



The Hygeia Newsletter

Issue No. 4, Winter 2011

Grant Award and New Executive Director

The Hygeia Foundation, Inc. is proud to announce that we have been awarded a grant by The Community Foundation for Greater New Haven from several unrestricted funds. This grant has enabled us to strengthen our leadership by hiring our first Executive Director, Gillian Eversman. A volunteer with Hygeia since 2009, Gillian brings both relevant executive and personal experiences to her new position. Please contact her at any time with your questions and ideas: gillian.eversman@hygeiafoundation.org. We are grateful to everyone at The Community Foundation for Greater New Haven for their support.

The mission of the Hygeia Foundation is to comfort those who grieve the loss of a pregnancy or newborn child. Hygeia provides programs to educate, counsel, and support families who have lost a pregnancy or newborn child; to advocate for the health care of women and children worldwide; and to promote humanism in the education of tomorrow's health care professionals.

Cameron

by Michael R. Berman

I no longer see the stars; I am the stars.
I no longer breathe the wind; I am the wind.

I am the sweet smell of honeysuckle after an
Evening rain.
I am the dew on the rose petals in early
Morning.

I am harmony and I am peace.
I am love.

In sorrow, my mother and father cry,
But they need not fear. For I am strong.
My heart is whole and in union with my soul.

I understand my fate and I smile.
For nature's will is my destiny
And my guide through eternity.

Grace

by Jodie Jerzyk

When you died I thought,
this could not be right.
Don't take my child from me,
he is my hope... my life.

How would I go on?
The pain was too much to bear.
I needed just to hold you,
run my fingers through your hair.

Could my life go back to good?
Would smiles replace my tears?
I prayed the pain inside my soul,
would end with all my fears.

Time has its way of marching on,
It's true just what they say.
Today I can see the rainbows,
where once there was only gray.

Slowly grace has washed over me,
Like a wave as it hits the sand.
I realize you were God's gift to me,
Only now I can understand.

Precious is every moment.
I thank God for my baby boy.
Because I have felt the darkness of death,
I can truly know life's joy.

Brook Michael Jerzyk, Jr., was stillborn with trisomy 13 on December 2, 1989. His dad, four sisters, one brother, and I still miss him very much. It has been 20 years. I was asked the other night if I still think of him every day and to be truthful to that question I had to say no. I almost felt guilty for saying that, but time and grace have given me the strength and comfort to live my life knowing that he is always with me, no matter if I think of him every minute, every hour, or every day.

To live in hearts we leave behind
Is not to die

~ Thomas Campbell

The influence of each human
being on others in this life is a
kind of immortality.

~ John Quincy Adams

Give sorrow words: the grief
that does not speak
Whispers the o'er-fraught heart,
and bids it break.

~ William Shakespeare

In the hearing and the telling
there is healing

~ Unknown

There are things that we don't
want to happen but have to
accept, things we don't want to
know but have to learn, and
people we can't live without but
have to let go.

~ Unknown

Volunteering in the New Year

"I volunteer for Hygeia in honor of my stillborn twin sons, Andrew and Joseph, and in honor of the two children I lost through miscarriage. Volunteering helps me do good for others in the same devastating situation and at the same time helps keep all of my children's memory alive in a positive way." – Claudia Esposito, Board of Directors

Did you make a New Year's resolution to spend more time volunteering? Consider giving your time to Hygeia. We welcome volunteer help of any kind, though we especially invite you to join one of our volunteer teams, which are coordinated by members of our Parent Board:

- **Fundraising**
- **Grants**
- **Outreach/Education**

We would like to hear about any specialized skills you might be able to share with us, such as:

- **Graphic design**
- **Web design**
- **Marketing/Media**

Are you interested in becoming a **support group facilitator** in Connecticut and/or a **phone/e-mail support provider**? Join us at our next training session:

Support Provider Training
Sunday, January 23rd
12:00 p.m. – 4:00 p.m.

Please contact Gillian at gillian.eversman@hygeiafoundation.org for more information about any of these volunteer opportunities. **Thank you!**

Join us on Facebook and Twitter!

Did you know that the Hygeia Foundation is on Facebook and Twitter? Here's how to find us:

www.facebook.com/hygeiafoundation

and

twitter.com/hygeiafound

On these sites, you'll find discussion topics, quotations, links to articles, announcements, and other items pertaining to pregnancy and newborn loss. Most important, just as on our website and in our support groups, you'll find a supportive community waiting to welcome you. Please join us!

Newsletter Editor: Gillian Eversman
gillian.eversman@hygeiafoundation.org

Submission deadline for the next issue:

MARCH 15, 2010

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In Support of Hygeia

For My Boys

by Marianne Begej

In Loving Memory

Jonathan, Alexander and Matthew

The day we saw three heartbeats on the monitor, I thought “what a crazy new life we are about to experience”. For a while, I was nervous. But as the weeks went by, nerves turned to excitement and we started to plan for our new family. We planned everything, their nursery, the baby shower, birthday parties, vacations to Disney, Christmas morning, you name it; our new family was going to have it all! But then, life as we had dreamed was gone. Jonathan, Alexander and Matthew were born at 21 weeks and never had a chance to experience the life we planned. We were in shock. Now what? How do you get through a tragedy like this? That is when I learned of Hygeia. Since our loss, I have been a faithful member of the monthly support group meetings. Then an email came out and I read the Fall newsletter and learned that October 15th was Pregnancy and Infant Loss Remembrance Day. That is when I felt the need to do something in memory of my beautiful boys. So, with the help of a couple close friends, I planned a bake sale to raise money for Hygeia, and to honor my boys. The support from friends and coworkers was unbelievable. There were so many people that wanted to do something to help after our loss, but didn't know how or what to do. So when they heard of the bake sale, they couldn't wait to offer their support, either by baking or making a donation. The entire experience was overwhelming, but very cathartic. At the end of the day, we raised awareness for the Hygeia Foundation, and were able to make a donation of \$875. But more important, as a mom, I finally did get to plan something for my boys.

Donations

We are deeply grateful for your support. Without your generosity, we would not be able to provide support to grieving families. Our thanks to:

Kristin Adams / Kate an' Drew's Place • Daniel and Marianne Begej in memory of *Jonathan, Alexander and Matthew Begej* • **Edith B. Benjamin • Aimee Bogush • Jane and Young Cho** in memory of *Amanda Hsu Hayes* • **Lillian DeSenti** in memory of *Jonathan, Alexander and Matthew Begej* • **Associates at Energizer Personal Care** in memory of *Amanda Hsu Hayes* • **Andrew B. and Claudia S. Esposito** in memory of *Andrew and Joseph Esposito* • **Carol Flaumenhaft • Seth and Annie Greenstein • Randy Hawkins** in memory of *Jonathan, Alexander and Matthew Begej* • **Kathleen M. Hayes and Stephen C. Updegrove • Friends at Higher One** in memory of *Jonathan, Alexander and Matthew Begej* • **Catherine Kuo** in memory of *Amanda Hsu Hayes* • **Heather Larchar** in honor of the *Hygeia support providers* • **Stewart and Anna Later** in memory of *Jonathan, Alexander and Matthew Begej* • **Karen A. Liu** in memory of *Amanda Hsu Hayes* • **Victoria Lombardi** in memory of *Jonathan, Alexander and Matthew Begej* • **Jennifer and Gregory Ralph** in memory of *Amanda Hsu Hayes* • **Jennifer Ward** in memory of *Amanda Hsu Hayes* • **Westbrook Lobster Company • Jamie Willett** in memory of *Amanda Hsu Hayes*

Support Group Meetings

Below, please find the schedule of our free support group meetings. Dates and times are subject to change, so **please check the current schedule at www.hygeiafoundation.org prior to each meeting.**

Pregnancy and Newborn Loss Groups

Parents who have lost a pregnancy or newborn soon after birth, no matter when the loss occurred, are welcome to attend. Feel free to come to multiple meetings each month.

Second Wednesday of the month *and*
Fourth* Monday of the month (***date change**)

7:00 – 8:30 pm

Hygeia Foundation

264 Amity Road, Suite 211

Woodbridge, CT 06525

Third Thursday of the month

7:00 – 8:30 pm

Women and Family Life Center

96 Fair Street

Guilford, CT 06437

Fourth Monday of the month

7:30 – 9:00 pm*

Saugatuck Congregational Church

245 Post Road East

Westport, CT 06880

*Please RSVP to 1-800-893-9198 if you plan on attending a meeting in Westport.

Subsequent Pregnancy Group

Bereaved parents who are trying to conceive (or thinking about trying to conceive) and parents who are pregnant are encouraged to attend this group.

First Monday of the month

7:00 – 8:30 pm

Hygeia Foundation

264 Amity Road, Suite 211

Woodbridge, CT 06525

Parenting After a Loss Group

This group addresses the concerns of parents who have lost a pregnancy or newborn and who have living children at home. Babies and children are welcome at meetings.

Second Sunday* of the month (***date change**)

11:00 am – 12:30 pm

Hygeia Foundation

264 Amity Road, Suite 211

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In Memoriam

Contact gillian.eversman@hygeiafoundation.org if you would like to honor a baby who has passed away.

Caden Christopher Perrone – July 20, 2010

Born to Chris and Megan Perrone

Forever loved and always missed!

Baby Teapot Singer was stillborn on November 6, 2010

Parents Jonathan and Randi Singer

Big sister Emerson Singer

*Rebuilding hope
through connections,
comfort and care*

Safe Arrivals

Contact gillian.eversman@hygeiafoundation.org if you would like to announce a birth or adoption following a loss.

Riley Lyn Lawrence was born on November 11, 2010, weighing 5 pounds, 9 ounces. She is welcomed by her parents, Chris and Jessie Lawrence, her sister, Shayla, and her angel brother, Jamie, watching over her from above.

Brohm Alexandre Citroen was born on November 26, 2010 to parents Tiffany and Karel Citroen and sister Clementine. Brohm weighed 9 pounds, 1 ounce at birth and was 21 inches long.

Lainey Angelene Pignatella, born October 22, 2010

Parents Scott Pignatella and Heather Vaughan-Pignatella

Big brother, Logan Alexander, born March 5, 2007, died March 7, 2007

Other big brother, Landon Anthony, born January 6, 2009 – safe and sound

Jonah Matthew Stock was born on December 27, 2010, weighing 7 pounds, 2 ounces.

Parents Susan and Michael Stock

Grandmother Wilma Hoffman

Blaze Louis Kujawinski and *Alina Belle Kujawinski* were born on December 4, 2010, to Peter and Nancy Kujawinski.

The Hygeia Foundation, Inc.
264 Amity Road, Suite 211
Woodbridge, CT 06525
1-800-893-9198
www.hygeiafoundation.org
info@hygeiafoundation.org

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Gillian Eversman,
Executive Director

Dear Friends of Hygeia,

“It is the most amazing feeling to walk into a support group and feel your heart lift because you are finally in the one place where you can feel ‘sane.’ Where you can feel understood, where you can relate to other women who have had the similar pain of loss, and where nobody will judge you.”

These are the words of a bereaved mother who came to Hygeia following the loss of her daughter. Each year, hundreds and hundreds of grieving parents like her come to us in search of compassion and support. We help all of these parents, completely free of charge.

We can only continue to help bereaved families with your financial support. Your generous donation will enable us to:

- Comfort grieving families through our **program of support services**, including our peer-to-peer support groups, phone and e-mail support, online message boards, and many other services
- Educate future health care professionals about pregnancy and newborn loss through **seminars and lectures at hospitals, colleges, and universities**
- Provide **burial assistance** to those who cannot afford to bury their children

Thank you for making a gift to Hygeia today.

To donate via check, please mail your donation to:

Hygeia Foundation, Inc.
P.O. Box 3943
New Haven, CT 06525

To donate via credit card, please visit:

www.hygeiafoundation.org/donations

We are grateful for your generosity.

Michael R. Berman, M.D., *Founder and President,*
Gillian Eversman, *Executive Director,*
and the Hygeia Community