



# Mommies Enduring Neonatal Death

*Miscarriage, Stillbirth and Infant Loss Support*

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No words have a greater magnitude as “I’m fine.”

Whether it’s to our spouse/significant other, family member, friend or even a complete stranger, the words “I’m fine” are just another coping mechanism, shielding our grief, fears, anxieties and other feelings from the world.

How do we handle the pressure of all those feelings?

## In this issue...

### Just Talk About It

President and Founder Rebekah Mitchell shares her grieving journey and insight on coping.

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### Learning How to Cope

Our coping mechanisms change as we process through our grief, as Kathleen shares in her article.

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### Sometimes We Just Need More Help

A mom shares the story of her babies, the mental battles she faced, and finding help in the grieving process.

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**May/June Topic**

*Mother's Day/Father's Day  
Deadline: March 31, 2019*

**July/August Topic**

*Loss and Infertility  
Deadline: May 31, 2019*

Stories, poems, thoughts, and/or feelings regarding these topics are welcome. Submissions must be received by the deadline to be considered for publication in the newsletter. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please send any submissions to our Newsletter Editor, Jennifer Harrison, at [jennifer@mend.org](mailto:jennifer@mend.org). Any submission printed in our newsletter will also be posted to our website indefinitely. Because our newsletters are posted online, please understand your name will be attached to your submission when searched on the Internet.

Letters to the Editor should be sent to [jennifer@mend.org](mailto:jennifer@mend.org). All letters submitted to the editor are subject to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.

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**Birthday Tributes:** M.E.N.D. publishes heavenly birthday tributes in the corresponding newsletter. Tributes must be submitted via the online form at [www.mend.org](http://www.mend.org).

<u>Heavenly Birthday</u>	<u>Deadline</u>
January/February	November 30
March/April	January 31
May/June	March 31
July/August	May 31
September/October	July 31
November/December	September 30



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# Feature Article



*Feature from our M.E.N.D. President and Founder, Rebekah Mitchell, Mommy to Jonathan and Baby Mitchell*

When I saw that the topic was Coping Mechanisms, it took me several days before I felt I could finally sit down to write this article. I needed some time to reflect on how I coped almost 24 years ago when my Jonathan was stillborn. What did I do that got me through those first several dark weeks and months?

After much pondering, a handful of things came to mind that I found beneficial during that time, but what I really remember helping the most is: I just needed to talk about it. And talk about it. And talk about it. I talked about “it” – meaning everything that happened – being on bed rest in the hospital; the whole dramatic trauma of the nurse trying to take routine vitals but not hearing heart tones; my C-section a few hours later; how beautiful he was; the funeral; what people said or didn’t say; my thoughts, feelings, and raw emotions. I endlessly talked about it to my husband, Byron, and I poured out my heart to my sisters on the phone until all hours of the night. I regularly spoke to my friends and co-workers about it. And I even “talked” to complete strangers on the Internet about it. In fact, I’ve been talking about it pretty much every day since June 24, 1995. I realize I still need to talk about it – but not always just for me. I share parts of my story with young women every single day who reach out to our ministry...just to talk about it.

I learned early during my grief journey that talking about my baby and my feelings was very vital to heal. I once heard a mental healthcare provider say, “the first step to healing is to talk about it.” That’s why M.E.N.D. offers a variety of monthly support groups across the country. We never have guest speakers, which would require everyone to quietly listen. Instead, we offer an intimate, non-clinical environment for grieving parents to come together and just talk about it. Each of our M.E.N.D. chapters has its own Facebook group so families can safely “talk” about it any time they need to with thousands of others who personally know and understand their pain.

Just a generation ago, moms were not allowed to talk about it. Miscarried or stillborn babies were quickly wrapped in a blanket and whisked away from

## Just Talk About It

the shocked mother. Often the parents were not even told if the baby was a boy or a girl. These poor young moms had no one to share their heartbreak with. I’ve been told by older moms who suffered loss during that time that if anyone did dare to speak of it, it was in hushed tones, as if it were a secret or something shameful.

Just the other day I received a phone call from a lady whose friend’s daughter had recently given birth to a stillborn baby. She was seeking assistance for this mom who desperately needed help, she said. She went on to tell me that she herself had endured a loss about 40 years ago, but it was back when “it wasn’t talked about.” She didn’t know how to deal with this millennial mom who wants to talk about it all the time and even refers to the baby by name! I had to take a deep breath and explain to this older woman that yes, we talk about it today. It is proven that talking about it is much healthier than bottling up such a traumatic loss and feeling as though talking about one’s baby that died is sinful.

So, I have realized that my primary coping mechanism in 1995 is the same as it is in 2019: I talk about it. We at M.E.N.D. are always a listening ear for you. If you are not already connected to us by attending one of our support groups (in person and/or online) or through Facebook, we’d love to hear your story and give you the chance to talk about it. Or maybe you’re a quiet person and feel your loss is private and talking about it isn’t what you find helpful to cope. That’s okay – you can just listen to others.

This issue is filled with a variety of ways grieving moms are coping with their grief. We’re all different, so what works for some, may not be the best fit for others. It is my hope that after reading through this issue, you will take some time to think about what helps you the most to get through each day. Learn to recognize what is helpful to you and not helpful to you, and of course we know that can change every day at first. Just don’t try to cope alone. Every one of us in M.E.N.D. has personally experienced the death of a baby, so we understand your sorrow. Know we are here for you, and we consider it an honor to walk this sacred journey of loss with you.



# Coping With the Loss of Your Baby

**"A Counselor's Perspective"**  
**Sable Gonyea, LCSW**  
**Mommy to Ella Lynne**

The loss of a baby brings with it so much pain and anguish, and people desperately want to do something to help decrease that pain. In my counseling practice, clients frequently tell me they feel like they are dying. I can relate to that feeling, and remember it well following the loss of my daughter, Ella Lynne. The journey toward healing can be a long and deeply personal one. A fellow loss mom, Lexi Behrnt, founded a loss community project called "On Coming Alive," and I feel those words are so true for surviving the loss of a child. When I lost my daughter, it took a lot of hard work on my part to "come alive again."

I endured those first days and nights following the death of my daughter thanks to a lot of Lucky Charms cereal, mindless TV shows, and saying her name as much and as publicly as possible. When the day came that I had to return to work, I clung to the book *You Are The Mother Of All Mothers* by Angela Miller and to a coworker who also had lost a baby. I also cried. I cried buckets of tears. I allowed myself to feel the anguish.

To me, this intense emotion was a connection to my daughter. It is OK to feel your emotions. Shoving them into the far recesses of our souls does nothing to help us heal. In fact, much like the Instant Pot pressure cooker you may have received on Amazon Prime Day,

... the pressure created from pushing away those emotions will build so intensely that eventually those feelings are going to come out, and sometimes to the point of destruction.

the pressure created from pushing away those emotions will build so intensely that eventually those feelings are going to come out, and sometimes to the point of destruction. I don't want you to destruct. Honor your baby through your

grief process.

Eventually, I was able to incorporate exercise and healthy nutrition into my life, which then opened the door to healthy relationships and social circles. I began to take better care of my physical health, and it, in turn, created a place for my mental and emotional health to heal and improve as well. I started volunteering and surrounding myself with people who knew of my Ella and weren't afraid to say her

name. I began to laugh again. I began to value myself again. I began to "come alive again."

In coping with the death of your baby, it's important to FEEL those feelings. Feel them with a safe person. This may be your spouse, a friend, a coworker, a fellow M.E.N.D. family, or a licensed counselor. Don't shove those emotions away. If emotions get too intense that you feel unsafe or irrational, use things like progressive muscle relaxation, deep and rhythmic breathing, intense exercise, and drinking cool water or taking a cold shower to bring the intensity down. Ask for help from a safe person if those feelings are too intense that you cannot soothe them.

**In coping with the death of your baby, it's important to FEEL those feelings.**

In further coping with those painful feelings, use some temporary distraction skills like playing a word or number puzzle, taking a relaxing bath, planning your dream vacation, reading a book or magazine, volunteering or contributing to someone else, watching a funny show, listening to upbeat music, or taking a walk to further bring that intensity down. You can soothe yourself with all of the "comfies" you love, like going to your favorite place and taking in the sights, looking at pictures that make you happy, listening to your favorite music, putting on your favorite lotion, eating your favorite food, hugging your person, doing some stretching, or having a dance party. Pray for peace, wisdom, strength, love. Focus your attention on NOW and whatever it is you're doing and only focus on that one thing. Be your own cheerleader! Encourage yourself. Be kind and gentle with yourself.

Notice how I said *temporary* distraction skills. I want the intensity of the painful emotions to decrease, but I do not want you to push those feelings away forever. Come back to those feelings. Validate them. Normalize them. Care for them and yourself. You will come alive again. Start exploring areas of your life that you can bolster. Add in daily exercise, even just a walk around the neighborhood will have benefits. Maintain a healthy diet. Volunteer. Lean into your social circles. Increase your involvement in your spiritual community. Accomplish projects at work or at home that make you feel proud of yourself. Build and strengthen your relationships with your spouse and family. Check off your "to-do" list. Nourish your brain

and read those books you've been meaning to get to. Get a physical check up and make sure you are taking care of your physical health.

Our emotional and mental health doesn't operate by itself and relies on our physical, spiritual, and social health to support it. If you need help finding ways to care for your whole health, please talk to your doctor or a mental health professional for assistance. You are not alone on this journey. You will heal. You will "come alive" again.

*Sable Gonyea is mommy to Ella Lynne, who was stillborn on August 4, 2015, due to preeclampsia and HELLP Syndrome. She and her husband have a subsequent/rainbow baby name Laura.*

*Sable serves on the Advisory Board of M.E.N.D., and has a private practice in north Texas as a mental health therapist serving Flower Mound and surrounding areas. Sable can be reached at (972) 853-8955 or [sable@villagecounselingtx.com](mailto:sable@villagecounselingtx.com).*



## Love Helps Me Cope

Loss has changed our lives in ways we never expected.

In July of 2006, we were not prepared to lose our first child together. My fairytale pregnancy was not going to happen; it would end in tragedy. No way any of us were prepared for our loss day; life just didn't happen like we thought.

What if there was a way you could be prepared for those "after loss" days, when grief, anxiety or depression walks up and punches you in the gut when you least expect it? While you won't be able to stop them in their tracks, you can have ways to make them be not so hard.

In the almost 13 years without Alivia, the punches still come, but one way I handle them is by writing love letters to my Livi. When I have those times where I hear her name, I write her. Her name is Alivia, not Olivia, so it stands out when I hear someone say that name. I tell her how on one hand, it hurts to hear her name, but on the other, it makes me happy someone else loved her name.

In my letters, I tell her what music I think she would have liked, food she would have liked, friends she may have, movies that are out, and how we would have mother-daughter dates. Just anything and all I could imagine she would be doing at that time.

When I miss going to the cemetery or fail to say I have three kids instead of two, I write to her. I apologize to her for not going to clean up her area and bring new flowers. I apologize that I didn't want to go into our loss with a complete stranger, because that stranger may fall apart and, on that day, I couldn't take putting them together again.

Also, I tell her about her siblings, and how they are growing. How I look at her little sister and see they have the same nose and long fingers; would they look alike?

I am in school completing a counseling degree, and I tell her how school is going and how I am closer to growing her legacy each day. I tell her how I miss her and want to be a mother to her here on earth. Since I can't, I have to write these letters, just to show her that she is missed and loved, telling her I love her to moon and back, three times. This is the best way for me to express my love to her, to say I love you with more than my mouth. I love you, baby girl, Mommy.

*Written by Liz Walker*

*Mommy to Alivia*

*M.E.N.D.—Board of Directors*

*From the Editor*

Liz first sent me a letter written to her daughter, Alivia, and told me this is what she did as part coping, part remembering, and just keeping Alivia alive in their lives. For our Mother's Day/Father's Day issue, the topic will be "Letters to Heaven," where we will include Liz's letter to Alivia and others as a way of coping and remembering their babies during these difficult holidays.



# Birthday Tributes

## Happy 1<sup>st</sup> Birthday, Punky!

I sure do miss you, Punky. Thank you for being part of our lives. Though you were small, you are impactful. Thank you for teaching us about compassion for other women who also lost a child. I've learned to be close with your Daddy, even during these hard times. I often wonder what you look like, or if you were to be the next president of the United States. I bet you are beautiful, and everyone in heaven just adores you! It's hard without you here, but I know you're making Jesus laugh with your sense of humor. Say hi to Paw-Paw!

I miss you every single day.  
Momma



*Punky Viertel*

*Miscarried April 10, 2018*

*Parents: Jared and Georgia Viertel*

## Happy 1<sup>st</sup> Birthday, Logan!

Happy 1<sup>st</sup> birthday, sweet boy! We love you and miss you so much! You will always be our angel baby.  
Love,

Mommy, Daddy, Autumnn, Aria and McKenzie

*Logan Don Ebers*

*Miscarried April 14, 2018*

*Parents: David and Kelli Ebers*

*Siblings: Autumnn, Aria and McKenzie*



## Happy 7<sup>th</sup> Birthday, Paislee!

We wonder what your personality would be like, and what things you would like. When someone asks about Colbie having siblings, I always long for you to be here and to see how you girls would interact. I'm certain she knows who you are because when she hears your name, she gets a smile on her face. We long for the day when we will be reunited with you, hug you and learn all of those things about you. It amazes us how God is continuing to use your life to help others. It brings us such joy to keep your memory alive! Have the best birthday and know that we love and miss you very much!

*Paislee Ann Frette*

*April 4-5, 2012*

*Wolf-Hirschhorn Syndrome*

*Parents: Brent and Courtney Frette*

*Little sister: Colbie*



## Happy 2<sup>nd</sup> Birthday, Fred and George!

My sweet baby boys, how quickly two years has flown by! I know that you are watching over your baby sister, and I can almost hear you giggling at her silliness. Oh, how I wish we could hear those laughs today. I hope you have a great birthday up in heaven, and I cannot wait to see you again!

*Fred and George Cobler*

*Miscarried March 3, 2017*

*Also remembering*

*Keiran David Cobler*

*October 25–November 1, 2013*

*NEC*

*Parents: Brian and Kristina Cobler*

*Sister: Karsyn*



## Happy 2<sup>nd</sup> Birthday, Alexa!

Alexa Bear, happy 2<sup>nd</sup> birthday in heaven, Princess! We love and miss you dearly! You have no idea how much we wish you were here with us to go through life with. You are and always be an important part of our lives. We love you!

*Alexa Monson*

*Stillborn February 22, 2017*

*Parents: Azael and Ana Monson*

*Brother: Alexander*



## Happy 1<sup>st</sup> Birthday, Abigail!

This is my angel baby. We lost her, and it feels like my heart has been ripped out of my chest. I don't know how I am going to go on. But I know that I have to. For my son, family and friends. Abigail Suann Ball, know that Mommy loves you, and you will always be part of my life. I will always remember you, and I know you are with Jesus in heaven. You are being taken care of by all the family we have there. They are going to tell you so many stories about us. Know that you are our angel, and we will see you again some day.

Love,  
Mommy, Daddy and Colt

*Abigail Ball*

*March 9, 2018*

*Spinal fluid build up on the brain*

*Parents: RJ and Jessica Ball*

*Brother: Colt*





**Happy 2<sup>nd</sup> Birthday, Ryker!**

You are the most amazing thing that ever happened to me. Even though I was only able to keep you for a short while, you changed me for the better. You showed me true love. I miss you every day. Baby boy, I hope I meet you again.

Love,  
Mom



*Ryker Lee McCarter*  
*April 17, 2016–March 7, 2017*  
*Medical complications*  
*Mommy: Brittany McCarter*  
*Sister: Ryleigh*

**Happy 10<sup>th</sup> Birthday, Jackson and Tyler Glen!**

Ten years ago we held you in our arms for the first and only time, a precious moment we had so longed for. Your tiny hands were too small, tiny feet... and yet, in the midst of our pain, we knew that your tiny eyes first saw the precious face of Jesus. The pure and complete joy of that hope allows us to move forward - to love with fierce and open hearts, to face the world with compassion and patience, to shine a light of faith that can only be lit after walking in the darkness. Happy 10<sup>th</sup> birthday, Princes. We love and celebrate you today and anxiously await our reunion once again.

*Jackson and Tyler Ray Glen*  
*February 23, 2009*  
*Placental abruption*  
*Parents: Kirk and Diana Light*  
*Siblings: Brayden and Lexi*

**Happy 2<sup>nd</sup> Birthday, Abigail!**

Dear Abi, remembering you on what would have been your 2<sup>nd</sup> birthday. Thank you for always watching over us.

“and this is the wonder that’s keeping the stars apart,  
i carry your heart (i carry it in my heart)”

- e.e. cummings

We love you and miss you every day!

We hope we make you proud.

All our love,  
Mama and Daddy

*Abigail Marie Papendick*  
*March 3-4, 2017*  
*Insufficient cervix*  
*Also remembering*  
*Baby Papendick*  
*Miscarried September 6, 2018*  
*Parents: Becky Johnston and Brian Papendick*

**Happy 2<sup>nd</sup> Birthday, Jaxson Ramon!**

Wow! You are 2, my sweet boy! We miss you so much! We thank you every day for sending us Mila. Have a great day, my love! Happy birthday, Jaxson!

*Jaxson Ramon Hernandez*  
*March 27–May 10, 2017*  
*Pertussis*

*Parents: Tiffany and Juan Hernandez*  
*Siblings: Makaela Sofie and Mila*

**Happy 1<sup>st</sup> Birthday, Everleigh!**

Happy birthday in heaven to our beautiful, teeny, perfect sweet Everleigh. Teeny girl, we miss you every second of every day. I cannot believe it’s been one year since you spent the most amazing eight days of our lives here with us on earth. Mommy and Daddy love you more than we will ever be able to put into words, and we miss you with every ounce of our being. Happy birthday, my sweet girl. I love you, “forEverleigh.”

*Everleigh Violet Lorraine Pugh*  
*April 11-19, 2018*  
*NEC*

*Parents: Ralph and Samantha Pugh*

**Happy 3<sup>rd</sup> Birthday, Mateo!**

Our beloved Mateo, we will hold you in our hearts until we can hold you in heaven.

“The Lord gave and the Lord has taken away.  
Blessed be the name of the Lord.” Job 1:21

*Mateo Remigio Yee Thorn*  
*April 19, 2016*

*Parents: Kayla and Michael Thorn*  
*Sibling: Baby Nugget due July 28, 2019*

**Happy 9<sup>th</sup> Birthday, Elliot!**

Dear Elliot, while we only held your hand for six hours, letting go of your hand has changed us for a lifetime. We now have love and compassion that has grown out of our deep sorrow and flows into the lives of others. Elliot, you have changed us for the better, But our transformation is nothing compared to yours. You have been changed into the likeness of heaven, into absolute perfection. We will join you someday in a sweet reunion, never again to let go of your precious hand.

*Elliot Gerriets*  
*March 18, 2010*  
*HLHS (Hypoplastic Left Heart Syndrome)*  
*Parents: Chris and Faith Gerriets*  
*Siblings: Evelyn, Ethan and Ezra*



**Happy 8<sup>th</sup> Birthday, Baby David!**

Happy 8<sup>th</sup> birthday, my lion cub! Not a day goes by I don't think about you. You are loved dearly by all of us. Your brothers and sisters love to visit and talk to you. Esperanza looks just like you. Every day I think about what things would be like with you here. I know you're enjoying your time with Grandma and Grandpa. I know all of you are watching over us. I miss you every day, but I know we will all be together again one day. Until that day comes, my cub, I love you always and forever. Happy 8<sup>th</sup> birthday, baby boy!

*David Michael Ortega*  
*April 18, 2011*  
*Congenital renal agenesis*  
*Parents: Michael Ortega*  
*Siblings: Aniyah, Anthony, Ehis, Osaze and Esperanza*

**Happy 9<sup>th</sup> Birthday, Brooke!**

Our darling Brooke, we can't believe another year has gone by since we held you and looked at your sweet face. We miss you dearly but are forever grateful for your precious life. You continue to inspire us and are a true blessing. Enjoy your 9<sup>th</sup> birthday in heaven. We love you!

Love,  
 Mamma, Daddy, Sarah and Savannah

*Brooke Sophia Daily*  
*March 11, 2010*  
*Vasa Previa*  
*Parents: Jeremy and Lisa Daily*  
*Sisters: Sarah and Savannah*

**Happy 7<sup>th</sup> Birthday, Everett!**

Our precious boy, you are 7! We miss you so very much. Christian and Clara would love to play with you, and Mama and Daddy would love to see you three together and laughing! We wish you the happiest of heavenly birthdays, and we'll celebrate you here. You'll be in our hearts until we can hold you forever.

All our love,  
 Mama, Daddy, Christian and Clara

*Everett Christopher Delmar*  
*Stillborn April 18, 2012, at 28 weeks*  
*Unknown cause*  
*Also remembering*  
*Baby Delmar*  
*Miscarried December 20, 2014, at 9 weeks*  
*Unknown cause*  
*Parents: Christopher and Miranda Delmar*  
*Siblings: Christian Matthew and Clara Evelyn*

**Happy 2<sup>nd</sup> Birthday, Tela!**

Happy birthday, our dear Tela! Your momma and your daddy love you so much, but you know that. Please continue to look over us until we are able to be with you again. We hold you in our hearts, every second of every day. You are the best thing that has ever happened to us because you showed us a kind of love that is truly unimaginable. Thank you, sweetheart.

*Tela Clementine Bolger*  
*March 5, 2017, at 21 weeks*  
*Premature birth*  
*Parents: Cody and Roseanne Bolger*

**Happy 6<sup>th</sup> Birthday, Levi!**

This year we should be celebrating with cupcakes in your kindergarten class. I wonder what kind of birthday party you would choose - super hero, ninja turtles, dinosaurs? We miss you so much, sweet boy. Your love and legacy lives on as we continue to wait for the day we are together again.

Life is short. Heaven is forever.

*Levi Samuel Bowmer*  
*April 19, 2013*  
*Trisomy 13*  
*Parents: Sam and Jenae Bowmer*  
*Sisters: Evelin and Valerie*

**Happy 8<sup>th</sup> Birthday, Chase!**

Dear Chase, it's hard to believe that it's been eight years since we met and said goodbye to you at the same time. What I want you to know is that I've always thought of you as our miracle. Finding out that you were there in your Mommy's belly changed our lives in ways we couldn't have imagined. We became parents. We celebrated the life that was there growing. We didn't know how long we would have, but we were looking forward to a lifetime. Sadly we didn't get that opportunity here on earth, but we both know we will spend eternity with you in heaven.

We love you,  
 Mommy, Daddy, Cora and Hazel

*Chase Austin Miller*  
*April 21, 2011*  
*Incompetent cervix*  
*Baby "Blueberry" Miller*  
*Miscarried May 4, 2015*  
*Parents: Greg and Stefanie Miller*  
*Little sisters: Cora and Hazel*





**Happy 2<sup>nd</sup> Birthday, Joshy!**

You are so loved and missed. We treasure every second we had with you and celebrate your memory each day. Heaven and earth may separate us now, but you are forever in our hearts.

*Joshua Clay Stoma II*  
*February 25–March 12, 2017*  
*Gram Negative Sepsis and prematurity*  
*Also remembering*  
*Baby Girl Stoma*  
*February 15, 2016*  
*Parents: Joshua and Aida Stoma*  
*Twin sister: Rachel*

**Happy 8<sup>th</sup> Birthday, Lily!**

Dear Lily, your sister is growing so fast. Seeing all the things she is doing and learning often makes me sad I didn't see you do all those things. What I miss most, though, is not the things you would have done, but not knowing who you would have been. I miss knowing your personality, your temperament, and the things that would have interested you. If you were here, every seat would be filled around our table, but there's always an empty place where you would be. Always, love. Eight would have been great.

Love,  
 Mom

*Lily Joy Moore*  
*Early pregnancy loss*  
*March 2, 2011*  
*Parents: Jeremy and Kathleen Moore*  
*Siblings: Isaac, Judah and Mercy*

**Happy 1<sup>st</sup> Birthday, Sky!**

Skylar, our sweet, sweet baby. Mommy and Daddy miss you so, so much! Our beautiful little angel, you made us parents. I think about you every single day. You're turning 1! Oh, I just wonder if you'd be as big as your cousin, Odin. He was born a month after you would have been, and he's gotten so big. As much as we miss the three of you we hope you're having a great time with Audey and Echo. We're glad y'all have each other. Happy birthday, Sky!

*Skylar Kris Lush*  
*April 1, 2018*  
*Also remembering*  
*Audrey Noelle Lush*  
*Echo Lush*  
*Parents: Devon Lush and Julie Searcy*

**Happy 2<sup>nd</sup> Birthday, Bri!**

Dear Bri, just like that you're turning 2! Not a single day goes by we don't think of you. We miss you like crazy and wish you were here so we could hug you and kiss your chubby baby cheeks. Our little angel, I can't wait to hold you in our arms again. Mommy and Daddy love you so very much. Celebrate with your angel friends while we celebrate you on your birthday and every other day as long as we live. Our little bundle of joy, always and forever!

*Brianna Grace Renteria*  
*Stillborn March 23, 2017*  
*Unknown cause*  
*Parents: Griselda and Bruce Renteria*  
*Sibling: Michael Renteria*

**Happy 2<sup>nd</sup> Birthday, Jaylin!**

Happy 2<sup>nd</sup> birthday, Prince Jaylin. Mommy misses you more than words can describe. You are the best thing that ever happened to me.

*Jaylin Armstrong*  
*April 3, 2017*  
*Unknown cause*  
*Mommy: Chantae Armstrong*

**Happy 6<sup>th</sup> Birthday, Henry!**

This year would be your first year of kindergarten. Instead of sending you off to "big school," we are sending kisses to heaven! I see little boys with blond hair and blue eyes. I wonder what it's like to parent a boy! We are thankful for your baby sister Emmagene! She's a super blessing! I know you must be holding Charlotte's hand and running on the streets of gold together! Joyous will our reunion be someday but life moves forward with sisters on earth! Mommy loves you! We love you, Henry Michael! What a grand time we would have had together here but what an eternity we have to look forward to.

*Henry Michael Hazlewood*  
*Stillborn March 2, 2013, 2<sup>nd</sup> trimester*  
*Also remembering*  
*Charlotte Winifred Hazlewood*  
*January 23-28, 2017*  
*SUIDS*  
*Parents: Mike and Becky Hazlewood*  
*Siblings: Hannah, Lilly, Phoebe, Mimi,*  
*Emmagene and Charlie*



# Learning

## How to Cope: A Grief Story

*Written by Kathleen Moore*

*Mommy to Lily Joy*

M.E.N.D.—*SW Missouri*

The first few days after my daughter died, there were times I actually had to remind myself to breathe. The emotional pain was so deep, things that once seemed natural - eating, sleeping, breathing - became effortful. Who knew pain in your soul could physically hurt so much? My goal, if you could call it that, was getting through the day, but the weight of having to get up and do it all over again was crushing at times. I

My goal, if you could call it that, was getting through the day, but the weight of having to get up and do it all over again was crushing at times.

wondered  
how I  
would  
ever learn  
how to  
live this  
new life as  
this new

person. As I think back on that first year especially, there were things I did to cope with the pain I was feeling that were instrumental in helping me move forward in my grief journey.

### Journaling

First, I started expressing all the thoughts running through my head. I got a notebook and wrote out everything I was feeling. I usually started the page addressing God. Other times I wrote to my daughter. Sometimes the entries all sounded the same, but it didn't matter if I wrote "I just want to hold her" every day for a week. Knowing no one would read my words, I could openly express my grief without fear of judgment or misunderstanding. Months later, it also helped me to look back and see how far I had come.

### Sharing

The other thing I did was to keep talking. Sometimes I would tell my husband, "I just need you to listen." This told him I didn't need him to say anything to make it better; I just needed to tell someone how much I missed her for the hundredth time. And I prayed a lot, or perhaps better said, I spent a lot of time sitting and crying in prayer asking God the same answerless questions. The point was the more I got out, the less I carried with me.

### Finding M.E.N.D.

The next thing I did was find a group of people who understood what I was going through. A month after my loss, I went to a M.E.N.D. support group. I'm going to be honest; I didn't go expecting to like it. The media's depiction of support groups in dimly lit rooms with gray folding chairs and stale cookies have made us all think we are not support group people, but I was willing to try anything that might help me feel better. Can I tell you there is nothing more comforting than sitting across from an actual person who can look you in the eyes and say, "You're not crazy; I felt that, too." The M.E.N.D. support group was a place where people got it, where I didn't feel crazy to say what I was feeling, a place where I could grieve openly, and later into my grief journey, a place where I could look across the circle and tell someone else, "You're not crazy; I felt that, too."

### Researching

Then I started learning all I could about pregnancy and infant loss. I got books through the public library and from our M.E.N.D. chapter's lending library, and I read a lot of things online (always considering the source). I read books about enduring miscarriage, stillbirth and infant death; books about what is medically known about them; books about grieving; and books of others' personal stories of loss. I read Christian books about the nature of suffering and read my Bible to learn what God says about grief and loss. I listened to sermons about suffering and grief from pastors I respected. Obviously, I never expected to answer all my questions, but I did get a better understanding of what I had experienced and what I was feeling.

### Projects

Another way I coped with my grief was to start a project. Having a project gave me something to fill my time and made me feel like I was doing something purposeful. My first project was planning a memorial for my daughter. I looked at locations, made invitations, designed and ordered a cake, chose songs, made programs and wrote a eulogy. Sometimes it was terribly painful, but it was something I COULD do to "mother" my daughter, and it gave me an active way to process my grief. Other projects didn't always have something to do with my daughter. I did things like clean out a closet. Sometimes I just needed to feel like I had accomplished something.

### And all the things in between

A few other things that helped me were planning

to spend sad days in beautiful places without lots of people. On special days or holidays, if I was feeling up to it, I'd find a flower garden, a quiet spot by a creek, or a spot in a park away from the playground. If possible, I had fresh flowers in the house during particularly sad times. Yes, they would eventually die, but how beautiful they were while blooming which reminded me of the short, but beautiful life of my daughter. I listened to music. A few songs in particular resonated with my soul, giving voice to what I was feeling, so I listened to them often. I also read my hymnal. I may not have been able to sing the words at the time, but I could read them. And I gave myself permission to not do things or go places out of obligation.

### My turning point

A turning point for me was reading Isaiah 58:6-12 in my Bible study time. The passage says if we spend ourselves caring for others, we will find light rising in our darkness, and our healing will quickly appear. I knew this chapter wasn't talking about grief, but the point was: if we cared for others, we'd change our hearts. The passage says if we spend ourselves caring for others, we will find light rising in our darkness and our healing will quickly appear. I remember reading verses 8 and 10 in particular and thinking, "I need light to rise in this darkness." God stirred my heart and gave me the desire to give others who were grieving the support I wanted, to become for others the person I needed. One way I did this was to send cards to other families to say their babies weren't forgotten and that I was praying for them. I worked through my own grief by supporting others in theirs. It gave purpose to my pain and new value to my daughter's short life. Eventually, I found that the more I sought to encourage others going through difficult times of all kinds, the more healing I found for the grief I was carrying.

At the beginning of my grief journey, I wondered how I would ever learn to live this new life as this new person. Finding ways to express my grief and honor my daughter's life helped me cope with her death and transformed my life in ways I could never have foreseen, making this new person into a better one.

## Nearly 10 years Later



*Written by Jennifer Harrison*  
*Mommy to Serenity*  
 M.E.N.D.—Newsletter Editor



s time has stretched between our initial loss to today, I can look back and see how the ways in which I coped after Serenity's death have changed over this time span. This year will be 10 years. Our baby will have been in heaven for 10 years.

The newsletter issue that resonated and related to me most was the "Roller Coaster of Grief" from September/October 2012, because I could see myself in my own grief journey reading about others' journeys. On the cover of that issue, we shared the "Stages of Grief." So many times in life we would like to just make our list, and move through it, checking off each box as we complete that task or stage in life. While I would like to tell you it's easy to get from Point A to Point B in your grief journey, from my experience over the last 10 years, even when you think you have completed that stage and moved on, you suddenly, unexpectedly, find yourself back in that stage. And sometimes you jump on to a different stage.... and perhaps step back again.

Grief is not a linear journey. It's more like those mazes we did as a kid on the back of cereal boxes (OK, I still do them today), where you go one way, find a dead-end, have to back-track, try a different path, get a little farther before you are blocked, all to reach the Finish. Unfortunately, in grief, you will have all those twists and turns, turning back to find a different way, taking different paths, but the Finish isn't until we reach heaven with our babies.

And we have a huge disadvantage. I'd like to tell you your path will be like looking at the maze, on the back of a cereal box, where you can easily see what lies ahead, where the dead-ends are, but it's not.

This past fall we went to a local corn maze where they post questions throughout the maze and if you answer correctly, it will tell you to turn right or left. When we began, we felt like a champion answering that first question, finding sign #2, and continuing through the first five questions. But at some point in the maze, confusion and uncertainty crept in, as we were uncertain where the next sign was at. We found ourselves taking incorrect turns, going in circles. We found #6... multiple times. But couldn't seem to get to #7. Soon, darkness

Continued on page 21





# M.E.N.D. CHAPTER UPDATES

## Greater Houston Area

Ten of us from the Greater Houston Chapter traveled to Dallas in February to go to the M.E.N.D. Leadership Conference. This yearly conference is a time to learn and share for the M.E.N.D. leadership from all over the United States. We all were so blessed by the time spent this weekend and are ready to continue to serve the mommies and daddies in the Greater Houston area. This spring we are holding a M.E.N.D. Bears for Babies fundraiser, it is our hope to raise over \$5,000 so we can have funds to provide 300 bears to hospitals in the Greater Houston area. If you would like to sponsor a bear in memory of your baby, email me at stormym@mend.org for more information. Also, if you have a doctor you would like us to send M.E.N.D. information to, please email me and we can send them a Doctor Packet that has resources and information about our support groups and other support for families.



*Stormy*

## Palm Beach, Florida

We are so amazed by what God is doing with M.E.N.D.–Palm Beach, Florida this early in the year! He answered our prayers for a wonderfully devoted assistant, Christine Mori, our local news channel has taken an interest in our Chapter and what M.E.N.D. is bringing to our County, and we have finally become a resource for all 9 of our area hospitals! We have seen the impact of M.E.N.D. first-hand in the lives of the new families that have discovered our Chapter and can't wait to see what God has in store for us next!



*Jessica*

## MidMichigan

M.E.N.D.–MidMichigan has been growing with the help of our friends on social media and in the community. We appreciate everyone who shares our support group reminders with friends and family.



We are looking forward to getting into the community to bring awareness of the hope and support M.E.N.D.–MidMichigan can provide to families grieving a neonatal or infant loss.

*Karen*

## Tulsa, Oklahoma

M.E.N.D.–Tulsa recently attended the annual M.E.N.D. Leadership Conference in Irving, Texas. I was glad that my assistants Kristina Cobler and Cat Markham were both able to attend this year. Thank you to the Dallas chapter for hosting. We had a great time and enjoyed getting to know the newest members of the leadership team. We were able to come away with many fresh ideas to help continue to minister to grieving families.



*Lisa*

## Southwest Missouri

Our leadership recently met to plan our year. We are looking forward to expanding our influence by joining organizations in our community to spread the word about our chapter. Save the dates for the following events:

April 12, 5-8 PM:

31 Party at Neighbor's Mill in Springfield

May: Paint Party - exact date and time TBD

September 7, 10 AM- 12 PM:

Balloon Release at The Springs Church

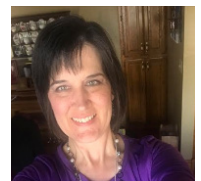
October 15, 7 PM: Wave of Light, location TBD

December 10, 7 PM:

Christmas Candlelight Ceremony  
at Second Baptist Church

Our leadership continues to be blessed by the support and encouragement of Second Baptist Church and their World Missions Conference held the last weekend of February. We were able to share with its members about our ministry and advocate for our families. We were prayed over, fed, entertained and loved on the whole weekend.

While Kathryn attended the World Missions Conference, Ashley Sudheimer represented our chapter at the M.E.N.D. Leadership Conference in Dallas. She brought back to us new ideas and updates for us to implement.



We continue to add new members to our Facebook group and our monthly support group. We are honored to walk alongside you as you grieve the loss of your baby.

*Kathryn*

## Denver

M.E.N.D.—Denver is partnering with more local hospitals and doctors to offer support to their patients. We are praying for each mom who has reached out to us to have the courage to join us at a monthly support group for in-person support and friendship.



Kimberly

## NW Washington

M.E.N.D.—NW Washington leadership team had a great time learning from our fellow M.E.N.D. leaders from across the country. We are continually striving to learn and find new ways to grow our chapter of M.E.N.D.. We welcomed three new families this year. Please pray with us that we can support them in their grief, as well as any other new families we meet this year.



Stacy

## Chicagoland

M.E.N.D.—Chicagoland is thankful for the experience of our annual Leadership Conference which helps us learn how to better serve and meet the needs of grieving families in our area. We are thankful for God's faithfulness through all our chapter has experienced in the last year and it continues to be an honor to walk alongside families in their time of loss.



Sara

## Bryan/College Station, Texas

M.E.N.D.—Bryan/College Station leadership had a wonderful time at our M.E.N.D. Leadership Conference in Dallas. It was a time of reflecting, renewing, and learning new ways we can better serve the families in our community. Stay tuned for more updates on upcoming events in 2019.



Jennie

# Coping Mechanisms

*Written by Jennie Drude*

*Mommy to Dharma, Stella and Liza*

M.E.N.D.—Bryan/College Station Chapter Director

**C**oping mechanisms: Coping mechanisms are the strategies people often use in the face of stress and/or trauma to help manage painful or difficult emotions. Coping mechanisms can help people adjust to stressful events while helping them maintain their emotional well-being.

I never really thought the things I was doing and habits I was forming were just that: a coping strategy. I have been a parent for 11 years. The first eight of those were learning to live day-to-day in a world where my daughters did not. Being a parent when you have no one on earth to parent would lead anyone to finding ways to cope. Whether in healthy ways or unhealthy ways.

After our first daughter died, I feel like I went the "healthy" coping mechanism route: reading my bible, clipping coupons (remember "Extreme Couponing"? That was my goal), Lifetime movie marathons, and of course, eating my feelings.

When we had our next loss, it completely rocked my world. I went the "not so healthy" route: taking too many prescribed medications in the "not as directed" manner. I just wanted to escape. I didn't want to feel the feelings anymore. My loving husband and fellow

M.E.N.D. mom besties were keeping a close eye on me and encouraged me to stop the behavior I had formed. I am so thankful they did.

When we had our third loss, I wanted to jump right back into old...bad...habits. But I didn't. One of my favorite hobbies is DIY/crafting: making things that are ugly into something pretty. Redecorating a room in my house on the smallest budget possible, using my Silhouette to make shirts, ornaments, and wall decor, upscaling free furniture your neighbors left in the street. These were all therapy to me. I also decided I needed some "me" time. I found a local beauty school that provides luxury spa services at very discounted prices! (Have you figured out that I am super cheap?) Another thing that worked for me: antidepressants. This can be a taboo subject for some, but it really should not be.

One thing that has always always always been part of my journey through motherhood is giving back to other moms like me. My husband and I have been providing hand painted memory boxes to local hospitals for almost 11 years now. Painting and praying over the moms who will receive it later was so precious to me.

I wanted to tell you about my array of coping strategies because I am sure you can relate to at least one. And I never want a fellow loss mom to feel weird or alone. If you are needing tools to help guide you through your own journey through motherhood, please talk to other M.E.N.D. moms, talk to your doctor, talk to your minister. Talk.

# Sometimes We Just Need More Help

*Story of Catherine Harvey*

*Mommy to Amanda, Calypso, Bubba and Dagok*

*M.E.N.D.—Dallas/Fort Worth*

When Catherine first shared her story with me, I knew she was only sharing just a small part of her babies and their lives. Even in those few short paragraphs, I could hear there was so much more unsaid that needed to be said. There was so much more you, our readers, could relate to... who have also struggled with the mental battles, and even some who have traveled a similar road to Catherine's, and need to know you are not alone.

After working together, Catherine's few words on paper blossomed to the story of her babies' lives, her battles within, and the family, friends and organizations who have helped her along the way.

We hope in this story you will take comfort in knowing that we each face struggles as part of our journey, and it's okay to seek help.

*Jennifer Harrison, Newsletter Editor*

## My babies

My first baby's name is Amanda. In May 2005, at eight weeks along, we saw my beautiful baby on the sonogram. But what we didn't see was her heart beating. She measured only six weeks along, so she had died two weeks before I started bleeding. I was losing my beautiful baby. My husband was so sad. I wish they had printed the picture. The doctor advised me to take some Valium, gave my husband the prescription, and sent me home. I had a tough birth at home. The cramping was horrible. I had to push the tissue out of my body. She was in a very tiny sac. It was my body that failed. While my baby was beautiful, all the things surrounding her birth was ugly.

And then came my second loss in August of 2005, a missed miscarriage. I was only five weeks along, so there was a little bit of bleeding, but no cramps. Her name is Calypso.

On July 9, 2006, I gave birth to my beautiful daughter, Genevieve. She is a spirited and stubborn kid. I couldn't believe I was finally able to "mom" a baby on earth. But just having a living child didn't make "everything better" as we sometimes are told, which I will share more later.

My fourth pregnancy, Bubba, was six weeks along in December of 2007, but there was nothing on the sonogram. Only silence. It was awful.

Dagok, my fifth baby, was six weeks along when I lost him in September of 2008. There was cramping and heavy bleeding. I had a D&C with him. The test was inconclusive.

My daughter Bella Noelle was born on June 27, 2009. I became pregnant with her right after losing Dagok. The doctor said my placenta was in front, but eventually moved to the right place and was able to give birth to Bella.

We figured the ovarian cyst, low progesterone, and clotting factor contributed to miscarriages (I used baby aspirin & progesterone with my rainbow babies). I was told to only use Tylenol for pain during pregnancy if needed. After Bella, we decided to no longer try to have any more babies.

## The hard parts

While giving birth to each of my babies, living or not, was hard, the mental aspect of EVERYTHING was hard.

I shared earlier that my doctor gave me Valium with my first baby, and even sent my husband with the prescription. I chose not to take the Valium. I know Valium helps with the pain, but I just stuck with Advil for the pain.

As I mentioned earlier, while a rainbow baby is a blessing, it also doesn't make "everything better" as we are sometimes told by those "trying" to help. After I had Genevieve, I became a stay at home mom. Genevieve is a very high-spirited child. She was constantly moving around even when she was immobile. She found a way to crawl very quickly. And I was horribly psychotic. I didn't tell the doctor because I thought I would be okay. But my husband worried when I re-washed the laundry six times. I felt like I was drowning! I quit breastfeeding after two months; I just felt better when I could give her a bottle. I finally found a moms' group online and met them at the park. These women gave me advice on everything and helped me through my anxiety.

After Genevieve, we had two more losses, and then had Bella. I had people come to help me, including my mom, my mother-in-law offering to come, and lots of neighbors and babysitters. I couldn't imagine my life with two babies (Genevieve was 3 at this time). But, unfortunately, I was becoming frustrated with those helping me, and my anxiety was getting worse. I knew I needed psychiatric help. The psychiatrist forced me into the hospital for three days in September 2009. We were able to get the medication I needed. Thankfully we had neighbors and babysitters to help with the kids.

When Bella was 2 years old, I was once gain sent to the hospital, and thankfully my friend helped with the kids until I could come home again two days later. My psychosis was hearing voices and sadness. I gained a lot of weight. Some tough decisions had to be made, including getting a tubal since I had a hard time with kids. But also after my tubal, I was horribly depressed.



I had also always hoped I could return to work, but I couldn't find a higher paying job to offset costs. My husband does make enough money to support us as we are right now.

My last pregnancy with Bella was my very last pregnancy. I'm to the point I'm glad I'm not having any more babies. I now take Seroquel and Zoloft. These are my magic pills that help me. I want to be a good mom, and sometimes that means getting help when we need it, through friendships, prayer, and sometimes even medication and counseling.

### Help along the way

**D**uring all of this, I found help. I've learned I can't and won't blame myself. My body just failed. I had to hold on to the fact that God has a plan for me. I had to and continue to pray that God will help me through all of this. I'm grateful for God walking through each pregnancy with me and still continues to today.

I found some wonderful friends on Silent Grief ([silentgrief.com](http://silentgrief.com)). Silent Grief is a website and chat forum. Everyone was a stranger to me, until I started talking to them. I met many friends who walked with me, especially Judy and Mandee, even though it was only online chat. We talked about our losses, rainbow babies and God. Sometimes the girls were angry, heavy in the midst of grief, but there were also those who helped me be strong in my faith in God. I even went to visit one of my close Silent Grief friends in Colorado.

I visited my brother in Colorado when I visited my Silent Grief friend, and he visited me when Genevieve was a year old, at the time when his wife was also pregnant. I love to call on her and ask her for help and keep in touch with my brother.

I also had friends I could call on the phone, providing me time for tears and laughter, which I needed since I had quit my job to be a stay at home mom.

As I mentioned earlier, having a living child doesn't fix it all. I was very depressed. But I had friends who helped me, whom I am forever grateful for. The moms' group I mentioned earlier was also a great blessing for me,

providing advice, and helping me be a little less anxious. I also had a friend who came and helped me, even in the small things, such as feeding my child a hot dog, while I worked through my anxiety and fears about the possibility of her choking on it (which didn't happen, but I had read about it and was very fearful of it).

I'm also grateful to my husband, who walked this rough road with me. He opened up as we worked through all the losses. There were times and situations that took a toll on our marriage, but we continue to make it through.

M.E.N.D. is another part I am thankful for. M.E.N.D. is a reminder to help other women. I am part of the Dallas/Fort Worth chapter, and attend the Walk to Remember as a reminder that we never forget. I am thankful for M.E.N.D. for encouraging all moms and dads. I love all the ladies who work so hard to give us a little peace.

### Advice for Moms

**W**hat advice can I give? Don't say YES to PTA/PTO, school functions and new pets. Say YES to YOU. Take a small vacation for yourself. It was so wonderful to spend a week with my husband and baby. I did visit my Silent Grief friend in Monterrey, California, when Genevieve was a year old. Her daughter is two months younger than Genevieve. Keep in touch with friends. If you don't like phones then text someone. Some people don't like texting, but it helped me. Write a traditional letter on paper. Keep the letter or mail it to someone. I kept a journal to keep my thoughts clear. EAT whatever you want! Don't DIET after a loss! I started exercising, and it saved my life! When I felt suicidal, I would go for a run. My friend actually texted me when I thought about death. She dragged me to Crossfit and I am now a 2-year member. Exercise lifts me up! The devil will not catch me! I am a storm!



During grief, we will be faced with a myriad of feelings, which depression is one of them. It is part of the grieving process. Many of us may deal with some or even all of the symptoms of depression (listed below) at some point in our grief journey, and may find ways to work through these. There are times, though, when more help is needed. Depression can be successfully managed with medication, psychotherapy, or a combination of both. If you or a person you know is experiencing any of the symptoms listed below on most days, over a 2-week period or longer, or simply feel they are becoming overwhelming in your life, make an appointment with a physician as soon as possible.

- feeling sad, empty or hopeless nearly every day
- losing interest or pleasure in things that you used to enjoy
- feeling guilty or worthless
- changes in appetite (decreased or increased appetite)
- sleep changes (sleeping too much or too little, difficulty going to sleep, early morning wakening)
- fatigue (feeling overly tired and lacking energy for daily activities)
- restlessness or slowed movement
- difficulty with concentrating, thinking or making decisions
- thinking of death, suicide, self-harm or attempting suicide

If you or a loved one is struggling with feelings of self-harm or suicide, seek medical attention immediately.

# In Loving Memory

## Thank YOU for your support

### **Jackson Thomas Arnold**

August 6, 2018  
Parents: Layne and Helena Arnold  
Gifts given by  
Anonymous  
Amber Lyvers

### **Mikaela Constance Bartmas**

Stillborn June 2, 2018  
Congenital Diaphragmatic Hernia  
Parents Becca and Rick Bartmas  
Given by Rapha Searing

### **Grace Irene Biglieni**

December 6-19, 2007  
Hypoplastic left heart syndrome  
Given by mommy Lindy Glos

### **Zelda Amirah Bridge**

Stillborn January 17, 2017  
Preeclampsia  
Gifts given by  
Parents Monica and Jeff Bridge  
and little brother Jace  
Maria and Mustafa Odeh

### **Harrison Joshua Carter**

Given anonymously

### **S. Chapin**

Parents Teryn and Chad Chapin  
Given Anonymously

### **Abigail Grace Crump**

July 1, 2003  
Trisomy 18  
Gifts given by  
Parents Gerald and Jaimie Crump  
and little sisters Cami and Karli

### **Brooke Sophia Daily**

Stillborn March 11, 2010  
Vasa Previa  
Gifts given by  
Parents Jeremy and Lisa Daily  
and sisters Sarah and Savannah  
Carol and John Eck

### **Parker and Riley Davis**

November 14, 2006  
Premature  
Given by parents Rob and Cheryl Davis  
and siblings Annalise and Owen

### **Logan Hunter Edgington**

Given by Sylvia Smith

### **Alex Etemadi**

Given by Shabnam Etemadi

### **Paislee Ann Frette**

April 4-5, 2012  
Wolf-Hirschhorn Syndrome  
Parents: Brent and Courtney Frette  
Little sister: Colbie  
Given by Grandparents James and LuAnn Junkin

### **Kirsten Fumagalli**

April 25, 1981 - March 14, 2018  
Colon cancer

### **Airrington Hope Fumagalli**

Stillborn December 22, 2013  
Unknown cause

### **Jakoebi Michael Fumagalli**

Miscarried November 22, 2011  
Ectopic pregnancy  
Husband/Father: Michael Fumagalli  
Sons/Brothers: Gable and Maverick  
Given by Maureen and Mark Fumagalli

### **Samuel Hintz**

Stillborn October 30, 2008  
Cord accident  
Given by parents Greg and Sara Hintz  
and siblings Louis, Caleb, Anna, Elijah, Hope,  
Levi, Isaiah, Kaliyah and Oakley

### **Cambri Jade Jenkins**

September 8, 2010

### **Baby Jenkins**

July 8, 2013  
Given by parents Jeff and April Jenkins  
and siblings Clara, Chandler and Colt

### **Baby Lamar 1**

September 13, 2016

### **Baby Lamar 2**

September 14, 2018  
Given by mommy Markesha Lamar

### **Megan Moree**

Given by Jack Moree and Kelli Redman

### **Jonathan Daniel Mitchell**

Stillborn June 24, 1995

Cord accident

### **Baby Mitchell**

Miscarried December 2001

Given by parents Byron and Rebekah Mitchell

### **Gavin Nichols**

Given by Erica Starks

### **Lillian Belle Noto**

January 10, 2019  
Parents: Jeff and Anna Noto  
Gifts given by  
Carolanne and Don Brown  
Fidelity Charitable  
COPAS of Dallas  
Debbie and Mark Thurmond

### **Margot Lily Perry**

Stillborn June 10, 2013  
Cord accident  
Parents: Brandon and Marisa Perry  
Siblings: Adeline, Bennett and Noelle  
Given by grandparents Mary and Norman Lorentz

### **Ben Peters**

December 25, 2015 – February 16, 2016  
Parents: Allison and Ben Peters  
Given by Berneatha Wilder

### **Cayla Polk**

Given Anonymously

### **Lily Anna Pok**

Given Anonymously

### **Hudson Potts**

Given by Kira Walker

### **Jacob Austin Ryan**

Stillborn January 23, 2018  
VUE  
Given by Jeanne Jacobs

### **Morgan Schear**

Miscarried March 28, 2006  
Given by parents Paula and Nobel Schear  
and brother Isaac

### **Jaime, Jesse, Justice, Baby J and Jeremiah Simpson**

Given Anonymously

### **Mindy and Maggie Smith**

Stillborn November 4, 1997  
TTTS and Polyhydramnios  
Gifts given by parents Scott and Karla Smith  
and siblings Travis and Julia

### **Zoe Steele**

Parents: Terrence and Kim Steele  
Gifts given by  
Texas Farm Bureau Insurance Co.  
Mario Coscia  
Anonymous

M.E.N.D. gratefully acknowledges these gifts of love given in memory of a baby, relative, friend or given by someone just wanting to help.

These donations help us to continue M.E.N.D.'s mission by providing this newsletter and other services to bereaved parents free of charge. For more information on how you can support M.E.N.D., please see the "About M.E.N.D." section in the back of this newsletter.

**Landree Jean Stout**

Stillborn December 15, 2010

Parents: Kory and Hillary Stout

Siblings: Harrison, Karsen, and Elin

Given by grandparents Bonnie and Michael Stout

**Eva Juliette Talavera**

Stillborn May 7, 2015

Cord accident

Parents: Lexi and Miguel Talavera

Little sister: Mia

Gifts given by

Charles Mazac

Katherine Talavera

Linda Thurman

**Benjamin Tyler Trujillo**

June 23, 2018

Trisomy 18/Edward's Syndrome

Given by Mommy Jessica Trujillo

**Kaiya Dawn Walker**

October 23, 2009

Premature

Given by Mommy LaRhesa Johnson

and twin sister Kaidyn

Grandmother Mary Johnson

Godparents Beth and Lucky

Godsister Leah

Aunts Leslie Hill, Jessie Sandle

Robert Hammarberg

Laura Ampol-Hall

**Michael Wayne Wallace**

Given Anonymously

**Blake Ted Wren**

Gifts given by

Parents Joel and Jennifer Wren

Haley Wren

**Elliot Joseph Wood**

Stillborn December 21, 2011

Unknown cause

**Livvy Dianne Wood**

March 1993

Given by parents Ron and Halee Wood

and brothers Reese and Hyun

**Adrian Joseph "AJ" Zuckerman**

Stillborn March 30, 2007

Cord accident

Given by parents Al and Amber Zuckerman

and brothers Eli and Alex

**Gifts of Support:**

Christ Church Assembly of God, Fort Worth, TX

Second Baptist Church, Springfield, MO

Joseph Leahy

Laura Sauvageau

Hillside Baptist Church, Springfield, MO

Georgia and Dick Loy

Linda Thurman

Given by Pink &amp; Blue Project /

Baby Basics Cloth Diapers

Laura Stallings

# M.E.N.D.

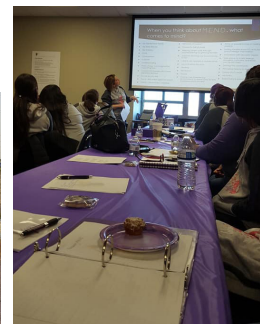
## Leadership Conference



What a beautiful time we had at our annual Leadership Conference for M.E.N.D. We began our weekend discussing the newsletter - how it has changed over the past year to becoming more like a magazine and topics to cover in future issues. We also had a great discussion on fundraisers, giving chapters an opportunity to share what work and didn't work, and ideas for future opportunities. We also heard from Allyson Smith, as she shared her ministry to moms in Kijabe, Kenya. The stories we heard about the moms enduring loss in Africa were heartbreaking, so it was wonderful to hear the good Allyson and the organization she is a missionary with, Still a Mum, are doing in that area.

The next day began with praise and worship, then discussed social media, branding, presentation skills, ways for outreach, information gleaned from other conferences, and a variety of other topics to help train current and potential leaders. We also had a time of sharing outreach success stories, such as some chapters provide memory boxes to store baby items, bears, books and other mementos to hospitals to provide to families in their grief. In doing this, the family not only has a bear to hold as they leave the hospital instead of empty arms, but they have something to read or color, and information about M.E.N.D. and how to find our support groups when they are ready. The donations/funds provided for M.E.N.D. are used for some of these items since all of our services are free.

We concluded our Saturday evening with just a quiet time of fellowship at President/Founder Rebekah Mitchell's home. We all had such a wonderful time connecting with other leadership, and supporting each other, so we can return to our chapters and continue supporting families.





# Joshua

*Written by Aida Stoma*

*Mommy to Joshua and Baby Girl Stoma*

M.E.N.D.—Greater Houston Area



One day, after both brain scans came back showing no brain bleeds, we were told they both had a 95% chance of making it home, that is without the risk that comes with infection. "Infection..." I thought to myself. "There are antibiotics for that," and sort of put it out of my mind. For the first time in almost two weeks I felt hopeful, truly hopeful. I felt a portion of this heavy burden I was walking around with had been lifted a small degree and that for the next four to five months we would spend most of our time in the NICU. Little did I know how critical the word "infection," would be.

Three days later I was told Joshua was going to start antibiotics for a possible infection. Of course, I went back to crying and total panic mode. I was assured it was preliminary at this time, and no other symptoms are presenting other than an elevated white blood cell count. I wasn't sure what to think, so of course, I prayed and asked my friends and family to pray.

I couldn't hold him that day because we were letting him conserve all his energy to fight off this suspected infection. I was able to hold my daughter, Rachel, for the first time so I spent a few hours holding her. It was a time of mixed emotions. I was so concerned for my son and happy for my time with her.

The rest of the day unfolded quickly, and to be honest, I don't remember most of it. His infection had taken over his body, and it was evident that he probably wasn't going to make it from the actions of the medical staff. I couldn't even process it all. A helicopter was called, and it was waiting a few floors above us, but they couldn't get his heartbeat above a stable point. I was constantly talking to him. I was reading him his little Bible someone bought him. I sang. I prayed. I cried. I begged God not to take him. I remember telling him that if he was too tired, it's okay to let go and that you have family in heaven who love you and will take of you. I also remember telling him about how much joy he has brought to my life and will continue to bring.

The flight crew stayed in the hallway for what seemed like hours. It was finally decided that it had

My husband and I had been trying for some time to start a family. With me being in my late 30s, we decided to seek help from a fertility doctor. After two IVFs, we were expecting a little girl. Unfortunately, we lost her early in the pregnancy, which was completely devastating. We decided to try again with two embryos. This time we were surprised and overjoyed to find our boy and girl were growing.

I was such a nervous wreck and always worried about pregnancy complications. We made it to 25 weeks without a hitch. Then one Saturday morning (February 25, 2017), two days just past 25 weeks, things took a drastic change. Before I could even process what was happening I was being wheeled to the OR for a rapid C-section.

My little loves, Joshua and Rachel, were born at 7:57 and 7:59 AM, both weighing under two pounds. I was completely and utterly terrified. In the early days, they both experienced the usual 25-weeker things such as ventilators, feeding tubes, belly lines, X-Rays, blood gas tests and IVs.... It was so heartbreaking to watch, and I cried ALL the time. I was always (and still do at times) blaming myself for not taking better care of them and letting this happen. I was usually told they were stable and even starting to gain weight, which was all you could ask for at this point.

Joshua was such an active and alert baby. He was always watching me watch him with those big brown puppy dog eyes. I was so in love with him. When he would look at me, it was like he could see into my soul. I know that sounds cheesy, but it's true. It's almost as if he could sense how scared I was for him and his sister. But then he would look at me, his eyes telling me he was okay. On March 7, I was even able to hold him for the first time. It was the most magical and glorious two hours of my life. I held him again two days later and loved every second of it.



Leaving the hospital and going home without them was so empty and traumatic. There were several times in which my husband would drive us back to the hospital in the middle of the night because I was so afraid I would never see them again.



been too long with a low heart rate and oxygen level. They had me sign a waiver, and the flight crew went back to the Medical Center.

We decided I would hold him a little, my mom

would, and then we would stop manual respiration while my husband held him for the first time. It was truly emotional, devastating, unbelievable and completely heartbreaking to watch my sweet boy take his last breaths and waiting for his heart to stop beating. It was 12:57 AM, March 12, 2017, when that moment came. I got to bathe him and dress him in a little gown. We spent the rest of the night and next morning holding him before the funeral home came for him. I was horrified at the sight of the little coffin in which they put him. I remember collapsing at this point. We were able to spend some time with him the day before his funeral. He was so perfect looking and looked like a sleeping angel.

The day after Joshua's funeral, my daughter started to show the same symptoms, so she was airlifted to the Medical Center and was able to overcome the infection. She spent a total of 136 days in the NICU.

Having twins has been good and bad for coping with this indescribable loss. Caring for Rachel is a great distraction. There are times when I want to stay in bed and cry, but I don't have that option. She keeps me moving every day. She is also a constant reminder of a milestone missed for my sweet guy. Watching her play alone is often difficult to observe because she was supposed to have a little play buddy. I am supposed to have two toddlers destroying my house.

I find myself daydreaming all the time. I dream of what he would look like, what his favorite foods are, favorite songs, favorite toys, etc...

I have found active ways to keep his memory alive which helps me cope with this unspeakable loss. I have always been open about my grief and have expressed that my biggest fear is for him to be forgotten or not counted as a nephew, cousin, grandson, son or a sibling. He had his own birthday cake as well. He was baptized by intent when Rachel was baptized with a candle and everything. My family and friends give me little toys or ornaments for him and leave things at the cemetery as well. At my first M.E.N.D. support group, I got ideas of how to mention him to strangers without always having to tell people he lives in heaven. We keep a picture of him in

almost every room of the house so we can see his big brown eyes. We also have a memory table of him in our home in which I also decorate and light candles.

I love to spend time with him at the cemetery.

It is still incredibly hard for my husband to visit the cemetery because he, like me, knows our little Joshua is a few feet below from where we are standing, but out of sight, unhuggable and untouchable. I read him books and I talk to him about what is happening with our friends and family. I leave tokens from places we have been and always decorate his forever bed with holiday and seasonal decorations. After my visits to the cemetery, I always plan an errand after in order to find a way to have a productive day. This helps me from crying the rest of the day.

If I find myself tearing up at work, I have found a few quiet spaces where I can sit for a while until I am collected. My colleagues had The Woodlands Township install a park bench at our neighborhood park with a plaque with his name, Joshua Clay Stoma II. On their birthday I left a bucket of chalk and bubbles at the bench with a note about celebrating his birthday. The sweet neighborhood kids wrote Happy Birthday messages to Joshua on the concrete around the bench. It was so heartwarming to read them all. The last 22 months have felt like a lifetime of sadness and grief but keeping his memory alive and name often said has been the best coping mechanism for me.



Birthdays after loss are not what we envisioned during our pregnancy. Twin sister, Rachel, had her 1<sup>st</sup> birthday pictures taken at the bench and plaque dedicated in honor of Joshua Clay Stoma, II.



# Sólo Hablar de Ello

*Artículo de Presidente y Fundadora,  
Rebekah Mitchell,  
Mamá de Jonathan Daniel y bebé Mitchell*

Me tomó varios días para poder sentarme a escribir este artículo porque cuando vi que el tema era Mecanismos de Afrontamiento, necesitaba tiempo para reflexionar sobre cómo yo pude superar cuando mi Jonathan nació sin vida hace casi 24 años. ¿Qué fue lo que hice que me sostuvo durante las oscuras semanas y meses iniciales? Después de mucho pensamiento, un puñado de cosas se me vino a la mente que fueron beneficiosos durante ese tiempo, pero lo que más recuerdo que me ayudó era que simplemente necesitaba hablar de ello. Y hablar de ello. Y hablar de ello. Hablé de "ello", o sea, hable de todo lo que pasó - el reposo en cama en el hospital, el trauma dramático de la enfermera tratando de tomar signos vitales rutinarios, pero no poder oír tonos del corazón, mi cesárea unas horas más tarde, que bello el fue, el funeral, lo que dijo la gente o lo que no dijo, mis pensamientos, sentimientos y emociones crudas. Hablé de ello sin fin a mi esposo Byron. Derramé mi corazón a mis hermanas en el teléfono hasta la madrugada. Regularmente hablaba con mis amigos y compañeros del trabajo sobre ello. E incluso "hablé" con desconocidos en el Internet acerca de ello. De hecho, he estado hablando sobre ello casi cada día desde el 24 de junio de 1995. Me doy cuenta de que todavía necesito hablar - pero no siempre para mí. Comparto parte de mi historia con mujeres jóvenes cada día que llegan a nuestro Ministerio... al hablar de ello.

Aprendí durante mi camino afligido que hablando de mi bebé y mis sentimientos eran muy vital para mi sanación. Una vez oí un proveedor profesional de la salud mental decir, "el primer paso para sanar es hablar de ello". Por eso M.E.N.D. ofrece una variedad de grupos de apoyo mensuales por todo el país. Nunca tenemos oradores invitados, que eso requiere que todo el mundo escuche tranquilamente. En cambio, ofrecemos un ambiente íntimo, en vez de una fría oficina clínica para los padres afligidos puedan venir a hablar de ello. Cada uno de los capítulos M.E.N.D. tiene su propio grupo en Facebook para que las familias pueden con seguridad "hablar"

cada vez que necesitan con miles de personas que personalmente conocen y entienden su dolor.

Apenas hace una generación, las mamás no podían hablar de ello. Bebés nacidos antes de tiempo o bebés nacidos sin vida fueron rápidamente envueltos en una cobijita y llevados lejos de la madre sorprendida. A menudo los padres abecés no sabían si el bebé era un niño o una niña. Estas pobres madres jóvenes no tenían nadie con quien compartir su angustia. Me han dicho madres mayores que han sufrido pérdidas durante ese tiempo que si alguien se atrevía a hablar de ello, era en tonos calladitos, como si fuese un secreto o algo vergonzoso. El otro día recibí una llamada telefónica de una señora quien la hija de una su amiga recientemente había dado a luz a un bebé sin vida. Según esta señora, ella buscaba ayuda para esta madre que desesperadamente necesitaba ayuda. La misma señora también llegó a decirme que ella había sufrido una pérdida hace unos 40 años pero era cuando, "el tema no se hablaba" y no sabía cómo lidiar con esta madre milenaria que quiere hablar de ello todo el tiempo y que incluso se refiere al bebé por su nombre! Tuve que tomar un suspiro profundo y explicarle a esta señora mayor que sí, que hablamos de ello hoy y de cómo hay prueba de que hablar es mucho más saludable que embotellar una pérdida tan traumática y sentir que hablar del bebé es pecado.

Por lo tanto, me he dado cuenta de que mi mecanismo de afrontamiento primario en 1995 todavía es el mismo hoy en el año 2019: hablo de ello. En M.E.N.D. tenemos siempre un oído para escucharlos. Si no está ya conectado con nosotros asistiendo a uno de nuestros grupos de apoyo (en persona o en línea) o a través de Facebook, nos encantaría escuchar su historia y darle la oportunidad de hablar de ello. O tal vez usted es una persona tranquila y siente su pérdida es privado y hablar de ello no es lo que le parece útil para usted. Eso está bien, y usted puede decidir escuchar a los demás.

Este boletín está lleno de una variedad de formas de como las mamás están lidiando con su dolor. Somos diferentes así que lo que funciona para algunos, puede ser que no es la mejor opción para los demás. Es mi esperanza que después de leer este tema, que tome tiempo para pensar en lo que le ayuda la mayoría del tiempo pasar cada día. Aprenda reconocer lo que es útil y no útil para usted, y por supuesto al principio, sabemos que puede cambiar cada día. Simplemente no trate de hacerlo solo. Cada uno de nosotros en M.E.N.D. hemos experimentado personalmente la muerte de un bebé así que entendemos su dolor. Reconozca que estamos aquí para usted y lo consideramos un honor caminar este sagrado camino de pérdida a su lado con usted.



"Nearly 10 Years Later" continued from page 11.

also crept in, swallowing us, and our cell phones were the only things we had to provide light in our dark situation. I am already directionally challenged, so I wouldn't have been able to tell you which way we entered the maze in the day time, much less how after I had run so many circles in the maze, and now to make it worse we were in the dark. We didn't know where we were or which way to go. We didn't know where the next sign was, or if we were backtracking. We simply kept moving and guessing because that's all we knew to do. Many times we hit dead-ends. Many times we found ourselves going in circles. A few times we found ourselves back at sign #6, and even though we knew the correct answer, we still continued to get lost, unable to find sign #7. We could only see what was right in front of us, and guess what our next step should be.

That corn maze is kind of like our grief journey. We are blind in our grief, trying to see the path to our future, but with our eyesight gone, how could we see? At the beginning we thought we would get through it, but as things progressed, and things got ugly, confusion and uncertainty crept in, making us unsure which way to go. There were times I shut down, just stood there, not sure which way to go, or even if I wanted to go. Sometimes I just wandered aimlessly, feeling helpless and alone. And sometimes I was just angry, just running, not caring which way I went.

But there were times when I would stop, and I would just breathe and listen. While my sight was gone, sometimes I felt a deeper feeling within. Just one of those feelings of "Go this way." Sometimes I'd feel my husband take my hand, and he'd say, "Let's go this way."

Grief is like that. Sometimes we are so lost, not sure which way to turn. Sometimes we hit the road blocks, like the doctor telling me we can't try again until my hormones are back to normal. Sometimes we go in circles, waiting for the hormones to drop. And, sometimes, we have an unexpected detour, when 3 months later the doctor said I needed a D&C, and then a few days later the D&C is canceled since my cycle finally returned. And then the anger sets in, or confusion, or just plain sorrow, and we wander, unable to find our way.

It's during those times when we can't see our way, we close our eyes and let our other senses take over,

hearing the peace around us, and then the voices in the distance, drawing us to them. Or perhaps the hand, whether it's spouse, friend, M.E.N.D. mom, or even the invisible but loving hand of God, that gently takes hold, and guides us through the maze.

As I started writing this article, I had planned to tell you how I coped over the years. How through each stage of grief I found a new way to cope. But as I began pouring my heart into this article, I began to realize how blind I was in my journey. And I panicked in my blindness, which is totally understandable. I couldn't think straight. I said things I wouldn't normally say. As time has passed, though, in my blindness, I was able to dive deeper into myself, to search for a way to see, without my eyes.

In my blindness, I found all of you. I am blind, because very rarely do I see any of you. I receive tributes and articles from all over the world, but rarely do I ever meet any you or see your tears or smiles in thinking of your babies. In your writing though, I can smell the saltiness of the oceans of your tears. I can hear your passion for your babies; sometimes tears gently wash peacefully on the sand or sometimes crash into the rocks with a pounding unseen force. I don't need to see with my eyes to know the depth from which those tears come. Many times they trigger my own tears to fall.

So I guess if I were looking at the stages of grief, nearly 10 years later, while I still have days where I jump all the way back to the Anger stage, the majority of the time, I am in Acceptance. I have accepted that my baby died. While I am not happy about the fact that she died, I am happy that she has taught me how so many short, little lives can make such a difference around the world as I see being part of M.E.N.D.. I am happy that she has taught me that I can be blind, but I am still able to see.

While we are blind in our journey, there is One looking from above, seeing the whole picture of our journey, and how beautiful it is.



An aerial photo of the Hampton Corn Maze we visited. A visual reminder that while we feel lost in the maze of life, God sees the whole picture, and how beautiful it is.

## Stages of Grief

<b>Denial</b>	<b>Anger</b>	<b>Depression</b>	<b>Bargaining</b>	<b>Acceptance</b>
Avoidance Confusion	Frustration Irritation	Overwhelmed	Struggling to find meaning	Exploring options
Elation	Anxiety	Helplessness Hostility	Reaching out to others	New plan in place
Shock		Flight	Telling one's story	Moving on
Fear				

## About M.E.N.D.

M.E.N.D. is a Christian nonprofit corporation whose purpose is to reach out to those who have lost a child to miscarriage, stillbirth or infant death and offer a way to share experiences and information through monthly support groups, this newsletter, and our website at [www.mend.org](http://www.mend.org). For inquiries, subscription requests, deletions, and submissions to the newsletter, contact us at:

M.E.N.D.  
P.O. Box 631566  
Irving, TX 75063  
Phone and Fax: (972) 506-9000  
(Please call before faxing)  
E-Mail: [rebekah@mend.org](mailto:rebekah@mend.org)  
[jennifer@mend.org](mailto:jennifer@mend.org)  
[www.mend.org](http://www.mend.org)

Donations make the printing and distribution of this newsletter possible. Your tax-deductible contributions are greatly appreciated and should be sent to the address listed above. If your gift is made in memory of a baby, please include that baby's name (if named), date of birth and/or date of death, the parents' names, and the name of the benefactor. You may also include the cause of death (if known).

M.E.N.D. is a member of  
First Candle/SIDS Alliance  
International Stillbirth Alliance  
Pregnancy Loss and Infant Death Alliance



international  
stillbirth alliance



• Helping Babies Survive & Thrive •

## M.E.N.D. Leadership

### Board of Directors

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### Newsletter

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Co-Editors: Byron and Rebekah Mitchell

### Newsletter Volunteers

Rachel Dell, Sara Elliott  
and Stormy Mitchell

## Legacy Giving

Losing a child has changed each of our lives forever. We appreciate all financial support of the services our organization gives to bereaved parents—no matter the size of the contribution. However, some of you may have the capacity and desire to give a lifelong gift to M.E.N.D.

If you are interested in creating a legacy gift or endowment in honor of your baby, M.E.N.D. would be happy to assist you in gathering the necessary information to remember our organization in your will or trust. For more information about legacy giving, please contact Rebekah Mitchell at [rebekah@mend.org](mailto:rebekah@mend.org).

# M.E.N.D. Chapter Information

## M.E.N.D.–NW Washington

Meets the 2<sup>nd</sup> Monday at 6:30 PM  
Harrison Medical Center/Iris Room  
1800 Myhre Rd.  
Silverdale, Washington 98383  
Director: Stacy McGhee  
stacym@mend.org, (360) 662-6161

## M.E.N.D.–SW Missouri

Meets the 1<sup>st</sup> Thursday at 7:00 PM  
Project H.O.P.E.  
1419 S. Enterprise Ave  
Springfield, Missouri 65804  
Director: Kathryn Gold  
kathryn@mend.org, (417) 770-0600

## M.E.N.D.–Bryan/College Station

Meets the 2<sup>nd</sup> Tuesday at 7:30 PM  
Hawthorne Suites  
1010 University Drive East  
College Station, Texas 77840  
Director: Jennie Drude  
jennie@mend.org, (402) 704-6363

## M.E.N.D.–Tulsa, Oklahoma

Meets the 3<sup>rd</sup> Tuesday at 7:00 PM  
Canyon Crossing  
1651 E Old North Rd.  
Sand Springs, Oklahoma 74063  
Director: Lisa Daily  
lisa@mend.org, (918) 694-4325 (HEAL)

## M.E.N.D.–Chicagoland, Illinois

Meets the 1<sup>st</sup> Tuesday at 7:00 PM  
St Peter Lutheran Church  
202 E Schaumburg Road  
Schaumburg, Illinois 60194  
Director: Sara Hintz  
saraann@mend.org, (630) 267-9134

## M.E.N.D.–Palm Beach, Florida

Meets the 2<sup>nd</sup> Thursday (beginning  
October 11) at 7:00 PM  
Embark Lake Worth  
3927 Hadjes Dr  
Lake Worth, FL 33467  
(close to Turnpike & Lake Worth Rd)  
Director: Jessica Gaddie  
Jessica@mend.org, (561) 843-3509

## M.E.N.D.–MidMichigan

Meets the 1<sup>st</sup> Tuesday, at 7:00 PM  
Ashman Plaza  
713 Ashman Street,  
Midland Michigan 48640  
Director: Karen Kilburn  
karen@mend.org, (989) 577 5755

## M.E.N.D.–Denver

Meets the 2<sup>nd</sup> Tuesday at 7:00 PM  
Journey Church  
9009 Clydesdale Rd.  
Castle Rock, Colorado 80108  
Director: Kimberly Adams  
kimberly@mend.org, (720) 593-0166

## M.E.N.D.–Online Support Group

Held the 3<sup>rd</sup> Thursday at 9:00 PM (CST)  
to join, contact  
Director: Victoria Alcorn  
victoria@mend.org (469) 412-2786

## M.E.N.D.–Greater Houston Area

### Greater Houston Area Main Chapter:

Meets the 3<sup>rd</sup> Thursday at 7:30 PM  
Lone Star College,  
3200 College Park Dr, Room A228,  
The Woodlands, Texas 77384  
Greater Houston Area Director:

Stormy Mitchell

stormym@mend.org, (405) 529-6363

### Satellites in Greater Houston Chapter:

Katy, Texas:

Meets the 2<sup>nd</sup> Thursday at 7:15 PM

Katy Community Fellowship

24102 Kingsland Blvd

Katy, Texas 77494

Katy Director:

Kessi Wilhite, kessi@mend.org

Kingwood Area, Texas:

Meets the 2<sup>nd</sup> Thursday at 6:30 PM

6450 Kings Parkway

Kingwood, Texas 77346

At Rosemont Assisted Living,

2<sup>nd</sup> Floor Community Room

Kingwood Director:

Nikisha Perry, nikisha@mend.org

### Subsequent pregnancy group

Meets every other month

on the 3<sup>rd</sup> Thursday at 7:30 PM,

led by Stormy Mitchell

(stormym@mend.org)

### Daddy's group

Meets quarterly

on the 3<sup>rd</sup> Thursday at 7:30 PM,

led by Greg Miller

(stefaniem@mend.org)

## M.E.N.D. Support Groups in the Dallas/Fort Worth Metroplex

Join us for a time of sharing experiences.

Mommies AND Daddies  
are both welcome at all  
M.E.N.D. support groups.  
Unless otherwise noted,  
all support groups are held at:  
Wells Fargo Bank  
(building with black windows)  
800 W. Airport Freeway  
Irving, TX 75062  
(Located off 183,  
between MacArthur and O'Connor)  
Support groups will be in  
the bank board room,  
located on the first floor.  
For more information,  
call (972) 506-9000.

M.E.N.D. chapter support groups  
are held the 2<sup>nd</sup> Thursday of  
every month  
from 7:30 - 9:00 PM

Daddies group  
meets the 2<sup>nd</sup> Thursday of  
March, June, Sept. and Dec.,  
from 7:30 - 9:00 PM  
A time for dads to meet together  
and discuss topics relevant to them  
as fathers. Our moms and dads  
meet together for introductions  
before dividing into two groups for  
discussion.

Subsequent pregnancy group  
meets the 4<sup>th</sup> Tuesday  
from 7:30 - 9:00 PM  
Led by Liz Walker: liz@mend.org  
For families who are considering  
becoming pregnant or are currently  
pregnant after a loss.

Parenting After Loss group  
meets the 1<sup>st</sup> Thursday at 7:30 PM  
at Panera Bread  
1900 Preston Rd.  
Plano, Texas 75093  
Contact:  
Laura Bateman at laura@mend.org or  
Tina Rusert at Tina@mend.org  
for more information  
For families who are raising living  
children after a loss.



M.E.N.D. Mommies Enduring Neonatal Death  
PO Box 631566, Irving, TX 75063  
USA  
(972) 506-9000  
*Return Service Requested*

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U.S. POSTAGE  
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... that we can comfort those in any trouble with the comfort we ourselves have received from God... 2 Corinthians 1:4

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