

Cathie & Jeff Grant

ENZO HIROSUE GUERRERO

4/17/06

Eldon & Stephanie Guerrero

OLIVIA ANNE HAMMOND

b. 4/18/04 d. 4/20/04

Eve Hammond

ADAM HANSEN

4/24/04

Keli & Ryan Hansen

CADEN MICHAEL HARRIS

b. 3/31/10 d. 4/25/10

Greg & Kate Harris

SARA LYNNAE HARTER

4/22/02

Mike & Hilary Harter

JAYDEN LEE HATFIELD

4/22/05

Lisa & Jake Hatfield

EDIE DIANE HEGGENES

b. 4/10/08 d. 4/27/08

Val Heggenes

FRANCINE "FRANKIE" EVANGELINE JOHNSON

4/22/00

Terry & Kirsten Johnson

VICTORIA ROSE LEVINE

4/06/09

Leyhsa & Jason Levine

ATHEA CLAIRE MASSENGALE

4/14/01

Jennifer Moe & Chad Massengale

SURI LINNE MATHEWS

b. 4/27/04 d. 4/27/04

Jesse & Melinda Mathews

DELANEY FRANCES NICKLOS

4/21/95

Colleen & Rob Nicklos

COLIN DAVENPORT-WELLS POYNTER

4/12/97

Abbie & Sheridan Poynter

LARISSA IRENE SHADKO

4/14/00

Greg & Heather Shadko

MATTHEW ROBERT HOLT THAYER

4/15/86

Libby & Lee Thayer

MARISSA GEOLYN TREGEAR

4/3/94

Jerri & Mike Tregear

EMERSON JOHN VAN HOVEN

b. 4/10/01 d. 4/19/01

Jennifer & Stephen Van Hoven

CHANDLER LEE VATNE

4/26/05

Jason & Charvo Vatne

CAPRI SOPHIA WARMOTH

4/25/11

Summer & Chris Warmoth

JAMES CHRISTOPHER QUINN-

4/11/12

Chris & Lindsay Quinn

April & May Forget Me Nots

APRIL CONTINUED...

ELIANNA ZOE

d. 2/21/10 b. 9/18/09

LIAT JADE

d. 5/17/11 b. 4/7/11

Jaime and Paul Gerber

ETHAN IMMANUEL ANTES KEOPANYA

4/2/11

"BABY" KEOPANYA

11/09

Lurline and Sysanan Keopanya

"BUCKAROO" NASAHISA IKEDA

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

Ginger Hudson and John Ikeda

BABY QUINN

11/24/12

JAMES CHRISTOPHER

4/11/12

Chris and Lindsay Quinn

MAY FORGET ME NOTS

PHILLIP EDWARD ANDERSON

5/24/91

Anne & Jim Anderson

CASEY PATRICK BRILLAULT-KENNY

5/10/06

Jeanne Brillault-Kenny

JONAH CARLTON

b. 6/6/09 d. 6/6/09

Madona & Matt Carlton

MARQUISE DELANEY

b. 2/21/03 d. 5/18/03

Megan Holstine & Joshua Delaney

MARY WHITNEY FAIRHURST

b. 5/16/05 d. 5/16/05

Doug & Tori Fairhurst

STEVEN JOSEPH FEEMSTER

5/20/03

Steven & Amanda Feemster

CARMELITA GUIAO-FERGUSON

5/29/00

Michele Guiao

KIRA MICHELLE GEIER

5/30/90

Deanna & Steven Geier

NATHANAEL BRIAN HAIGH

5/6/06

Brian & Michelle Haigh

AIDAN HOLT

MATTHEW HOLT

5/12/01

David Holt & Theresa Jolly-Holt

MICHAEL DAVID GREGORY

5/17/09

Genevieve Gregory

HAYDEN LAWRENCE GRIFFIN

5/10/03

Linda Griffin & Mariann Fetsch

BABY LACY-ROBERTS

5/8/99

Karen & Doug Lacy-Roberts

JOSHUA ALAN LEINGANG

b. 4/14/02 d. 5/13/02

Mark & April Leingang

LONA LUCIA NADAL

5/1/09

Ana & Jason Nadal

ANGELINA LUCIA NICKLES

5/16/01

Marta L. Nickles

LANCE MALIKYA POWELL

5/27/06

Rachel Daniel & Lance Powell

KENNETH PROCTER

b. 5/8/02 d. 5/20/02

Lynn Procter

SIERRA MARIANNA SANCHEZ

b. 5/27/98 d. 6/2/98

Leanne & Jose Sanchez

GABRIEL THOMAS

5/29/92

Wendy & Guy Thomas

JENNIFER WILLIAMS

5/26/93

Niki & Tim Williams

GRACE MARIE THORTON

5/12/11

Claire & Greg Thorton

KLAUS JOHANNES HOPKINS THOMPSON

5/3/12

Shana Hopkins and Paul Thompson

ALEJANDRO FLORES-SCOTT

5/30/10

Emma and Patrick Flores-Scott

THEODORE "TEDDY" CHARLES MARTIN

FLOWERS

5/29/11

Kimberly and Claude Flowers

June Forget Me Nots

JOSHUA CONNOR ANDERSEN

b. 6/10/99 d. 6/12/99

ZACHARY RYAN ANDERSEN

b. 6/10/99 d. 6/14/99

John & Thea Andersen

EMILY ANN BABCOCK

b. 6/18/06 d. 6/19/06

JOSEPH HAVILAH BABCOCK

b. 6/18/06 d. 6/21/06

Jeff & Brenda Babcock

BETH ANN BLANKENSHIP

b. 4/16/00 d. 6/17/00

Lindy & Bobbi Blankenship

OLIVIA ROSE BONADIES

6/13/03

Christopher & Anna Bonadies

MATTHEW CLEAVES

6/11/04

Robin & Al Cleaves

AMELIA MAXINE CLOW**ABIGAIL JEAN CLOW**

6/1/03

Missed forever by Beth & Josh Clow

ANNA CORDICK

6/17/03

Jeff & Katherine Cordick

LEE PARISH JANSEN

6/10/12

Rebecca Parrish & Brendan Jansen

KORBIN SADIQ LOVE

6/1/12

Ryan & Lisa Love

ELLIOTT JOHN GUERIN

b. 6/19/05 d. 6/18/05

Angela Lee and Cody Geurin

XAVIER OWEN CRUDUP

6/17/02

Coni Crudup

ROSALIE HUNT DAWSON

6/8/83

Gayle Hunt & David Dawson

MADISON JOANN GEVING

6/29/00

Tina & Travis Geving

BRIAN JOHN HEFFRON

6/25/98

Karin & John Heffron

PEYTON JOY JERVIS

b. 6.8/08 d. 6/9/08

NOAH MATTHEW WINFIELD JERVIS

b. 6/8/08 d. 6/9/08

Jason & Karrisa Jervis

HOPE MICHAEL JOHNSON

6/28/02

CARTER LEWIS JOHNSON

5/28/03

Mike & Darbi Johnson

TREVOR JOHN KLEINFELTER

6/26/02

Fred & Beth Anne Kleinfelter

NIA "Angel" LY

June 2008

Jennifer & David Ly

NOAH FOX MILLER

6/18/96

He is missed by his parents Trina Blake and Brad Miller, his sisters Dylan & Ruby, and his brothers Nate & Danny.

HALEKAI MOOMAW

6/4/95

Kristin & Dan Moomaw

RYAN ANDREW NOGGLES

6/18/06

Brett Noggles & Rosa Cox

MATTHEW SCOTT NUGENT

6/5/91

Karen & Scott Nugent

NIVI KIRAN PARKER

b. 6/13/07 d. 6/15/07

Vinita Sidhu & Bruce Parker

SIERRA ROHRS

6/21/91

Lori McDonough

HENRY DAVID ROTHERMEL

b. 4/9/08 d. 6/30/08

Jillian & Kevin Rothermel

DALTON TAYLOR MARSHALL SMITH

6/26/95

Amy and Adam Smith

OLE MICHAEL STENSAA

6/28/08

Michael & Cynthia Stensaa

BABY VATNE

6/18/91

Jason & Charro Vatne

CHANCE LEE VATNE

6/22/06

Jason & Charro Vatne

ELLIOTT JOHN GEURIN

6/18/05

Angela Lee & Cody Geurin

SIERRA MARIANNA SANCHEZ

b. 5/27/98 d. 6/2/98

Leanne & Jose Sanchez

ANNELISE LEVITAN

6/21/10

David & Pasha Levitan

P.S. NEWSLETTER/SPRING 2013

Parent Support Updates



P.S. would like to extend a warm welcome to our new P.S. volunteers: Sanjay Rad and Brett Cox, who are new P.S. facilitators (Seattle Children's), and Rosa Cox, the new P.S. treasurer. Thank you for giving back!

Have you liked us on Facebook yet? Please check out our Facebook page (P.S. Pregnancy & Infant Loss Support) for all the latest P.S. updates, support group meetings, and news.

Also, did you know our website gets updated on a regular basis? Please check it out, (psofpugetsound.org) especially the news and events section for the latest information.

Please keep your eye out for the P.S. annual appeal letter being mailed out this month. P.S. is funded entirely by your donations. These donations are critical to keep P.S. operating and providing fundamental services to people who have lost a baby through miscarriage, stillbirth or infant loss. Please give generously and know your dollars will be put to good use helping other bereaved parents.

We would like to extend a heartfelt thank you to Shelley Scuderi who is stepping down as P.S. Treasurer after many years of service. Shelley has been a member of P.S. since 1997, first served as a board member, as board secretary, then as board President, and now for the past 10 years as P.S. treasurer. In addition to her wonderful service, Shelley's husband Michael has been co-facilitating the P.S. support group in Auburn for the past 13 years. Shelley has agreed to stay on with P.S. as a P.S. member at large. We feel fortunate to have her in this capacity and again thank her for all her wonderful service!

- *Therese Joyce*

NEWSLETTER SUBMISSIONS

Poetry, announcements, your P.S. story, safe arrivals, and other newsletter submissions gladly accepted. Your input is greatly 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.

MAIL:

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

E-MAIL:

PSnewslettereditor@hotmail.com or jillehoelscher@hotmail.com

P.S. Officers

President

Position currently open

Administration

Therese Joyce, 206-325-4001
theresejoyce@hotmail.com

Vice President

Position currently open

Secretary

Heather Kahan, 425-443-3464

Treasurer

Rosa Cox

Printing, Mailing & Publications

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

Members at Large

Liz Allen, Shelley Scuderi

Consultants

Kathleen Albin

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.

• **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.

• **PUYALLUP:** **Contact:** Stacie Shockey at 253-576-5884 or stacie.shockey@goodsamhealth.org.

• **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.

P.S. Newsletter

**Parent Support for Miscarriage,
Stillbirth, and Infant Loss**

Parent Support

P.O. Box 1912

Bothell, WA 98041

Non-Profit Org.

U.S. Postage

PAID

Bothell, WA 98011

Permit No. 298

RETURN SERVICE REQUESTED

DATED MATERIAL