



# Sharing Parents

Volume 29, Issue 3 August 2009

- Helping Bereaved Families for 27 Years

**Sharing Parents** is a Sacramento based non-profit organization devoted to supporting parents who have experienced the loss of a baby from the time of conception through early infancy.

**Our Purpose** is to provide a safe environment where grieving parents with similar experiences can come together and share their feelings about the loss and the love of their babies. Our meetings are also a place where parents express the love they had for their baby in their compassion for others, where they can give and receive emotional support by sharing common experiences and learn about the natural grief process while working through and resolving their loss.

**We Offer** a variety of meetings and support services that are designed to help parents throughout the different stages of their grief. There is never a fee to attend our meetings.

Our Meeting Place

Mercy Women's Center  
650 Howe Ave  
Ste #530  
Sacramento, CA 95825

Our Mailing Address and Phone Number

Sharing Parents  
P.O. Box 19538  
Sacramento, CA 95819-0538  
(916) 424-5150

Visit us on the web:

[www.sharingparents.org](http://www.sharingparents.org)

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**General Meetings**

August 9th 7 - 9pm Making Memories/Art Project

September 13th 7-9pm Family and Friends

October 11th No Meeting– Annual Memorial Ceremony

**Subsequent Pregnancy**

August 24th 7-9pm

September 28th 7-9pm

October 26th 7-9pm

**2009 Sharing Parents  
Volunteers**

**President**

Heidi Lozano

**Vice President**

Kelly Joppa

**Secretary/Treasurer**

Daryl Lozano

**Oct. Memorial Coordinator**

Noel Lehman

**Community Outreach**

Ken Hisey

**Fundraiser Coordinator**

Heidi Lozano

**Librarian**

Kristie Avila

**Webmaster**

Ken Hisey

**Short Term Grief Coordinator**

Kelly Joppa

**Listening Line Coordinator**

Molly Lawrence

**Newsletter Editor**

Armando Omega

**Database Manager**

Mia Omega

**Sharing Parents of Sacramento**

***Save The Dates***

***1st Annual "Drive for Babies" Golf Tournament***

*May 1, 2010*

*At Lincoln Hills Golf Course in Lincoln, CA*

*Please visit [www.sharingparents.org](http://www.sharingparents.org) for registration and sponsorship information. You can sponsor a hole in memory of your baby for \$25.00*

***October Memorial***

*Sunday October 11, 2009 @ 3pm*

*McKinley Park Rose Garden  
3330 McKinley Blvd, Sacramento, CA 95816*

*Special time of reflection*

*Candle Ceremony*

*Butterfly Release*

*To order a butterfly, please visit our website at [www.sharingparents.org](http://www.sharingparents.org) to place an order via Pay Pal*

***Volunteer Recruitment Fair***

*Sunday, November 8, 2008*

*From 2pm-4pm at the Mercy's Women's Center*

*650 Howe Avenue, suite 500, Sacramento, CA*

*Please join us if you believe you are ready to support other parents through their loss and would like to explore the variety of opportunities to volunteer. If you have any questions or are unable to attend but are interested in becoming a volunteer please contact us at 916-424-5150*

# Remembering Our Babies With Love

Anniversaries, birthdays, and holidays are difficult times for us. We remember with love....

## August

Alyssa Amezcua  
Danielle Barrett  
Joseph Barrett  
Joshua Bence  
Mallory Anne Bourke  
Joshua Michael Davidson  
Noelle Marie Englefield  
Shelby Madison Greenough  
Dylan Riley Hogan  
Talon Huizar  
Amelia Noelle Jaime  
John Zander Jones III  
Rachel Kelley-Brennfleck  
Baby Legrand  
Baby Locklear  
Marissa Marina Lopez  
Emily Maughan  
Solange Christiane Mawet  
Megan Margaret Murray  
Baby Ocel  
Jalen Joel Pearson  
Sophia Isabella Ruiz  
Kyia Michelle Taylor  
Baby Wilgus  
Baby Willis  
Baby Winings  
Jacob Bradley Hurt  
Masr Raine Taylor

## September

Gracie Elizabeth Aguilar  
Tasha Elizabeth Barajas

Baby Bray  
Baby Campbell  
Baby Edson  
Thomas Anthony Elliot  
Alfredo Frisbee  
Elise Gallagher  
Dylan Guina  
Baby Hare  
Baby Hare  
William Kirchner  
Kaylee Ann Lindberg  
Jonathan Scott Lucas  
Joseph Lyster  
Garbrial Moore March  
Bernadette Elizabeth Martin  
Timothy Daniel May, Jr.  
Isabella Sophia McHugh  
Jeremiah Harrison Murray  
Julia Faith Murray  
Baby Rembleski  
Jane Lee Saunders  
Rebecca Grace Spangler  
Ajanic Strivers  
Baby Szillinsky  
William Henry Zimmerman  
Madison Blue Domacasse  
Brayden James Cairel  
Joven Don Edward Giacomo  
Baby Lewis  
Dylan LaLonde

## October

Katelynn Marie Allison  
Emma Nicole Allison

Baby Anders  
Kyle Benjamin Avila  
Payton Hadley Bazzocco  
Laura Jane Bik  
Thaddeus Lawrence Birdtail  
Baby Bracy  
Douglas Brooks  
Morrissa Mae Cooper  
Thomas William Loris Day  
Emily Devey  
Baby Fosco  
Michael Giraldez  
Baby Hall  
Baby Audre Lynn Hargrove  
Jesse Henning  
Rebecca Lee Hussey  
Carter Maciel  
Catherine Maciel  
Meagan Monas  
Joey Christopher Panter  
Nicholas Aaron Parnrow  
Gabriella Rameriz  
Hannah Elizabeth Reinsch  
Sebastian Robertson-Horner  
Olivia Catherine Smith  
Cameron Stone Thomas  
Leanne Renee Torres  
Leo Joseph Omega  
Madison Blue Domacasse  
Joven Don Edward  
Tyler Mirando  
Liam Murchinson  
Amerika Lewis  
Andres Guitierrez, Jr.

# The First Anniversary

Written by Clara Hinton

The death of a young child is one of the most difficult pains to bear. Young children bring so much joy and wonderment into a home. They help a home to burst at the seams with enthusiasm and joy. When a young child dies, the entire family atmosphere is altered and never quite feels the same again.

Getting through the many “firsts” following the death of a young child is something that is not to be taken lightly. The first time going back to church. The first trip to visit the grandparents. The first family vacation. All of these moments are significant, and will bear heavy on the heart and soul of the grieving parent.

The most difficult day of all following the death of a young child is the first anniversary of the date the child died. Every detail of that day will come to mind, and most parents live in dread of this day for months. They grow more and more stressed and burdened as the anniversary date draws closer. There is an anticipation of heightened grief and pain as each day draws nearer.

With some careful thought and planning, the first anniversary of the death of a child can become a day that aids healing. The parents of the deceased child should sit down together and talk about what might bring the most help and encouragement into their lives on the anniversary day.

Some parents find it very healing to include a private memorial type of ceremony for close family members only. This can be used as a time for reading a favorite Scripture or poem, for sharing a special story about the child, or for reading a letter you have written to your child. Some even find it healing to share journal entries that have been written during the year.

Many parents have found it quite healing to visit the cemetery on the anniversary date and place special flowers and personal mementos at the gravesite. Some have also used this day to have a balloon or butterfly release. Butterflies can now be purchased online for such an occasion as remembering the first anniversary of the death of a child. The symbol of hope is most healing.

Some parents like music, and will spend endless hours choosing just the right words to fit the feelings of losing a child. Others have found it very healing to plant a tree, a living symbol of the love that continues on for their child. It will be very healing in years to come to watch the tree grow stronger and taller with each passing anniversary.

Many families have chosen this anniversary as a day to come together and work on a combined effort scrapbook of memories of the child who has died. Pictures, sayings, songs, favorite foods, and funny stories are all made as entries into the scrapbook, and this is an activity that can be continued on each anniversary date thereafter.

Whatever you choose to do, select something that will have personal meaning for you. Don't be afraid to be unique. Use this anniversary day as a time of letting go of some of the raw pain of grief. It has been a most difficult first year, and this day should be a time of remembering, but also of looking forward to some hope for the days ahead.

Most of all, use this anniversary day as a time to honor your child's life. When you have taken care to plan ahead, this day will be one of healing rather than of dread; peace rather than pain.

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*If you would like to tell us about the special way you have chosen to honor your baby's anniversary, you can send an email to Sharing Parents at [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com). We will share your stories in the next Sharing Parents Newsletter and they will perhaps help other families find hope, encouragement and a new way to remember their baby.*

# Love Gifts and Safe Arrivals

**In Loving Memory of**  
**Jachob Bradley Hurt**

8/5/08-8/9/08

We miss you so much Jakie bear. We wish you were here to celebrate your 1st birthday. We love you so much and you will be forever in our hearts

Love Always,  
Mommy and Daddy

**Love Gift in Memory of our precious**  
**Charlie**

Whose 2nd birthday would have been May 14, 2009. We love and miss you every minute of every hour of every day, sweet boy! Happy Birthday

Love Mom, Dad, and Brother Zachary

**In Loving Memory of**  
**Jack Thomas Clauer**

5/11/01

Jack, Happy Birthday! We love you so very much!

Auntie Keri, Uncle Larry, and Cousin Noah

**In Loving Memory of**  
**Jack Thomas Clauer**

Born still on 5/11/01

Jack, We cannot believe that 8 years have passed since you quietly entered the world. Time goes on, but your precious time with us feels like yesterday. You are never far from our thoughts, and you are always in our hearts.

Happy 8th Birthday, Angel

We love you,

Mommy, Daddy, big sis Katie, and little bro Sam

**Please welcome the safe arrival**  
**Cole James Omega**

Armando, Mia and Avery Omega would like to announce the safe arrival of Cole James Omega. Cole was born May 17th. He weighed 6.9 ounces and was 20 inches long. We feel blessed to have such an incredible gift. As his big sister Avery said, "Leo picked Cole out for us and sent him down from heaven."

**In Loving Memory of**  
**Leah Grace Clavel**

7/2/08

**Please welcome the safe arrival**  
**Anthony Enzo Lunardi**

Kristin and Scott Lunardi are thrilled to announce the safe arrival of Anthony Enzo Lunardi. Anthony was born January 24, 2009, weighed 9 lbs and was 19 inches long. And in memory of precious Nicholas... we miss you and wish you were here.

Love, your Mommy, Daddy, and sister Caroline.

**In Loving Memory of**  
**Leo Joseph Omega**

10/7/06-10/19/06

It is hard to believe that you would be 3 years old this October. There is not a day that goes by without thinking about you, son. We miss you each an every day!

With all of our love,

Mommy, Daddy, Avery, and Cole

To honor your child's memory, send a "Love Gift" to Sharing Parents. A love gift is a monetary donation given in honor of someone or as a memorial to a baby, relative or friend. Not only will you be memorializing your baby but you will be helping Sharing Parents which survives on donations and fundraisers. If you would like to donate a love gift to us please fill out the form on the back of the newsletter. The deadline for inclusion in the next newsletter is

**October 1, 2009**

# What do we do with his stuff?

By Stacey Hisey

When we made the announcement that my husband and I were pregnant, people started showering us with gifts immediately. Then we found out that he was a “he” and the first grandson, so we got even more gifts. We had three baby showers and, as always in my husband’s family went crazy and bought us almost everything off our registry.

My parents traveled from out of town to pick out (and pay for) the perfect baby furniture to give to their first grandson. We picked out the perfect crib, armoire, and changing table.

His room was completely decorated. His clothes had been laundered and folded and put away. His toys were placed in his toy wagon, waiting for him to play with them.

We were ready for this baby!!!!

So when our first son, Jack, passed away, we didn’t know how to answer the question, “What do we do with his stuff?”

Some people recommended getting rid of everything. They thought the idea of seeing a subsequent child in an outfit meant for our first son would continuously bring up bad memories.

Some people recommended passing everything down to our subsequent children, when/if that happened. One person said, “It’s all new anyway, Jack didn’t use it, so why waste it?”

My husband and I did a little of both. For the majority of the items, we decided to pass them down to our subsequent children. We had two more boys. The furniture went to my second son. And the clothes have been worn by both of my subsequent boys.

I put away a few of the personal items that I didn’t want to pass down. Such as the blanket that matched his bedding set. I started a “box” which is now the size of a large plastic tub, to have all “his stuff” that the boys aren’t allowed to have.

And I took back a few items. I couldn’t bear to pass down his nursery decorations or his bedding set. I picked that set out special for Jack. It took me a year after he passed to drum up the nerve to even think about parting with it. I thought that if I returned the bedding set, I would be letting go of him. Then I decided, after a year of debating with myself, that I should return the items and use the store credit to buy something for our next baby (I was already pregnant with my second boy). I thought that our first son would want this.

A week later, I went back to the store to buy stuff using the gift card we received. And I saw the items we returned in the “Clearance Section.” I immediately broke down. I saw the lamp that was supposed to be in my first baby’s room.

A week after that, I went back to the store, and saw the lamp again. It took about a month for the lamp to finally be purchased. At one point, I thought about buying the lamp back. I decided against it, because I realized that the lamp would not bring him back.

I realized that neither choice was easy.

When I put my second son to sleep in the crib that was meant for our first, I still think, “This should have been Jack’s furniture. I should be putting him down for a nap in it.”

When I put my third son in an outfit I bought for Jack, I wonder what he would have looked like in it.

What I found through this journey of losing our first son and having to make this decision of what to do with the stuff is that there isn’t a right or wrong answer. It’s a deeply personal choice and has to be made by the bereaved parents. The bereaved parents have to do what feels right to them.

This stuff won’t bring back my baby. Nor will the parting of it ease or lessen my pain. I’m afraid that the answer to this question is up to the parents. And neither choice is easy.

**Editor’s note: Stacey Hisey is a volunteer at Sharing Parents who has served the group in different capacities as well as contributed to the newsletters by sharing her experiences. If you would like to tell your story, you can email me at [armando.omega@gmail.com](mailto:armando.omega@gmail.com) or [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com)**

# Sharing Parents of Sacramento

## 15th Annual October Memorial

Sunday, October 11, 2009

3pm

McKinley Park Rose Garden  
3330 McKinley Blvd, Sacramento, CA 95816

Special Time of Reflection ♥ Candle Ceremony ♥ Butterfly Release

### Butterfly Release Order Form

At the October Memorial there will be a time for parents, family and friends to release butterfly(ies) in honor of their baby(ies). Orders and payment must be received by September 1, 2009 in order for your butterfly(ies) order to be placed.

The cost is \$20.00 per butterfly. This year we offer 2 ways to purchase your butterfly(ies).

1. Visit our website at [www.sharingparents.org](http://www.sharingparents.org) to place an order via PayPal.
2. Complete the below order form and it along with your check to:

Sharing Parents

PO Box 19538

Sacramento, CA 95819

If you have any questions please contact us at [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com) or 916.424.5150.

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

# of Butterfly(ies): \_\_\_\_\_ X \$20.00 a piece = \$ \_\_\_\_\_ enclosed with this order form.

*\* Please make checks payable to: Sharing Parents of Sacramento*

**Orders Due By September 1st**