



November, 2011

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 have 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 Avenue, Ste #530
Sacramento, CA 95825

**Our Mailing Address
& Phone Number**

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

Upcoming General Meetings

December 11th : Handling the Holidays
January 8th: General Meeting
February 12th: General Meeting

Subsequent Pregnancy Meetings

December : No Meeting
January 22nd: Subsequent Pregnancy
February 26th: Subsequent Pregnancy

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*"There is a sacredness in tears.
They are not the mark of weakness, but of power.
They speak more eloquently than ten thousand tongues.
They are messengers of overwhelming grief....and unspeakable love."
Washington Irving*

October Memorial 2011

2011

Sharing Parents Volunteers

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Kristie Avila & Kelly Joppa

Vice President

Meghann Hurt

Secretary

Joanna Hurtt

Treasurer

Daryle & Heidi Lozano

Short Term Grief Coordinator

Molly Lawrence

Pregnancy Interruption

Coordinator

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Oct. Memorial Coordinator

Shannon Anderson
& Kristin Lunardi

Community Outreach

OPEN

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Deanna Lockhart,
Brion Maciel,
Laura McHugh,
Michelle & Chris Peters,
Jennifer & Ryan Stiltz

This October memorial was different for me in so many ways. This is the third that I have attended and the second that I have spoken at. My first Oct. memorial was in 2009 and I shared my story. (This was only about 7 ½ months after losing my daughter Makena.) My story began at a routine Dr.'s appointment when I heard those dreadful words, "There's no heartbeat" I was 18 weeks and 3 days into my pregnancy. I also shared part of the letter that I wrote and read at my daughter's memorial. The following year I attended the memorial as a volunteer. That year's theme was taken from the song "Where Joy and Sorrow Meet" by Avalon, it was the song that I played at my daughter's memorial.

This year I was a co-chair on the October memorial committee, and I helped in all aspects of the planning process. So much about this year's memorial was different, from the location, the place where we get our doves (the dove guy drove with his wife from Lodi and stayed for the entire memorial, because he was so moved by it), our DJ (who is a volunteer as well...Nelson) and so much more. This was such a beautiful memorial for all of our babies, and cherished by so many. If you were able to attend this year's memorial than you know that this year's theme was "Cherish"... because well, we all cherish our babies. I cherish my daughter Makena and think about her every day. She should have turned two this year. Some days are easier and some days I feel like I'm in a fog. Giving back to other parents who are trying to navigate through the loss of their babies gives me hope. Hope that by sharing my story and listening to theirs that maybe I'm helping them, even if it's just for that moment, day, or week.

The October memorial this year was at the Capital Rose Garden and it was a beautiful. I could feel the love for everyone's babies all around us. The way we were set up this year surrounded by such gorgeous and tall rose bushes made it more of an intimate feel, like we were even if for a little while, protected from the outside world.

We had wonderful speakers this year, beautiful music and songs and a special acknowledgment from the legislature's office. As I stood up there at the podium with my co-chair Kristin, I looked out at all the parents gathered all around. I could feel all of their love. There were parents, grandparents, siblings, and other family and friends....all gathered to honor our babies. I saw people crying, I saw loved ones comforting, I saw families come out to unite and honor their babies. It was so precious to see all the siblings and families come up to the microphone to share their child/children's name with us and then light up their candle in honor and in memory of their baby/babies. What a remembrance, what a beautiful sight to see. I am touched by everyone's love for their baby. We all have different stories but we are all united by our Love for our Babies. Forever in our hearts. Thank you all for sharing your baby/babies with me. I am honored.

Shannon Anderson

October Memorial Co-chair

Makena Marie Elizabeth Anderson's Mommy

October Memorial 2011

Dear Parents and Friends of Sharing Parents,

Last week Sharing Parents held our 25th annual October memorial ceremony. This was the first year that we have held our memorial at the beautiful Capitol Park Rose Garden in downtown Sacramento. I know that the memorial is a very special time for many of us. It's where we can go and feel the compassion, support and understanding from other families who have also lost a baby. It's where we can give and receive emotional support by sharing our grief for the babies who are not with us. It's a place where we can light a candle and speak our babies name to honor them. It's a place where we can receive a precious memento to place in our baby's keepsake box. This year our memento was a beautiful rock that said cherish on it. It's a place where we can outwardly mourn and grieve because we have all been there in our darkest moment when our babies left us with empty arms and continue to be missed each day. It's a place where we can watch Doves being released in honor of all of our babies. It's a place where we know that our precious babies will never be forgotten. And it's a place where we can celebrate, honor and cherish our babies.

I was honored to be there as a volunteer parent, October Memorial co-chair and to celebrate and cherish my son Nicholas. This was the 5th memorial that I have attended since Nicholas died, but the first memorial where I felt that I was ready to speak about him. Each year that goes by I think that maybe it's getting easier, but when I watch my subsequent son meet milestones I realize that I will never see my precious Nicholas do what my son Anthony has done. When I hug my subsequent son, I realize that I have so much love for Nicholas too, but he's not here to hug. I wonder what they would be like running around and playing together. I realize that my grief hasn't gotten easier, rather the acceptance that I will always be grieving for my son who isn't with us has gotten easier. Being at the memorial I feel close to him. I love lighting a candle and speaking his name. And this year I felt especially close to him by telling my story and sharing my love for him.

The theme of this year's memorial was cherish. Our guest speakers all spoke of their babies with such love and we could all hear how much they were cherished as they opened their hearts to us. Laura McHugh spoke of her deep love for her daughter Isabella, Brian McBroom spoke about how he spoke to his daughter Joslyn in his dreams, and Darlene Viggiano, MFT, author of the workbook, 'Carrying on: A workbook for Women Who've lost a Pregnancy' spoke of loving and missing her daughter after 20+ years. Her message was inspiring as we can find hope in knowing that our babies will always be remembered and won't be forgotten over time. Our guest speakers all told their unique stories, but what they all had in common was evident in the way they showed their deep love for their babies. This year we had a special honor by being recognized by the California State Legislature. Brian Kelly, policy director to Senator Darrell Steinberg, presented Sharing Parents with a Senate Resolution that officially acknowledged the important support which we provide to the community. The Resolution marked a significant step forward for Sharing Parents by providing important political recognition as we strive to reach and support more families.

I want to thank you all for attending our 25th Annual October Memorial Ceremony. I personally felt that this new setting provided a very intimate setting and I was touched by the love and support that I witnessed families showing one another. It was an honor to hear about all of your babies and the Sharing Parents team wishes you a peaceful year ahead.

**Kristin Lunardi. Volunteer
October Memorial Co-chair**

Remembering Our Babies With Love

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

NOVEMBER

Nathan Russell Scott
Zachary Mikalos Kristianous
Justin Pardi
Grace Kukas
Baby Krebs
Faith Marie Jones
Isaac Alcaraz
Tara Marie Schmidt
Elle Pop
Victoria Rose Domino
Autumn Joy Davidson
Emily Steele
Carmen Rose Acuna
Kate Walker
Sally Adame
Baby Wyzanowski
Keegan Turner Gilwee
Kori Peters
Baby Davis
Baby Denny
Abigail Furtado-Rinker
Malachi Ezekiel Harvey
Travis Adrian Maheras Maheras
Saphire Robertson-Horner
Jody Lee Shunk
Samantha Rae Troutman
Zoey Louise Van Eenennaam
Isadora Vargas
Gabriel Moore March

DECEMBER

Angel Ramirez Aguilar
Olivia Lane Hirschberg
Baby Keating-Frost
Sofia Senna
Sarah Lampe
Molly Ann Cottman
Cherish
Swasti Gupta
Alexandros Nichols
Christopher Eells
Alura Marrow
Justice
Karolina Yelzavetta Cooper
Jack Ryan Hildebrand
Rebecca Grace Hadsell
Gino Mills
Nico Mills
Michael McNeese
Baby Heckley
Blaine Kevin Heckley, Jr.
James Terrence Waldron
Nicholas John Waldron
Baby Berger
Baby Fraser
Baby Camarena
Gwenyth Marjorie Page
Emerson Avila-DeRosa
Samuel Isacc Dressen
Justin Daniel Fleming
Graham Lynn Graham
Ryle Lynn Graham
Santrika Shayann Holloway
Baby Ocel
Christopher Thomas Webster
Colin Devey
Zackary Herkins
Baby Westrup

JANUARY

Tanner Kelley
Logan Henry Berry
Timothy John Kilkelly
Michael James Cromeenes
Gracie Ann Laackmann
Eli Kuhlman
Baby Schreck
Samuel Alan Demmin
Baby Beck
Brandis Behnken
Darian Brooks
Christian Lewis
Brayden Rose-Siefker
Rileigh Rose-Siefker
Liberty
Hector Campbell-Lockwood
Evelyn Lang-Cannon
Kamore Kahealani
Timothy John Kilkelly
Hananiah James Oates
Lynn Blackmen III
Owen Staley
Naomi Brown
Lannette Jasmine Adams Steptoe
Tea Elyse Cepeda
Baby Dressen
Audrey Lynn Hargrove
Elsabella Brophy Jett
Cashew Martinez-Gardner
Meagan Monas
Angelica Robertson-Horner
Oliver Robertson-Horner
Makenzie Lynn Scacco
Baby Mallory Van der Veer
Baby Matthew Van der Veer
Baby Wildermuth
Elias Matthew Ponce Zepeda
Selma Livadic
Faith Ann Blakely

Names are entered through the sign-in sheet at all Sharing Parents meetings.

Why My Husband and I Volunteer for Sharing Parents

The number one answer to that is our daughter, Millie, as well as the first baby that we lost. Beyond that we do it to be a beacon of hope for other parents who have had a loss. Those are the two primary reasons that we volunteer. There are others though, but first a little bit of the story, but just a bit. The whole story will be another time perhaps. It has been over 3 years since Millie passed, and I still only let myself think about the time right after the loss in small snapshots. I can't allow myself more than a bit at a time because when I really think about it and feel the feelings that I felt right after the loss, it is like a punch in the stomach that takes my breath away.

My husband and I started trying to get pregnant when I was 37. Nothing happened after a couple years of trying, and then I went for fertility shots for two months in a row. We didn't conceive. However, a couple months later, we were overjoyed when we discovered that we were pregnant. Sadly, we miscarried our first baby at 7 weeks; I feel the baby was a little boy. Since I guessed correctly on my other 2 pregnancies that would come, I figure that I am probably right. As anyone who has ever miscarried very early knows, that is one of the heartbreaks: not knowing if the baby was a boy or girl. After we lost our first baby, we got pregnant the following month with our Daughter, and we were devastated when our beautiful little girl, Millie, was stillborn at 35 weeks on May 24, 2008. She had a hole in her heart. It would be impossible for us to explain the magnitude of such a loss, so we won't try. We will only say that there are no words to explain how much we love and miss our little girl. She gave us many gifts, though, and we believe that she watches over us. This brings us to another reason that we volunteer for Sharing Parents. We are around other parents who understand the magnitude of the loss of a child, so it is time spent completely free of the struggle to make someone understand.

With our history, we were scared and lost, and we didn't know if we would ever realize the miracle of having a baby who would live. We tried to get pregnant, and we were unsuccessful for almost a year, so we decided that we should probably try the fertility shots again. There was a specific Doctor at the Clinic who we wanted to see, as he had been very helpful and had given us hope. He was out of town, so we decided to wait for his return. The Clinic mentioned that while we were waiting that we might want to consider acupuncture, as it had been very helpful to others. We did so

We are thrilled and happy (again beyond what words can describe) that we now have a Son, Colin, who is 17 months old, and he is "happy and healthy, living long and prospering, SUPERBABY!" That was our mantra that we came up with to encourage us when we tried to get pregnant again. More on that later...

When I started getting the acupuncture, I learned that I could by many different factors improve the quality of my eggs, increase my chances of getting pregnant, and increase my chances of staying pregnant. I went to three months of acupuncture, slipped in one round of shots at the fertility clinic, and got pregnant after about 5 months total of acupuncture. When we got the "number" to tell how strong the pregnancy was, it was said that ...well, with that kind of a number, you either have twins or a super strong pregnancy. After that, we started calling our baby Superbaby, and he is a super baby. He is so happy, healthy, and full of life. When we look at him, the love that we have for him takes our breath away. He is perfect; we think that maybe his Sister had a hand in picking him out for us. We are so, so blessed with this amazing gift, and honored to be his parents. I gave birth to him when I was 42.

Why My Husband and I Volunteer for Sharing Parents (continued...)

So, you may be asking yourself, why 3 paragraphs on our subsequent pregnancy journey in an article about why we volunteer...well, that is some of the hope part. With our history we had every reason to believe that we would not get to realize the joy of a safe arrival, so we want to stand as an example of a couple "achieving the impossible." At least that is what it felt like anyway. Moreover, though, regarding the hope part, we want to say that before Colin was even born, we were finding ways to be happy again, despite missing our little girl with every breath. Then when we became pregnant with Colin, we were excited and happy ¾ of the time and terrified about ¼ of the time. Even though we didn't know if he would arrive safely, we had a wonderful, joyous pregnancy. For us the pain of our loss won't ever go away and sometimes it wells up just like it were minutes ago, yet we have so much joy and love in our lives. We want people to know that there is happiness after a loss, so here we stand, volunteers with Sharing Parents.

We have had so many beautiful people help us on our journey...many of them volunteers with Sharing Parents, and we will be eternally grateful to them for helping us to find a way to navigate our grief. Even now that we are volunteers, they still help us. In addition, those of you who tell us your stories, well, you help us too. You help us to stay focused on what is important. Thank you to everyone, volunteer or not, for sharing your darling babies with us. It is an honor.

And, speaking of an honor: we volunteer with Sharing Parents as an honor to our beautiful little girl, Millie, who has given us so many gifts. Some of those being that peace, love, and kindness are always the answer and don't sweat the small stuff. We are so grateful for Millie, and we would have her all over again, even if the outcome was the same. Millie, Mommy and Daddy love you so much and miss you with every breath.

All the Best,

Lynne & Neil Genzel
October 2011

Book Review

COMPREHENSIVE PARENT RESOURCE:

A Silent Sorrow by Ingrid Kehn, MSW, and Perry-Lynn Moffitt with Isabelle A Wilkins, MD. Cathi Lammert, Executive Director of the National Office of SHARE, Pregnancy and Infant Loss Support, Inc describes ***A Silent Sorrow*** as “a classic in perinatal bereavement resources for families and caregivers” that is a “compass for those on the journey of finding direction, peace, and solace after their baby dies.” This updated version includes updated medical knowledge about pregnancy loss and offers helpful suggestions about coping with this loss. Including first-person accounts of pregnancy loss, *A Silent Sorrow* guides readers through their journey of grief toward new hope for the future. The Section on “The Grief of Pregnancy Loss,” has the following chapters: When an Unborn or Newborn Baby Dies, The Mother’s Experience, The Father’s Experience, Pregnancy Loss and Your Relationship: Grieving Together and Apart. Pregnancy Loss Examined,” The Response of Others, Special Circumstances. Appendices on Managing Problem Pregnancies, Rituals, Pregnancy Loss and the Environment and Resources.

RELIGIOUS STANDPOINT:

I’ll Hold You in Heaven: Healing and Hope for the Parent Who Has Lost a Child Through Miscarriage, Stillbirth, Abortion or Early Infant Death By Jack Hayford

FOR GRIEVING CHILDREN:

Where Is Chloe? By Donna A Wilkins, MD. Illustrated by Nancy Munger.

Review written by Rebecca Erickson

Love Gifts

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 below. The deadline for inclusion in the next newsletter is January 15, 2012.

We welcome your Love Gifts in support of Sharing Parents. A Love Gift is a monetary donation made to honor your child's memory. Please make checks payable to **Sharing Parents of Sacramento**.

(Donations to Sharing Parents are tax deductible.)

Enclose your check, attach any special message to this form and mail to:

**Sharing Parents
P.O. Box 19538
Sacramento, CA 95819-0538**

In Loving Memory of:

Date of Birth:

Date of Death/Loss:

Donor Name:

Address: