M.E.N.D. Newsletter

<u>The Holidays Can Be Difficult</u> Volume 4, Issue 6. November/December 1999

From Rebekah

Although it remains very warm where I live in Texas, the holidays are just around the corner. Thanksgiving dinnerware is displayed in stores and the markets have begun stocking up on turkeys. The malls already have Christmas paraphernalia for sale and some people have started the tedious task of holiday gift shopping.

When fresh in grief, it can be very painful to see the world so thankful and joyful during the holiday season. Sometimes the bereaved wish they could stay in bed with the covers over their heads and not get up until January. But that's impossible and somehow the grief-stricken will have to endure family get-togethers, parties, and the hustle and bustle that November and December bring.

We're all familiar with I Thessalonians 4:18 where the apostle Paul encourages us to, "give thanks in all circumstances..." Sometimes we wonder if he truly meant every situation. I remember Thanksgiving four years ago - my first Thanksgiving since Jonathan's stillbirth. I wasn't thankful for anything!! Not my husband, not Little Byron, not my home, nothing! I was so caught up in my grief and heartbreak of Jonathan not being there that I couldn't focus on what I did have. However, as time went by, slowly but surely, I was able to acknowledge and appreciate the good things in my life. Although I will always miss Jonathan, I can honestly say I am very thankful for him. I see the blessings that his life, through his death, has brought my family and me.

At our "Thursday" support groups I have begun setting apart time and opening the floor for people to share one or more positive things that have resulted from their baby's death. I tell the families that it may take months or years for them to acknowledge even the smallest amount of good, but that we all should search our hearts and begin to find it. It is very touching to hear the parents share their thoughts on this. Among many examples, some reveal that through their loss they have become closer as a family, some explain that they now realize the miracle of life, and others express their desire to now help others in need.

I encourage you to begin doing what we do at M.E.N.D., examine your heart and try to acknowledge just one positive outcome of your baby's death. This isn't an attempt to minimize your grief or take away from your heartache. It's simply to assist you in "growing," instead of "going" through your grief.

Christmas is just as hard, if not harder, than Thanksgiving to endure. It's difficult for us not to imagine our baby on Santa's lap and wonder what gifts we would have left under the tree for our excited child. It's not easy for most bereaved parents to rejoice over a baby born 2000 years ago when ours didn't survive. And we wonder if it is acceptable to include our baby in the holiday festivities and if so, how?

While some families remember their deceased loved ones quietly and to themselves, others very candidly commemorate them. Personally, we choose to openly remember Jonathan during the holidays and there are many ways to do so. Shortly after Thanksgiving, we put a wreath and poinsettia on his grave as well as hang a stocking in our home (though in a special place - not on the mantle). We also have several ornaments that we have collected over the years that were

purchased in his memory and some have his name and birth/death date on them.

Last year a couple in M.E.N.D. wrote their thoughts regarding their baby on little pieces of paper and put them in his stocking. On Christmas morning they sat down and together read aloud each others' meditations. Some families choose to "adopt" a child who is the age their baby would have been and provide Christmas for them. Another way to remember your baby at Christmas time is to attend a service in memory of the deceased. Every year M.E.N.D. hosts a beautiful candlelight Christmas Ceremony in which the families are given the opportunity to come forward and light a candle in their baby's memory. We also provide inspirational music, poetry, and a short devotional for the families. After the ceremony, we invite everyone to stay for refreshments and fellowship with other bereaved couples. This year our ceremony will be held Tuesday, December 14 at 7:00 p.m. at Calvary Temple church in Irving, TX. Please call M.E.N.D. at (972) 459-2396 for more information.

Regardless of how long it has been since the loss of your baby, I know the pain never completely diminishes during the holidays. I pray that all of us with the common bond of losing a precious baby will remember to "...encourage one another and build each other up..." (I Thessalonians 5:11) especially during the holiday season. And from all of us at M.E.N.D., have a Thankful Thanksgiving, a Merry Christmas, and a Happy New Year!

Rebekah Mitchell

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Remembering Your Baby During the Holidays

To remember your baby, whether it's at Christmas or any other time of the year, here are some ideas that have been helpful to others.

- Buy fresh flowers for your home to enjoy while remembering your baby.
- Make a scrap book.
- Plan a special meal and/or open house with family/friends to celebrate a special date (i.e.

birth/death date, due date, anniversary date, etc.)

- Buy a Birthstone Babies necklace, Mother's Ring, Angel pin, or other appropriate jewelry.
- Buy a special ornament for your Christmas tree.
- Buy an age-appropriate gift for your baby and give it to a charity in memory of your baby.
- Create or buy a special frame for your baby's picture(s).
- Create a photo album or collage.
- Contribute to your local church, school, library, or favorite charity in your baby's name.
- Donate a children's or pregnancy loss book to your local library.
- Create a special place to keep or display your baby's things (i.e. blanket, outfit, hospital bracelets, other mementos, etc.) For example, a shadow box, small toy chest, a curio, etc.
- Write poetry to or about your baby.
- Visit the cemetery and take a poinsettia or other seasonal flower/plant.
- Reach out to others who have lost a baby to share your experiences.
- Buy a special reminder of your baby for your work space.
- Buy a beautiful Christmas candle and light it each day through December.
- Hang a stocking for your baby and put a flower in it Christmas morning.

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In our November/December 1997 issue, we reprinted an article entitled *Getting Past Christmas* by Carlene Vester Eneroth. She had some very good ideas for surviving the holidays without a loved one. Here are a few of those ideas.

Getting Past Christmas by Carlene Vester Eneroth

Plan your shopping trips ahead of time or try creative alternatives. Try shopping at a different mall and go early in the day, before bumping into all those merry shoppers.

Enlist the help of others in wrapping your gifts. Many friends would love to help but need to be asked.

Consider changing your traditional family Christmas letter. Feel free to mention your loss. You may feel good sharing your feelings and others may benefit from hearing it as a reminder of the "true meaning of Christmas."

Give yourself permission to change family traditions. Doing things differently this year may help to ward off some bad memories or expectations.

Try a new idea when you are getting ready to hang up Christmas stockings. Go ahead and hang one up for your baby. Encourage each family member to write a note to the baby that can be read on Christmas Eve. A flower placed in the stocking for Christmas morning is a sweet sight.

Determine to do one special thing for someone else in December. Maybe you know someone who is hurting like you or a lonely neighbor who could use a short visit. Perhaps you could make cookies to give away, pick out a special card to send or take a plant to someone.

Pamper yourself this month. Be determined to buy yourself a present.

Plan on taking time to cry. It is normal to have to cry during the holidays. Holidays intensify all

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Little Light

Like a softly burning candle With a golden kind of glow, You lit my life with joy Til my heart would overflow.

Bright with possibility And hope for each new day, We had so many plans for you. Then you went away.

Your little flame extinguished, Now the shadows come about. The gloom is overwhelming. Hopeless, I cry out.

"Why did you leave me, Little One? Tell me where you are!" And my eyes look to heaven And I see a twinkling star.

It glitters with a promise
That you're not so far away;
And the love that you brought us
Is here with us to stay.

by Gwen Flowers
In Loving Memory of
Hannah, Skylar and Jordan
Reprinted with permission.

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Angel In The Sky

Our precious angel came so still We heard not a single cry. We held you tight in loving arms; So hard to say good-bye.

We yearned to hold you longer, See your eyes and one big grin; But for reasons we don't understand God took you home with Him.

So spread your angel wings, sweet Son, and play on Heaven's grounds.
Where you will never know earth's tears, And peace and joy surrounds.

Mommie and Daddy cry today, But this is not good-bye. For we'll be with you forever, When we meet you in the sky.

Written by Aunt Sarah Lee Rose, In Loving Memory of Travis Stone Cates August 24, 1999

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Jordan Ashley Heffley

J esus is holding, kissing, and rocking you since I cannot.

O ur hearts are filled with so much love for you.

R emembering your smooth, soft skin is a memory I cherish.

D ad & Mom love and miss you more than words can express.

A ngel is a word that describes you perfectly.

N ine hours is all we had with you but you have touched so many lives in that short time.

A blessing in our lives is definitely what you are.

S weet little girl who fought to live thinking of our needs and not your own.

H eaven is so much better with you there.

L ucky to have known you and to have been chosen to be your family.

E ternity is where one day we will be reunited as a family once again.

Y our brother and sister love and miss you and wish you were here to play with.

H appy thoughts are what I try to always remember about you.

E tched in my heart and mind are my memories of your short stay.

F un is what I hope you are having.

F orever in my life you will be.

L onging to be with you.

E veryone is trying to find some happiness again knowing that is what you would want.

Y ou are not far from our thoughts especially during the holidays and special occasions.

Written by Jan Heffley In loving memory of her precious angel, Jordan Ashley Heffley Born and Died of Trisomy 13 on July 5, 1999

Subsequent Births

Robyn & David Glynn and their son, Billy, of DeSoto, Texas are happy to announce the birth of *Casey Chasteen*, born on August 4, 1999 at 37 weeks. She weighed 6 lbs. 7 oz. They remember with love *Katherine Jeanne*, stillborn October 15, 1997.

Trish & Jay Cox of Plano, Texas and big brother, Mark, announce the arrival of *Kennedy Jayne Cox*. She was born August 9, 1999 Kennedy weighed 7 lbs. 8oz and was 19" long. The Coxes lovingly remember *Casey Taylor*, stillborn February 20, 1998 due to Trisomy 18 and Baby Cox, miscarried August 7, 1998.

Julie & Tom Dorothy of Topeka, Kansas with their seven year old son, Will, welcome Shannon Elisabeth, born March 13, 1999. They remember with love their son, Seth Elijah, 12/9/96.

Cindy & Mike Garabedian and big sister, Victoria of Colleyville, Texas welcome *Elizabeth Grace Garabedian*. She was born March 23, 1999 weighing 6 lbs. 5 oz.

They remember *Michael, Jr.*, stillborn February 2, 1998 due to Cord Accident/ Villamentous Cord Insertion.

Jean & Brian Mueller from Richardson, Texas proudly announce the birth of *Ashley Brook*, born September 8, 1999. Ashley weighed 8 lbs. 4 oz. and measured 20 1/2" long. The Muellers lovingly remember *Matthew James*, stillborn August 16, 1998 due to Premature Labor.

Jeanette & Richard Wayne and their daughter, Emmaline, of Gonzales, Texas are delighted to announce the arrival of their miracle gift from heaven, Chloe Jeanette. She was born August 24, 1999 weighing 6 lbs. 3 oz. and measuring 18 1/2". They lovingly remember their precious angel babies, Olivia Grace, stillborn May 11, 1995 and Baby Wayne I, miscarried April 20, 1996 and Angel, miscarried July 23, 1998.

Nicole & Matt Didier of Flower Mound, Texas announce the birth of their daughter, *Madison Marie*, born September 1, 1999, weighing in at 8 lbs. 14 oz. and measuring 21 1/8" long. The Didiers lovingly remember *Cole Matthew Didier*, who died August 25, 1998 due to Renal Agenesis.

Chris & Dan Zahocsky and big sister, Courtney of Ballwin, Missouri proudly announce the birth of *Megan Elizabeth*.

Megan was born July 9, 1999, weighing 7 lbs. 8 oz. and measuring 19 1/2" long.

They remember with love *Madison Paige*, stillborn April 7, 1998 due to Cord Accident.

Gina & Bart Bevers of Dallas, Texas announce the birth of their son, *Zane Samuel*, born July 22, 1999.
Zane weighed 9 lbs. 14 oz. and measured 20 3/4" long. The Bevers lovingly remember *Baby Bevers I*, January 1998 and *Baby Bevers II*, May 1998.

Tammy & Mike Moehlman along with siblings, Joshua, Andrew and Kaitlyn, of Midlothian, Texas give glory to God for the birth of their daughter, Madison Renee, born September 4, 1999. She weighed 6 lbs. 10 oz. and was 18 1/2 inches long. They lovingly remember their sons, Christian, stillborn December 5, 1996, and Jonathan, stillborn July 16, 1997. Both died due to Antiphosolipid Antibodies.

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Jingle bells are ringing across the town tonight.

Everywhere the children are singing-Their faces are rosy and bright.

It is always a sweet occasion, Yet this year I feel so sad and blue. Just three months ago I had to say good-bye to you.

My precious baby daughter, I can't help but wish you were here with me. An ornament with your name engraved hangs proudly on our tree.

I always imagined our first Christmas together--We'd tell you of Jesus and His birth. God sent His one and only Son, the greatest gift to earth.

Even though my heart is broken, I know there is reason to celebrate--My child you are with Jesus now. Everyday there is Christmas joy for you within Heaven's gates.

So Merry Christmas, little one; I'm most grateful you were given to me, if only for awhile. I know every Christmas from now on I will remember you. I'll thank God for you and smile.

In loving remembrance of Mercedes Ruth Spigener Stillborn September 21, 1995 by her Mommy, Jana Spigener

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Book Review

Pregnancy After a Loss A Guide to Pregnancy After a Miscarriage, Stillbirth, or Infant Death by Carol Cirulli Lanham Foreward by Uel D. Crosby, M.D.

After a miscarriage, a stillbirth or the death of an infant, well-meaning friends and family often advise, "You can always try again." But for a woman who has experienced such a heartbreaking loss, conceiving another child can be fraught with mixed emotions. This guide, filled with up-to-

date medical information and written by a woman who herself experienced a successful pregnancy after the loss of her first baby, can help.

It offers guidance for women asking such questions as: Why did it happen, and how can I make sure it doesn't happen again? How long should I wait before getting pregnant again? Should I keep the same doctor? What can I expect at prenatal exams? How can I cope with my anxiety? Will I ever be able to love another baby as much as I loved the one I lost? Pregnancy after a loss can be a time of great emotional upheaval, but, also, a time of healing and hope. With this sensible guide, women can ease their anxieties and learn to look forward to the future as they make peace with the past.

Pregnancy After a Loss is published by Berkley Books, a division of Penguin Putnam Inc., 375 Hudson St.,

New York, New York. For more information, visit the author's web site at http://www.pregnancyafteraloss.com.

Pregnancy After a Loss is on sale at book stores nationwide. To order directly, call toll-free 1-877-853-3595.

"Pregnancy After a Loss very sensitively addresses the overwhelming fears and challenges, plus the bright hopes of a subsequent pregnancy after the death of a baby."

-- Cathi Lammert,

Executive Director of SHARE

Pregnancy and Infant Loss Support

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2000 Arizona SIDS Alliance Conference

The 2000 Arizona SIDS Alliance Conference will be held June 9-10, 2000 in Phoenix, Arizona.

This is "a multidisciplinary conference uniting physicians, nurses, firefighters, social workers, crisis interventionists, and families on the clinical and psychosocial aspects of death, crisis and bereavement. Continuing education available for medical professionals, paramedics, and social services."

For more information regarding this conference, please visit the following website, http://www.azsids.org/family/conf00.html or contact Joanne Cacciatore at 623-979-1000 or 1-800-597-SIDS or via e-mail at joanne@misschildren.org.

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In Memory

In Loving Memory of Travis Stone Cates August 24, 1999 We Love You! Mommie and Daddy cried, while all my family tried to understand the plan that took me from this land. Please don't be too sad... for I am a special angel, you see, and God just couldn't wait for me.

Written by Travis' aunt, Betty Sweetman

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Can't Escape

I long to hear you whisper in my ear Tell me darling that you're alright To know with blessed assurance That you are in the light

My heart is aching, oh it's aching Full of loneliness and gloom Can't escape the dark cold silence That surrounds this empty room

Oh come to me, my sweetness Lord, I can't stand this pain I want to scream out at the world That I need you here again!

But you're not here, my heart cries out Oh my blessed son... I'm empty, oh so hollow Mommy needs you little one...

Endless grief for you, my love Trembles deeply from inside Threatening to break loose In a huge rippling tide

A terrifying silence Consumes this whole place So cold here with your absence A barren empty space

Few can ever know A grief such as mine Tightly grips my soul With me all the time

Weeping for my child I loved more than life itself Weeping for my son This grief, I know it well

Oh my son I need you I'm begging you to come back Fill this hole in my heart Give me pure joy that I lack

Angel I am weary
I feel so very, very old
Can you hear me calling?
Come back for me to hold

You are but a little spirit Who touched your mommy's heart All the world to me, yet We're so many worlds apart

My heart is broken Shattered in a million pieces Though I think I understand now What our Lord teaches

Little son I must surrender To a mother's gripping madness Live with it lifelong This complete dulling sadness

By Cathy Russell In Loving Memory of Joshua Darcy Russell Born and Died May 28, 1999

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In Loving Memory

M.E.N.D. gratefully acknowledges these gifts of love given in memory of a baby, relative, friend or given by someone just wanting to help. These donations help us to continue M.E.N.D.'s mission by providing this newsletter and other services to bereaved parents free of charge. Your tax-deductible contributions are greatly appreciated and should be sent to the M.E.N.D. address listed at the bottom of the newsletter. **Thank you so much!**

In Loving Memory of

Jonathan Daniel Mitchell

Stillborn June 24, 1995 Cord Accident Parents, Rebekah & Byron Mitchell, Sr. and big brother, Byron, Jr. Given by his grandparents, Sue & Dennis Brewer

Jonathan Daniel Mitchell

Stillborn June 24, 1995 Cord Accident Given by parents, Rebekah & Byron Mitchell, Sr. and big brother, Byron, Jr.

Michael Joseph Böer

Stillborn July 17, 1996 Trisomy 18 Given by parents, Lynne & Paul Böer and siblings, Paul, Jr., and Maggie

Madison Rose Brandenburg

Stillborn March 6, 1999 Cord Accident Parents, Elisabeth & Britt Brandenburg Given by Barbara & Ed Bernazzani

Kayce Dolores Bramlett

March 14 - 15, 1999 Premature Labor Parents, Deidre & Kyle Bramlett Given by Amelita Jones

Kayce Dolores Bramlett

March 14 - 15, 1999 Premature Labor Parents, Deidre & Kyle Bramlett Given by Tricia Covias

Kyle Charles Walton

November 19, 1998 Group B Strep/Severe Oligohydramnios Parents, Kristen & Jason Walton and big sister, Jessica Given by Jennifer & Randy Larsen

Kyle Charles Walton

November 19, 1998 Group B Strep/Severe Oligohydramnios Parents, Kristen & Jason Walton and big sister, Jessica Given by Thelma G. Walton

Kyle Charles Walton

November 19, 1998 Group B Strep/Severe Oligohydramnios Given by his parents, Kristen & Jason Walton and big sister, Jessica

Kayce Dolores Bramlett

March 14 - March 15, 1999 Premature Labor Parents Deidre & Kyle Bramlett Given by Betty & Ted McCabe

Kayce Dolores Bramlett

March 14 - March 15, 1999 Prematurity Parents, Deidre & Kyle Bramlett Given by Tricia & David Amend

Kayce Dolores Bramlett

March 14 - March 15, 1999 Prematurity Given by parents, Deidre & Kyle Bramlett

Kayce Dolores Bramlett

March 14 - March 15, 1999 Prematurity Parents, Deidre & Kyle Bramlett Given by Florine & John Jayroe

Kayce Dolores Bramlett

March 14 - March 15, 1999 Prematurity Parents, Deidre & Kyle Bramlett Given by Sherrill Hall & Downs Deering

Madison Rose Brandenburg

Stillborn March 6, 1999 Cord Accident Parents, Elisabeth & Britt Brandenburg Given by The Law Offices of Matthew McKay

Sarah Ann King

Stillborn June 22, 1995 Cord Accident Given by parents, Lori & David King and siblings, Brooks and Kaylee

Kyle Charles Walton

Stillborn November 19, 1998

Group B Strep/Severe Oligohydramnios Parents, Kristen & Jason Walton and big sister, Jessica Given by Mayday Pest Control

Kayce Dolores Bramlett

March 14 - 15, 1999 Premature Labor Parents, Kyle & Deidre Bramlett Given by Eula Bramlett

Mercedes Ruth Spigener

Stillborn September 21, 1995 Intramembranous Insertion of Umbilical Cord Parents, Jana & Grant Spigener, and little brother, Wyatt Given by grandparents, Sheryln & Barry Spigener and Aunt Jamie Lyn Spigener

Zachary Cole Walker

July 29, 1998 Unknown Cause Given by parents, Katie & Jeff Walker and siblings, Jessica & Abigail

Gift of Love

Wendy Edlen William Bryce Jackson June 4, 1999 Gastroschisis Given by parents, Heidi & Kevin Jackson

Douglas Williams

Stillborn January 2, 1998 Unknown Cause Given by parents, Velinda & Fred Williams and big brother Fred, Jr.

Epiphany Christine Ware

February 13 - 15, 1999 Hypoplastic Left Heart Syndrome / VATERS Disorder Given by mother, India Routt

Darius Alexander Carthen

Stillborn March 2, 1997 Unknown Cause Given by parents, Tamara & Marc Carthen

Hamilton Jordan & Alexander Julian Carthen

August 14, 1998 and September 7, 1998 Given by parents, Tamara & Marc Carthen

Christopher Reese & Alexis Danielle Hall

May 25, 1999 and May 27, 1999 Given by parents, Jan & Eric Hall

Jordan Ashley Heffley

July 5, 1999 Trisomy 13 Given by parents, Jan & John Heffley and siblings, Jonathan and Jasmine

Madison Paige Zahoczky

Stillborn April 7, 1998 Cord Accident Given by parents, Chris & Dan Zahocsky and sisters, Courtney and Megan

Bay William Miltenberger, Jr.

Stillborn December 9, 1998 Preterm Labor Parents, Paula & Bay Miltenberger Given by great grandparents, Pauline & T.W. Alley

Blake Leland Allen

April 21, 1999 Premature Labor / Incompetent Cervix Parents, Jan & Sean Allen Given by "Mimi," Melba Smith

Blake Leland Allen

April 21, 1999 Premature Labor / Incompetent Cervix Given by parents, Jan & Sean Allen

Katherine Elizabeth Kjolhede

Stillborn May 10, 1999 Unknown Cause Given by parents, Kristine & Jim Kjolhede and big brother, Jared

Travis Stone Cates

August 24, 1999 Unknown Cause Given by parents, Jodie & Michael Cates

Jared Mathew Slough

February 14 - March 20, 1998 Heart Defect / Failure Given by parents, Jo Ellen & Scott Slough and identical twin brother, Hunter

Faith Elizabeth Moore-Hilgenkamp

August 15 - 20, 1997 Congenital Heart Disease Given by parents, Jennifer & Brian Hilgenkamp and siblings, Tommy and Winter

Kyle Charles Walton

Stillborn November 19, 1998 Group B Strep / Severe Oligohydramnios Parents, Kristen & Jason Walton and big sister, Jessica Given by Martha Thomas & Eric Huefner

Colin Broadbent

September 4 - 17, 1998 Hypoplastic Left Heart Syndrome Parents, Teresa & Stuart Broadbent and brother, Blake Given by Lois & J.W. Lois Collins

Mercedes Ruth Spigener

Stillborn September 21, 1995 Intramembranous Insertion of Umbilical Cord Parents, Jana & Grant Spigener and little brother, Wyatt Given by Spigener Enterprises, Inc.

Matthew Aaron Bengtson

Stillborn July 12, 1999
Parents, Nancy & Kyle Bengtson
and big brother, Christopher
Given by Monica & Edward Keyport

Matthew Aaron Bengtson

Stillborn July 12, 1999 Parents, Nancy & Kyle Bengtson and big brother, Christopher Given by Karen & Mark Cossack

Jonathan Daniel Mitchell

Stillborn June 24, 1995 Cord Accident Parents, Rebekah & Byron Mitchell and big brother, Byron, Jr. Given by Gonzalo Venegas, M.D.

Matthew Aaron Bengtson

Stillborn July 12, 1999 Parents, Nancy & Kyle Bengtson and big brother, Christopher Given by Carol E. Beglau

Joshua & Jeromy Barsanti

Stillborn November 21, 1996 Anencephaly Given by parents, DaLana & Randy Barsanti and little brothers, Taylor and Collin

Madison Rose Brandenburg

Stillborn March 6, 1999 Cord Accident Parents, Elisabeth & Britt Brandenburg Given by Aunt Debbie & Uncle Dave and cousins, Chase and Emily

Sarah Ann King

Stillborn June 22, 1995 Cord Accident Parents, Lori & David King and siblings, Brooks and Kaylee Given by Nationwide Insurance, David H. King Agency

Kayce Dolores Bramlett

March 14 - 15, 1999 Premature Parents, Deidre & Kyle Bramlett Given by grandmother, Kay Bramlett

Troy Carlin Smith

Stillborn February 19, 1999 Bladder Outlet Obstruction Given by parents, Allyson & Shane Smith and big sister, Hannah

Bay William Miltenberger, Jr.

Stillborn December 9, 1998 Preterm Labor/Incompetent Cervix Parents, Paula & Bay Miltenberger Given by Melinda & John Klabzuba

Jonathan Daniel Mitchell

Stillborn June 24, 1995 Cord Accident Parents, Rebekah & Byron Mitchell and big brother, Byron, Jr. Given by Brewer, Brewer, Anthony & Middlebrook Law Firm

Amanda Morgan Galleger

Stillborn January 7, 1997 Trisomy 18 Given by parents, Diane & Steve Galleger and little sister, Sydney

Carson Mitchell Shaw

Stillborn April 1, 1999 Cause Unknown Given by parents, Aimee & Randy Shaw and brother, Blake

Julia & Elisabeth Baker

Stillborn December 27, 1997 Twin to Twin Transfusion Syndrome Given by parents, Evelyn & Karl Baker

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Online Resources

Resources published in the printed version of this newsletter can be accessed on the Internet directly from M.E.N.D.'s resource pages. To access the resource pages, navigate to the following URL:

URL: http://www.mend.org/resources internet.asp

In the M.E.N.D. resource listing, you will find resources which include internet web sites, national organizations, and family bereavement pages.

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Contact Information

Mommies Enduring Neonatal Death (M.E.N.D.) P.O. Box 1007 Coppell, TX 75019 (972) 459-2396 Phone/Fax 1-888-695-MEND

Email:

Rebekah@mend.org and Lynne@mend.org

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