



The Hygeia Newsletter

Issue No. 7, Fall 2011

A Day to Remember: The Hygeia Foundation's First Annual Footprints on Our Hearts Walk to Remember

On a beautiful fall afternoon, the Hygeia Foundation held its first annual Footprints on Our Hearts Walk to Remember at East Shore Park in New Haven, Connecticut. Over 350 walkers came together on Sunday, October 2, 2011, to talk, to hug, to cry, and to remember and honor babies who have gone too soon.

As walkers arrived at the park under a warm sun, many remembrance items were on display,

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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.

In Observance of Pregnancy and Infant Loss Remembrance Day: *A Service of Remembrance*

You are invited to attend a Service of Remembrance hosted by Rachel Steigleder, a support group facilitator at our Woodbridge office. The service will honor babies who have passed away before, during, or soon after birth.

The High Plains Community Center Gazebo
525 Orange Center Road in Orange, CT
Monday, October 17th, 2011
6:30 pm

In case of rain, the ceremony will be held inside the Senior Center at the same address

If you would like the name(s) of your baby(babies) to be read during the ceremony, please contact Rachel Steigleder at rsteigs@optonline.net or 203-891-0969

Walk to Remember *continued from page 1*

from pins to photographs to t-shirts made especially for the Walk. Children found a table set up just for them, where they were able to decorate heart necklaces to wear in remembrance throughout the day.

At 1 pm, everyone gathered in a large grassy field for the remembrance program. Gillian Eversman, the Hygeia Foundation's Executive Director, shared the news that thanks to the efforts of so many people – including the 22 members of the Footprints Team, who each raised at least \$500 in pledges – the Walk's fundraising goal of \$35,000 was exceeded. Donations are still coming in, so final numbers aren't available yet, but approximately \$37,000 was raised in support of the Hygeia Foundation's programs and the families that need them.

Next in the program came the presentation of the Hygeia Foundation's Compassionate Care Award, given in recognition of excellence in the care of families that have lost a pregnancy or infant. Brenda W. Beard, a Labor and Birth nurse at Yale-New Haven Hospital and the Coordinator of the Perinatal Bereavement Program for the Labor and Birth Unit, was given the inaugural award in recognition of the exemplary care she has provided over many years to many bereaved families. Carrie Fanelli, Claudia Esposito, and Megan Pollock spoke movingly of the care Brenda provided to each of them, and Dr. Michael Berman presented the award.

Following Keri Arpino's presentation of the children's art project, Claudia Esposito and Kim Nelly, two Hygeia moms, delivered remarks they had prepared in honor of the day. Megan and Jeff Pollock, Sarah Fijal, and Claudia Esposito then read the names of all of the babies being remembered and honored during the Walk. Finally, Jennifer Arango closed the program by reading a poem by Melissa Maxon, titled "My Baby."

Everyone then joined together to walk for one mile along the ocean and under leafy trees – a Walk to Remember. ♦

Walk Thank You's

Our Walk could not have happened without the support of many businesses and individuals. Thank you to:

Our Walk sponsors: Connecticut Parent Magazine • Guilford Savings Bank • Melissa Wilson Photography

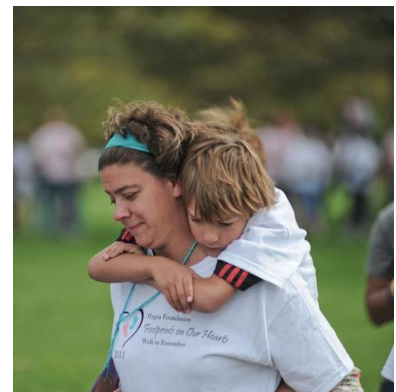
Our prize donors: Lorenzo's Ristorante Italiano • Lacey Songhurst and Lia Sophia • Hartford Restaurant Group • Ali Scherer • Kate An' Drew's Place • Claudia Esposito • ESPN • Diana Silva

The Walk Planning Committee: Keri Arpino • Michele Burlakoff • Claudia Esposito • Sarah Fijal • Wilma Hoffman • Kacey Lasczak • Ginny McParland • Megan Pollock • Lacey Songhurst

The members of the Footprints Team, who each raised at least \$500 in pledges in support of the Hygeia Foundation's programs: Keri Arpino • Joel Baden • Marianne Begej • Jessica Clark • Claudia Esposito • Carrie Fanelli • Sarah Fijal • Todd Hayes • Lisa Hayman • Heather Klimkosky • Heather Larchar • Katie McCabe • Heather Moore • Kimberly Nelly • Taly Noam • Megan Pollock • Maureen Rojee • Susan Rojee • Ali Scherer • Michele Sommer • Rachel Steigleder • Heather Vaughan-Pignatella

Our top three individual fundraisers: Joel Baden • Marianne Begej • Megan Pollock

Photos from our 2011 Footprints on Our Hearts Walk to Remember



all photographs by MW Photography

In Support of Hygeia

Volunteer Opportunity Spotlight: **Making Baby Blankets**

Do you like to knit, crochet, or quilt? Would you like to use your skills to benefit Hygeia families? If so, we invite you to make and donate baby blankets to the Hygeia Foundation.

When a family welcomes home a baby following a loss, we send a blanket to celebrate the baby's arrival. Many families report that these blankets are their children's favorites for years and the blankets are treasured by the entire family.

We are only able to give each new baby a blanket through the wonderful efforts of our volunteers who knit, crochet, and quilt. If you enjoy these crafts and have been looking for a way to help the Hygeia Foundation on your own time and at your own pace, please consider volunteering.

For more information about this - or any other - volunteer opportunity, please contact Gillian Eversman at gillian.eversman@hygeiafoundation.org or 1-800-893-9198.

MAKE A SUBMISSION TO THE HYGEIA NEWSLETTER

Would you like to contribute something to the Hygeia Newsletter? We welcome original essays, articles, poetry, photographs, and artwork, along with submissions to our "In Memoriam" and "Safe Arrivals" sections. In addition, if you are planning a fundraiser to benefit the Hygeia Foundation, or an event to raise awareness of pregnancy and infant loss, please contact us well in advance so we may feature your event in the newsletter. After the event, be sure to submit your photographs of the event for publication.

All newsletter submissions and/or questions about the newsletter may be sent to Gillian Eversman at gillian.eversman@hygeiafoundation.org.

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

and

twitter.com/hygeiafound

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

*Submission deadline for the
next issue:*

DECEMBER 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 Infant Loss Groups

Parents who have lost a pregnancy or infant, 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

Subsequent Pregnancy Groups

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

First Monday of the month

7:00 – 8:30 pm

Hygeia Foundation

264 Amity Road, Suite 211

Woodbridge, CT 06525

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.

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.

12.31.10: In loving memory of our beautiful baby, *Graciela AnnaMaria Arango*. I can't believe it will be a year soon. We think about you every day and we love you more than anything. We miss you terribly. With all our love, Mommy & Daddy.
Jennifer and Roberto Arango

*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.

Jon Neave and Nikki Tippins are thrilled to welcome their gorgeous daughter, *Mili*, who was born on July 22, 2011, weighing 7lbs., 4 oz. Her big brothers Andy and Bobby are forever in their hearts.

Gideon Amichai Levenson, born on August 10, 2011 to grateful parents Leora Cohen and Joel Levenson. Joins big sister Shir and big brother Sam.

Samuel Joseph Sage Petkovich arrived screaming at 2:15pm on September 30, 2011, to parents Jennifer Rosenzweig and Geoffrey Petkovich. He weighed in at 7 lbs., 2 oz.

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
- Provide **burial assistance** to those who cannot afford to bury their children on their own
- Educate professionals about pregnancy and newborn loss through our **educational programs at medical centers, hospitals, and universities, as well as in the community**

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

We are grateful for your generosity.

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