



# The Hygeia Newsletter

Issue No. 5, Spring 2011

## Spotlight On: *Parenting After a Loss Support Group*

Two years ago, the Hygeia Foundation created a support group to address the concerns of parents raising children following the death of a baby: Parenting After a Loss. Some group members suffered their losses before their living children were born, while others suffered their losses after. In all cases, parents come to our support group meetings to explore the effects of their babies' deaths on the way they parent their living children today.

Topics of discussion at our meetings have included:

- Talking to your living children about the death of your baby.

*continued on page 2*

*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.*

God gave me an angel that I never got to see,  
Every day and every night I know you're here with me.

To some you are forgotten, to some just a part of the past,  
To me you were my hopes and dreams that were taken  
away too fast.

So many times I've missed you, so many times I've cried,  
But somehow I feel comfort knowing you're always by  
my side.

Everything happens for a reason, I believe that to be true,  
I know you're looking down on me and will help me to  
get through.

You'll always hold a special place right inside my heart,  
This is just the beginning, just the very start.

The start of many new changes, the end of getting upset,  
God gave me an angel, Carly Elia, whom I never will  
forget.

*- Carrie-Anne Lorenz*

Graciela

Graciela

What are you doing, Graciela?

Are you playing in the clouds? Are you running through the trees? Are you dancing with the flowers? Are you singing with the bees?

Graciela

Graciela

Where are you hiding, Graciela?

Are you sitting on a star? Are you flying with the doves? Are you dancing on the moon? Are you sending me your love?

Oh my little Graciela

How we love you so

Your comfort and joy mean more to us than you'll ever know

May you float among heaven

May you soar through the sky

And may you know how much we love you,  
your daddy and I

- Jennifer Arango

*I would like to extend my deepest gratitude to Dr. Howard Simon from County OB/GYN. His never-ending support and guidance have helped me through this most difficult time and he has helped bring a light of hope into my darkest hour. Additionally, I would like to thank Dr. Adina Chelouche for everything she has done for me as well, including our long talks on the phone and emails. Both of their support and understanding have significantly helped me through the healing process and I am grateful for their continued support.*

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## **Parenting After a Loss** *continued from page 1*

- Navigating holidays and birthdays.
- Coping with anxiety about the health and well-being of your living children.
- Talking to your living children's teachers, doctors, etc., about the death of your child.
- Explaining to others that giving birth to a healthy baby following a loss does not mean that everything is "all better."

If you would be interested in discussing any of these topics, or anything else related to raising children after the loss of a pregnancy or newborn, we invite you to join us at our Parenting After a Loss support group meeting. The group usually meets on the second Sunday of the month at 11:00 a.m. at the Hygeia Foundation's Woodbridge office (264 Amity Road, Suite 211), though you should confirm the meeting date at [www.hygeiafoundation.org](http://www.hygeiafoundation.org) prior to each meeting. Babies and children are welcome at the meetings. For more information, please contact Gillian at [gillian.eversman@hygeiafoundation.org](mailto:gillian.eversman@hygeiafoundation.org).

# GET YOUR GAME ON:



## Support the Hygeia Foundation!



**Saturday, May 14th, 2011  
5:30 p.m. – 8:00 p.m.  
SportsCenter of Connecticut**

**Fun for All Ages: Driving Range, Mini-Golf, Fun Bowl,  
Batting Cages, an Arcade, and Lazer Tag**



**Performance by  
Danny Magic**



**Free food and drinks**



The SportsCenter of CT is located at 784 River Road (Route 110) in Shelton, CT. Visit [www.sportscenterct.com](http://www.sportscenterct.com)

Check in at the Golf Center building

**\$25 per person in advance, \$30 per person at the door**

Children under two are free

**Tickets available for advance purchase until May 10th, 2011:**

To purchase via credit card, visit [www.hygeiafoundation.org/donations](http://www.hygeiafoundation.org/donations)

To purchase via check, return this form and your payment to the  
Hygeia Foundation, PO Box 3943, New Haven, CT 06525

**CASH AND CHECKS ONLY AT THE DOOR**

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

Number of tickets: \_\_\_\_\_ Total Amount: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Questions? Want to sponsor a mini-golf hole?**

**Contact Gillian: [gillian.eversman@hygeiafoundation.org](mailto:gillian.eversman@hygeiafoundation.org) or (203) 389-7700**

# In Support of Hygeia

## Please Join Us at the Hygeia Foundation's *Footprints on Our Hearts* *Walk to Remember*

We are excited to announce that the Hygeia Foundation will hold its first annual Footprints on Our Hearts Walk to Remember on Sunday, October 2<sup>nd</sup>, 2011 at East Shore Park in New Haven, Connecticut. Everyone is invited to come together to remember and honor our babies. Information about the walk - including information about how to register and collect donations to support the Hygeia Foundation and our families - will be available in the coming months on our website, Facebook page, and Twitter feed, as well as in our summer newsletter. We hope to see you, your family, and your friends on October 2<sup>nd</sup>, 2011 - be sure to save the date!

## Donations

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

**Anonymous • Anonymous • Anonymous/United Way of NYC • BJ's Wholesale Club • Cameron Blake** in memory of *Nora Nelly* • **The Church of the Good Shepherd • Karel Citroen/MBIA Foundation • David and Christine Dyer** in honor of *Rachael and Brian Tallerico* • **Claudia S. Esposito** in memory of *Victoria Rose Songhurst* • **Carol Flaumenhaft • Colleen Harkness/The GE Foundation • Lisa Harkness/United Way of NYC • Therese Marino • Joseph and Kimberly Nelly • April Rickard • Rachel Steigleder** in memory of *Hannah and Michael Steigleder* • **Stew Leonard's • Gene Swain and Catherine Sarni** in memory of *Emily McParland* • **Nikki Tippins/Morgan Stanley • Michael Turgeon/Turgeon Jewelers** in honor of *Jen Darby and Justin Rankowitz* • **Grace Weitzer** in honor of *Kimberly Nelly*

## Find Us on Facebook and Twitter

Come join our Facebook and Twitter communities! Even if you are not a member of either Facebook or Twitter, you can still visit our pages to read our daily posts and discussions. Here's how to find us:

[www.facebook.com/hygeiafoundation](http://www.facebook.com/hygeiafoundation)

and

[twitter.com/hygeiafound](http://twitter.com/hygeiafound)

Newsletter Editor: Gillian Eversman  
[gillian.eversman@hygeiafoundation.org](mailto:gillian.eversman@hygeiafoundation.org)

*Submission deadline for the  
next issue:*

**JUNE 15, 2011**

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## 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](http://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

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 the meetings.

**Second Sunday** of the month

11:00 am – 12:30 pm

Hygeia Foundation

264 Amity Road, Suite 211

Woodbridge, CT 06525

## *In Memoriam*

Contact [gillian.eversman@hygeiafoundation.org](mailto:gillian.eversman@hygeiafoundation.org) if you would like to honor a baby who has passed away.

In loving memory of our beautiful daughter, *Graciela AnnaMaria Arango*, born sleeping on December 31, 2010 at 41 weeks. Daughter of Roberto and Jennifer Arango.

*Aviva Hobby Baden-Eversman*

Died at birth on April 11, 2006

Parents Joel Baden and Gillian Eversman

*Rebuilding hope  
through connections,  
comfort and care*

## *Safe Arrivals*

Contact [gillian.eversman@hygeiafoundation.org](mailto:gillian.eversman@hygeiafoundation.org) if you would like to announce a birth or adoption following a loss.

*Kelly Larchar* was born on January 10, 2011, weighing 7 lbs., 15.5 oz. Kelly is welcomed by her parents Heather and Mark Larchar, big sister Megan, and angel brother Timothy Mark.

*Ella Nora Caroline Nelly*

Arrived safely on January 28, 2011

Welcomed by Joseph and Kimberly Nelly, Big Sister Emma, Big Brother J.T., and Guardian Angel Nora Kimberly

Taly Noam and Ben Herzog's daughter, *Dana*, was born on February 16, 2011, weighing 5 pounds, 7.5 ounces. Dana is younger sister to Tomer and to Ofer, who is always with them.

*Nathan Robert Fortin-Roth*, weighing 6 lbs., 15 oz., and *Maryn Cecelia Fortin-Roth*, weighing 4 lbs., 7 oz., were born on March 20, 2011, to Amy Fortin and Jeremy Roth.

**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 the Hygeia Foundation,*

**"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 the Hygeia Foundation following the death 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 professionals about pregnancy and newborn loss through our **educational programs at medical centers, hospitals, colleges, and universities**
- Provide **burial assistance** to those who cannot afford to bury their children

Thank you for making a gift to the Hygeia Foundation today.

To donate via check, please mail your donation to:

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

To donate via credit card, please visit:

[www.hygeiafoundation.org/donations](http://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