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.

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.

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 prior to each meeting. Babies and children are welcome at the meetings. For more information, please contact Gillian at 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
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
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 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 2nd, 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 2nd, 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 Talleric • 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

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www.facebook.com/hygeiafoundation and twitter.com/hygeiafound

Newsletter Editor: Gillian Eversman
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 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 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

Safe Arrivals
Contact 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.

Rebuilding hope through connections, comfort and care
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

We are grateful for your generosity.

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