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Helping Hands

Fall 2005

Remembering Your Baby

Depending upon your baby's gestational age or stage of development, you may or may not have had the opportunity to see, touch or hold him or her. You may or may not have named her or him. But gathering as many memories and mementos as possible—like footprints, an ID bracelet, photos, ultrasound pictures, stuffed animals—will help you to cope, to affirm your baby, to remember this time and feel close to your baby as you grieve.

Many parents seek to honor their baby's importance in their lives through a ceremony such as a memorial service, funeral, baptism or saying kaddish, the Jewish prayer for the dead.

This provides an opportunity for you to say a special good-bye and also allows other family members and friends to share your sorrow. The important thing is that the ceremony or service meets your special needs.

Such a ceremony can be as simple or complex as you want it to be. If you lost your baby through early miscarriage, you may want to have a ceremony at a location that is special to you (church, garden, home, etc.). It can be conducted by your clergy

or even by yourselves. Some parents choose to do something symbolic, such as planting a tree.

If you have your baby's remains, your service will include burial or cremation. Many parents choose cremation because they can take their baby's ashes home or distribute them at a location that has some meaning to them.

It's never too late to memorialize your baby. You can have a ceremony long after your loss.

With a later loss (after 20 weeks), funeral arrangements may be necessary. Even so, funerals can be simple, like a small grave-

side service. They can also be more elaborate, including viewing, interment, and a social function afterward. Your hospital social worker or clergyperson can help you decide what to do and work out details.

If you weren't encouraged or given the option to take your baby's remains, you might wonder what the hospital or clinic did with them. If you want to pursue this, you can call your health care provider. Usually, babies' remains are handled sensitively and are cremated. If your baby died early in pregnancy, cremation leaves no remains because of the tiny mass and lack of hard bones.

Remembering *continued on page 6*

Donations

Our warmest thanks to those who have sent donations to HAND of the Peninsula. It is through your support that HAND is able to grow and help others.

Elham and Farzad Heydari, in memory of Neema Shams Heydari

Jessa and Charles Stanton, in memory of Kaleo Stanton on his 2nd birthday, September 19, 2005

Adrienne Hagen, in honor and loving memory of their beautiful granddaughters, Kaylie Betty Hagen and Avasette Lovelace Hagen

Irene Kennedy

Emily and John Corpos, in memory of Nicholas Dillingham, Christy Galvin, and Roger Kissinger

Malka and Efi Lozon, in honor of Avinoam, Lillian, and Talia Lozon

Su-Mien Chong and Kyle Elrod, in honor of Maureen O'Connor

Emily Mockett and Phil Hutcherson, in honor of Julia on the third anniversary of her life, August 8, 2002 - August 28, 2002

Cherie Golant and Ronald Gutierrez, in memory of Julia Golant Gutierrez on her 2nd birthday

Kelly and Judd Luckey, in memory of their beautiful son, Jack Bradley

Johanna Llewellyn, in memory of Charles Joseph Cope, son of Lisa and Andrew Cope

Human Race donations in memory of Natalie Guidi:

Gregory Hernandez

Matty and George Salamy

Shirley and David Guidi, in memory of their granddaughter, Natalie

Susan and Shannon Lee, in memory of their granddaughter, Natalie

Caroline Zlotnick

Donations *continued on page 4*

Helping After Neonatal Death

Chapters:

HAND of the Peninsula
P.O. Box 3693
Redwood City, CA 94064
(650) 692-6655 crisis line
(650) 367-6993 office
<http://www.HANDsupport.org>

HAND of Santa Cruz Co.
P.O. Box 3693
Redwood City, CA 94064
(650) 367-6993 office
(831) 438-4513

**HAND of Santa Clara,
Contra Costa, Alameda
Counties, Central Valley**
1-888-908-HAND

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Helping Hands

Editor: Leslie Muennemann
leslie@muenn.net

Contributor: Nancy Krop

Printing: P.J. Hawkins
ltp11@sbcglobal.net

Submission deadline for next issue:

NOV. 15, 2005



HAND of the Peninsula

Invites you to our annual

Service Of Remembrance

Huddart Park's Miwok Shelter in Woodside

10 a.m. Saturday, October 15, 2005

All parents, relatives and friends are invited to join others to remember their babies. Infants' names submitted before October 12 will be read at the service, along with personal readings, music and reflections.

Beverages and snacks will be served and wildflower seeds to scatter will be provided. To submit babies' names and birthdates, to volunteer and for any other information, please contact Catherine Hoff, (650) 367-6993 or email info@handsupport.org

Huddart Park parking is \$5.

From highways 280 or 101, take the Woodside Road exit. Drive 1.5 miles west past the Woodside Road/Highway 280 intersection to Kings Mountain Road, turn right. Drive 2.3 miles to park entrance on the right. Ranger will direct you to the Miwok shelter area.

Support Meetings

Support meetings are informal gatherings where parents can receive and give support by sharing common experiences as we work through and resolve our losses. We cordially invite you to attend.

Meetings may start out with a topic of discussion, but everyone is free to bring up any questions or aspects of their losses which may concern them.

Attending your first meeting does take courage, but parents who attend find a comforting network of support, encouragement, friendship and understanding.

Nothing is required of you. There are no dues or fees. You need not speak one word. Even if you no longer need the meetings for yourself, come and share your experiences with someone who has recently suffered a loss.

HAND of the Peninsula

Support meetings are held on the first and third Wednesdays of the month. Contact: Melisse Lusin (650) 367-6993.

Time: 7:30-9:30 P.M.

Dates: Sept. 7 and 21
Oct. 5 and 19
Nov. 2 and 16
Dec. 7 and 21
Jan. 4 and 18, 2006

Location: Sequoia Hospital Roof Room, 170 Alameda de las Pulgas, Redwood City.

Directions:
Go southwest on Whipple and cross Alameda de las Pulgas to get to Sequoia Hospital. Park in lot and walk up "hill" to Front Lobby.

Take elevator to floor "R".
Exit elevator and enter room.

HAND of Santa Cruz

Support meetings are held on the third Wednesday of the month. Contact: Kristie Shulman (831) 438-4513.

Time: 7:30-9:30 P.M.

Dates: Sept. 21
Oct. 19
Nov. 16
Dec. 21
Jan. 18, 2006

Location: Congregational Church of Soquel

Pregnancy Support Meeting

Parents who are pregnant again after a loss have special emotional and psychological needs. Pregnancy Support Group meetings address the concerns of bereaved parents who have started or are thinking about starting another pregnancy. Fathers are especially encouraged to attend.

HAND of the Peninsula holds subsequent pregnancy support meetings on the second Wednesday of the month as needed. Please call the HAND office (650) 367-6993 if you plan to attend or need more information.

Time: 7:30-9:30 P.M.

Dates: Sept. 14
Oct. 12
Nov. 9
Dec. 14
Jan. 11, 2006

HAND of Santa Cruz

HAND of Santa Cruz' subsequent pregnancy meetings are held on the first Wednesday of each month. Please call (831) 438-4513 for more information.

Births

Isabella Youlan Minmao Emery Webster — Feb. 25, 2004, in Tonggu, Jiangxi, China adopted May 2005 by Andrea Webster and Jeff Emery. For pictures, China travelogue and story you can visit: <http://isabellayoulan.blogspot.com>

Caleb Ralston-Sell — July 1, 2005, to Beth Ralston and Lilly Sell

Julia Rose Bujtor — July 12, 2005, to Diana and Howard Bujtor and big sister Serena

Inservices

April 26, at San Mateo County Hospital — Emily Mockett presented to the Cable Car Cablers, a group who knits gowns for babies who die in hospital intensive care units.

Aug. 17, at Lucile Packard Children's Hospital — Shon-reen Erskine was facilitator and Kelly Luckey was sharing parent before hospital post-partum nurses.

Donations

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Lori and David Reddy in memory of their daughter, Jordan Nicole Reddy, on her 6th birthday, June 4, 2005

Barbara Intersimone, in honor of Emily Corpos

Emily and John Corpos, in memory of Maria's 30th birthday, Sept. 18, 2005



FOR KENDRA

Aug. 26, 2004 - Aug. 27, 2004

*Mamas are not supposed to be
separated from their babies.*

*My little love,
you were here and then gone
All too quickly.*

*Kicking, hitting and turning,
you made your presence known.
I felt your every move from early on,
and loved you more with every day.*

*To hold you and love you,
was my dream
To laugh, grow and play with you,
was my future.*

*Little precious one
we miss you so very much.*

*Little precious one
we still love you more and more
with every day.*

Nancy Krop — Oct. 5, 2004

Remembering *continued from page 1*

It's never too late to memorialize your baby. You can have a ceremony long after your loss. Or you can hold an annual service on a meaningful date.

You might memorialize your baby privately by displaying his or her portrait in your home, buying a piece of jewelry that symbolizes your baby, keeping a special houseplant as a living memorial of your baby, or making

your own memorial such as a quilt, painting, pottery, or piece of furniture.

As you move on with your life into a new future, you won't forget your baby. You'll carry him or her always in your hearts. Your baby will live through you. And a full and well-lived and enjoyed life is the best gift you can give to that sweet child.

From the National March of Dimes