

August, 2012

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

September : 9 Permission to Grieve
 and Father's Group discussion
 October 14 : No meeting due to Memorial

Subsequent Pregnancy Meetings

August 26 : Subsequent Pregnancy
 September 23 : Subsequent Pregnancy
 October 28 : Subsequent Pregnancy

Inside this issue:

Message from Pres.....2
 Remembering our Babies.....3
 SP Update.....4
 Community Resources.....5
 Poetry.....7
 Parent Submissions.....9
 Librarian's Corner.....10
 Announcements.....11
 Butterfly Order For.....12
 Love Gifts.....13

When we think about the people who have given us hope
 and have increased the strength of our soul,
 we might discover that they were not the advice givers,
 warners or moralists,
 but the few who were able to articulate in words
 and actions the human condition in which we participate
 and who encourage us to face the realities of life.

Henri Nouwen, Reaching Out

Message from the Sharing Parents President

2012 Sharing Parents Volunteers

President

Rebecca Erickson

Vice President

Deanna Lockhart

Secretary

Noël Lehman

Treasurer

Ken Hisey

Past President

Kristie Avila

Short Term Grief Coordinator

Stacey Hisey

**Pregnancy Interruption
Coordinator**

Erin Greenough

Listening Line Coordinator

Lynne Genzel

Listening Line Volunteers

Molly Lawrence

Noël Lehman

Oct. Memorial Coordinator

Jennifer Stiltz

Community Outreach

Kristin Lunardi

Event/Fundraiser Coordinator

OPEN

Librarian

Rebecca Erickson

Newsletter Editor

Brion Maciel

Newsletter Assistant

Allison Clavel

Webmaster

Ken Hisey

General Volunteers:

Shannon Anderson,

Sarah & Nelson Canales,

Neil Genzel,

Molly Lawrence, Laura McHugh,

Ryan Stiltz, Tzeli Triantafillou

Message from the President:

Dear Parents,

October 15 is internationally recognized as Pregnancy and Infant Loss Month. In October we will have our annual October Memorial on October 14 from 3-5 at the Capital Park Rose Garden. Orders and corresponding payment of \$20 per butterfly is needed before August 26th. We hope that you will be able to join us at this interdenominational ceremony which honors our babies.

Many friendships are formed with other parents in the Sharing Parents meetings and in volunteering for Sharing Parents. Lifelong friendships can be forged. I hope you are able to take advantage of the opportunity to get know a few people in the Sharing Parents meetings you attend.

Rebecca Erickson
Sharing Parent's 2012 President

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 Ann Bourke
Rachel Kelley-Brennfleck
Autumn Joy Davidson
Joshua Michael Davidson
Rachel Joyce Encinas
Noelle Marie Englefield
John Silva Fialho IV
Baby Fong
Shelby Madison Greenough
Dylan Riley Hogan
Jacob Bradley Hurt
Talon Huizar
Amelia Noelle Jaime
John Zander Jones III
Baby Legrand
Baby Locklear
Zaia K'lea Marquez
Emily Maughan
Solange Christine Mawet
Emily Maughan
Baby Ocel
Jalen Joel Pearson
Levi Peters
Baby Peyton
Baby Phillips
Sophia Isabella Ruiz
Kyia Michelle Taylor
Masr Raine Taylor
Baby Winings
Baby Wilgus
Baby Willis

SEPTEMBER

Gracie Elizabeth Aguilar
Tashia Elizabeth Barajas
Baby Bray
Brayden James Cairel
Baby Campbell
Madison Blue Domascasse
Baby Edson
Thomas Anthony Elliott
Baby Fosdick
Elise Gallagher
Dylan Guina
Baby Hare
Baby Hare
William Kirchner
Kyla Knighton
Dylan LaLonde
Ashlyn Nicole Leach
Baby Lewis
Kaylee Ann Lindberg
Abigail Lo
Chloe Lo
Jonathan Scott Lucas
Joseph Owen Lyster
Gabriel Moore March
Bernadette Elizabeth Martin
Timothy Daniel May, Jr.
Isabella Sophia McHugh
Carter Rembleski
Bernadette Elizabeth Martin
Timothy Daniel May, Jr.
Isabella Sophia McHugh
Carter Rembleski
Rebecca Grace Spangler
Ajanac Strivers
Baby Szillinsky
Stella Ray Thayer
Baby Westrup
William Henry Zimmerman
Nicholas Lunardi

OCTOBER

Emma Nicole Allison
Katelyn Marie Allison
Baby Anders
Kyle Benjamin Avila
Payton Hadley Bazzocco
Laura Jane Bik
Thaddeus Lawrence Birdtail
Nick Boysen
Baby Bracy
Douglas Brooks
Thomas Cataldo
Baby Chambers
Johnathan Constantine
Morrissa Mae Cooper
Thomas William Loris Day
Emily Devey
Madison Blue Domascasse
Baby Fosco
Joren Don Edward Giacomo
Michael Giraldez
Andres Guterrez, Jr.
Baby Hall
Jesse Henning
Baby Hernandez
Sebastian Robertson-Horner
Rebecca Lee Hussey
Amerika Lewis
Carter Leighton Maciel
Catherine Leighton Maciel
Owen Blue McLaugherty
Tyler Mirando
Liam Murchinson
Leo Joseph Omega
Tabitha Padilla
Joey Christopher Panter
Nicholas Aaron Parnow
Gabriella Ramirez
Hannah Elizabeth Reinsch
Jane Lee Saunders
Carmen Delen Sención
Olivia Catherine Smith
Emily Steele
Lela Yasmeen Tamplen
Cameron Stone Thomas
Leanne Renee Torres

*** Please see the update regarding Baby Names database on [Page 4](#) on***

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

Sharing Parents Update

Dear Sharing Parents Families,

We volunteers take great care in recording the names, anniversaries and birthdays of your cherished babies. We make every effort to recognize them accurately here in our newsletter and in the October Memorial program. Your babies are important to us and we want to honor them appropriately. These few opportunities to have your child's name in print can be so meaningful. We know how sad it can feel to have your child's name misspelled, or their birthdate incorrect. Please help us by letting us know if there has been an error, misinformation or misspelling. We are eager to make corrections, though we hope they never happen.

In addition, please remember that the only way we obtain your information is through the sign-in sheets at our meetings. So if you have moved, changed a phone number or gained an email address we would like to know. Sometimes we have questions about our database and are left with no way to contact you. Please email us with ANY new or updated information.

All corrections, updates and changes should be sent to the Sharing Parents email ~
sharingparents@yahoo.com

Thank you always for sharing your precious babies with us,
Sharing Parents Volunteers

Corrections

The Sharing Parents bench at McKinley Park now has slats and is ready for enjoying the roses. The Sharing Parents Plaque actually reads

. . . Dedicated to Helping
Devoted to Supporting . . .

And not "*Dedicated to Supporting*" as was previously reported.

Community Resources

It is our goal to begin a new section in the Sharing Parents newsletter which highlights one community resource each newsletter. If you would like to recommend or write up a description of a community resource that has been helpful in your grief journey, please email sharingparents@yahoo.com and put "Community Resource" in the subject line. Thank you!



Community Resource Highlight: Aileen Kelley of Music Partners in Healthcare

Aileen Kelley is a Certified Music Practitioner who plays harp at the bedside of critically ill patients. Aileen Kelley is a founding member of Music Partners in Healthcare, a nonprofit organization which promotes the use of Certified Music Practitioners (CMP) in healthcare in Sacramento. Certified Music Practitioners provide live, individualized music to comfort and soothe critically ill patients.

At a concert several months ago, Aileen Kelley played her harp and told of her experience playing the harp weekly in the Neonatal Intensive Care Unit (NICU). Originally the NICU staff was hesitant to allow Aileen Kelley to play as intensive care babies tend to be especially sensitive to stimulus. One of the benefits of having a Certified Music Practitioner at the bedside is that the musician can read the patient's emotions and tailor the music to the patient. Aileen is able to carefully observe the NICU babies while playing her harp and adjust her music to their needs. Aileen told a haunting story of one NICU baby who was in such need of a stabilizing force and a guiding rhythm that its heartbeat began changing with the tempo of the music Aileen was playing. That baby was Aileen Kelley's first granddaughter. Aileen's granddaughter gained strength and improved. The experience of playing the harp for her granddaughter in the NICU was a turning point for Aileen. It prompted her to seek training to be a Certified Music Practitioner and help others through her music.

At the concert, Aileen played some of the music she plays for the babies in the NICU. She began with "Twinkle, Twinkle, Little Star" and then smoothly transitioned into other soothing lullabies like "Brahms Lullaby" and "Sougan." Listening to Aileen play that evening, I was reminded of how music touches us on such a basic, rudimentary level. Some music can reach deep within the depths of my soul, touching emotions I try to keep hidden and protected, and allowing tears for my Baby Emma to stream forth. My son, Emma's 9 year old brother, is also deeply moved by music. He does not like to listen to songs like "You are My Sunshine" and "Somewhere over the Rainbow" as they bring up emotions about Emma's death that are simply too painful. Perhaps it is in touching us so deeply that music allows us to heal both emotionally and physically.

When the October Memorial Committee decided to have "Once upon a Lullaby" as the 2012 theme, it seemed appropriate to ask Aileen Kelly to play her harp. Aileen Kelley has graciously agreed to donate her time to play her harp and make our 2012 October Memorial extra special with live music tailored to us and our babies. Thank you, Aileen! The October Memorial Committee hopes that you will be able to join us for our 26th annual memorial on October 14th from 3-5 pm at the Capital Park Rose Garden.

By Rebecca Erickson

Community Resources

Sharing Parents Community Outreach

Sharing Parents Volunteers have been extremely busy trying to educate professionals in the community about grief in general, perinatal grief, and Sharing Parents free services. Sharing Parents gave a presentation to the Social Workers at Sutter Memorial on Thursday, May 31st! We are so thankful to Ellen Little for arranging this presentation for us. This was our first presentation in which the attendees could earn Continuing Education Units (CE's) for attending. We are currently scheduling a much more indepth presentation, also giving CE's, to the Kaiser Roseville NICU and possibly Labor and Delivery.

On June 1st, Sharing Parents spoke with 60 nutrition staff that enroll and counsel women and families on the WIC program throughout their pregnancies and into the children's lives up to five years of age.

Sharing Parents also presented doctors, nurses and staff at the Northern Fertility Clinic on Friday, June 22nd. They were very appreciative of perspective as many of their patients have often suffered loss before ever coming to the clinic. Heather Sorano of EMD so kindly provided the lunch for us.

Just For Today by Vicki Tushingham 1992

Just for today I will try to live through the next 24 hours
and not expect to get over my child's death,
but instead learn to live with it, just one day at a time.

Just for today I will remember my child's life, not his death,
and bask in the comfort of all those treasured days
and moments we shared.

Just for today I will forgive all the family and friends
who didn't help or comfort me the way I needed them to.
They truly did not know how.

Just for today I will smile no matter how much I hurt on the inside,
for maybe if I smile a little,
my heart will soften and I will begin to heal.

Just for today I will reach out to comfort a relative or friend of my child,
for they are hurting too,
and perhaps we can help each other.

Just for today I will free myself from my self-inflicted burden of guilt,
for deep in my heart I know if there was anything in this world
I could have done to save my child from death,
I would have done it.

Just for today I will honor my child's memory
by doing something with another child
because I know that would make my own child proud.

Just for today I will offer my hand in friendship to another bereaved parent,
for I do know how they feel.

Just for today when my heart feels like breaking,
I will stop and remember that grief is the price we pay for loving
and the only reason I hurt is because
I had the privilege of loving so much.

Just for today I will not compare myself with others.
I am fortunate to be who I am
and to have had my child for as long as I did.

Just for today I will allow myself to be happy, for I know
that I am not deserting him by living on.

Just for today I will accept that I did not die when my child did,
my life did go on, and I am the only one who can make that life worthwhile once more.

*There is no pain that can compare to the loss a child. There was one thing that was really
comforting for me, when my heart was breaking and my arms longed so painfully to
hold him, I closed my eyes and felt the Father's arms around my empty ones.
And I remembered that he went through this too. He knows the horror of the loss.*

Unknow Author

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 tellin 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 other one who wears these shoes.
There are many pairs in the world.
Some women 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 work the shoes so long that days will go by
before they think of how much they hurt.
No woman deserves to wear these shoes.
Yet, because of the shoes I am a stronger women.
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.

**When we think about the people who have given us hope
and have increased the strength of our soul,
we might discover that they are not the advice givers, warners or moralists,
but the few who were able to articulate, in words and actions,
the human condition in which we participate
and who encourage us to face the realities of life.**

Henri Nouwen, Reaching Out

Amusement Park Rides

Wednesday, July 4, 2012

June 7th, just 7 weeks after I gave birth, I went out to John's Incredible Pizza, in Roseville, CA with a few close relatives.

John's is like Chuck-E-Cheeze with better games and a few rides. Grown-ups and kids alike have fun.

It was hard. I was a little distraught at times, a little subdued at times. But then I got talked into going on a ride. This ride was like the tea cups, where you spin a wheel in the center and you and your co-riders spin faster and faster.

I LOVED it. I felt ALIVE. (for the first time in 7 weeks) ALIVE. I don't feel guilty for laughing or feeling vibrant. I feel like I've got to take any bit of good I can. I've suffered great loss. A GREAT loss. I've got to take what I can out of life now.

So my husband and I decided to chase that feeling. That spinning, alive feeling. There are times when we start to feel depressed and comatose. So we got a season pass to 6 Flags. It's only 45 minutes from home and when we feel like we don't really care whether we go or not, we know that means we NEED to go and wake ourselves back up by spinning and roller-coaster-ing ourselves silly.

Yes, I tear up when I'm there at the dolphin show and all the little kids are so excited and sunburned and eating sugary-crap I wouldn't have fed my baby. Maybe a few tears escape. I let 'em. And then I head over to the Tazmanian Devil ride (like a tilt-a-whirl, but waaay crazier!) and I spin those tears right out. Let them escape into the sky while I cry and scream and laugh and tense up and feel ALIVE. So ALIVE.

I feel better just talking about it.

--

Andrea Kay Bloom
(Robert Tenzin Bloom's Mom)

Librarian's Corner

Book Reviews by Rebecca Erickson

New Books to the Lending Library

“When Families Grieve” kit. Created by Sesame Street, “When Families Grieve” is a part of the Talk, Listen, Connect initiative, helping families cope with difficult transitions. When families grieve is designed to help families talk with their child about death, help children express different emotions, remember loved ones together, and begin the process of moving forward. The three piece set included a dvd, guide for parents and caregivers, and a children’s story. You can also download or request these free materials at sesamestreet.org/grief

Carrying On: A workbook for women who’ve lost a pregnancy (2010) by Darlene Viggiano. Darlene Viggiano Ph.D. (MFT) was the speaker at Sharing Parents’ 2011 October Memorial. Viggiano miscarried her daughter, Aimee, in 1990. Beginning four years later in 1994 and continuing over the next ten years, Viggiano created Carrying On, the workbook that would have been helpful to her after her loss. Viggiano begins the workbook by telling the reader about her pregnancy with Aimee and her devastating miscarriage at 10 weeks. Originally Viggiano did not want to have a child, but she quickly bonded with Aimee and still grieves her over twenty years later. After Viggiano details her story about Aimee, Carrying On leads the reader through the healing process by having he or she list and write responses to thought provoking questions. Viggiano lead a focus group through the workbook in 2011. One copy of this workbook was donated by Viggiano for check out at our General Meetings.

Special Care Series (2003) by Doug Manning. Of the new selections added to the Sharing Parents Lending Library is a set of 4 booklets entitled Special Care Series (2003) by Doug Manning. These very short and concise booklets are intended to be given to a bereaved person by a friend at the third week, third month, sixth month, and eleventh month after the loss. Manning also wrote Don’t Take My Grief Away From Me (also in the Sharing Parents’ lending library). Manning does not consider himself to be a grief therapist, but instead a “grief companion.” According to Manning, a grief companion is a safe person who can provide companionship by simply being there, listening and providing a hug when needed. The first booklet, Discovering Permission to Grieve, discusses what a grieving person can expect and what might help in the early days after a loss. Manning reminds us that grief is the natural response to any loss. “The best thing to do with grief,” Manning says, “is grieve” (17). Manning advocates “You cannot grieve on someone else’s schedule nor in someone else’s way. You must have the freedom to follow your own needs and rest in assurance that ture friends will understand and, in time, the relationships with them will return.” Book 2 is Discovering Significance. Book 3 is Discovering Understanding, and book 4 is Discovering Comfort.

Announcements

Upcoming Conferences

Saturday, August 11: “A Day with Mitch and Alan” 9:00 a.m. to 4:00 p.m. – Arrive early to register. Doors open at 8:30 a.m. Heritage Oaks Event Center, 6920 Destiny Drive, Rocklin 95677. 4 Sessions will be presented. To reserve your seat, email AngelsAcrossTheUSA@gmail.com as a full house is expected.

October 4-6, 2012: “The Transformative Nature of Grief” The MISS Foundation’s Bi-Annual International Conference Tempe, Arizona. Keynote Speaker: Joanne Cacciatore
<http://missfoundation.org/conference/>

October 4-7, 2012: The 2012 International Conference on Stillbirth, SIDS and Infant Survival will be in Baltimore, Maryland. It is hosted by 1st Candle in conjunction with International Stillbirth Alliance (ISA) and International Society for Study and Prevention of Perinatal and Infant Death (ISPID).
<http://www.firstcandle.org/internationalconference/registration/>

April 18-21, 2013: National Perinatal Bereavement Conference will be in Minneapolis, Minnesota at The Depot Hotel
<http://www.plida.org>
<http://www.asip1.org>

Call for Newsletter articles or submissions, especially from newly bereaved parents:

For some, writing about their grief can be therapeutic. Please share your experiences with others in the newsletter. Please send newsletter contributions to sharingparents@yahoo.com with “Newsletter Contribution” in the Subject Line. The deadline for submissions for the next newsletter is October 15, 2012.

Be sure to order your butterflies by August 24th!!



26th Annual October Memorial

Sunday, October 14, 2012
at the Capitol Park Rose Garden at 3:00pm

Butterfly Release 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 **August 26, 2012** in order for your butterfly(ies) order to be placed.

The cost is **\$20.00 per butterfly**.

You may visit our website at www.sharingparents.org/events.htm to place and pay for your butterfly order via the Sharing Parents Pay Pal account.

OR

Please include this form along with your check when you mail in your order.

Name: _____

Phone Number: _____

I would like to release _____ butterfly(ies)

Check total: \$ _____

Please make checks payable to: **Sharing Parents**

Mail completed order form and payment to:

**Sharing Parents
PO Box 19538
Sacramento, CA 95819**



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 October 15, 2012.

**In memory of
Samantha Dahl**

1/15/12 to 1/19/12

Erik and Moranda Dahl

**In memory of Grace Marie Nickles
11/30/11**

Gracie-

**We will always remember you and
love you.**

- Mommy , Daddy & big sister Mia

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: