



How Resources Help Us Survive Grief

Ten years ago when my son Jonathan was still-born, finding literature on the subject of infant loss was like trying to find a needle in a haystack. The hospital gave me a booklet for my then three-year-old and information on a local support group, but nothing for me. Thankfully, three of my friends who had previously suffered miscarriages sent me books on pregnancy loss that I could not read fast enough. I needed something or someone to validate my feelings and guide me through my grief. Once I finished those books I went on a quest looking for more. I ventured into local bookstores but could not muster the courage to ask the young sales clerks to help me find a book that dealt with stillbirth.

Even though 1995 was not that long ago, it was still a time when few homes had personal computers, and the average person did not know how to navigate the Internet. I certainly did not. As one of my "grief projects" I convinced my husband Byron that we needed to purchase a computer. Several months later a neighbor taught me how to log on to the Net and do research via the World Wide Web. I was too embarrassed to tell him what exactly I was looking for: help for my broken heart. Once I entered the highway of information, I could not believe all I found. Not only were books listed and recommended by fellow bereaved mommies, I also found message boards and Web sites that very much contributed to my emotional healing.

Now most households are equipped with home computers, and users range from toddlers to the very mature adult. All the information we could possibly want or need is available at our fingertips in the privacy of our home. There is no longer the issue of embarrassment or feeling uncomfortable when asking a salesperson for certain resources. And best of all, the Internet doesn't close. Some of the most desperate and heartfelt messages I receive from grieving moms are sent in the middle of the night. This is a signal to me that these women are hurting so badly they can not sleep and are turning to the Internet for help and comfort.

Music is another great source of comfort during grief. Many songs such as "Glory Baby," by Watermark, Mercy Me's "Homesick," and Natalie Grant's "Held" are just a few of many that greatly minister to hurting families. All three of these were inspired by the death of a baby and have climbed to the top of the Christian music charts.

Why do books and music help us through grief? It is because the words were written from the heartfelt emotions of authors who have walked in our shoes. Reading and hearing their thoughts let us know we are not alone. Someone else (although unseen) can relate to our pain, and we are encouraged with hope and assurance of survival. A wide variety of resources are listed on our Web site along with purchase information. I encourage you to take a look and invest in material that will soothe your hurt and comfort your heart.

Finally, remember as you're looking for just the right resource to make things better, there's really only One place where we can find all we need. Keep reading the Bible and seeking the Lord's wisdom as you work toward healing. Our Father is the One who heals broken hearts. He has worked in the lives of those who have been able to pass along His comfort through those books, Web sites, and songs that help you now. He can do the same for you so that one day you, too, may become a resource for someone else in pain.♥

Rebekah Mitchell

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M.E.N.D. is a Christian nonprofit corporation whose purpose is to reach out to those who have lost a child to miscarriage, stillbirth or infant death and offer a way to share experiences and information through monthly meetings, this newsletter, and our Web site.

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Donations make the printing and distribution of this newsletter possible. Your tax-deductible contributions are greatly appreciated and should be sent to the address listed above. If your gift is made in memory of a baby, please include that baby's name (if named), date of birth and/or date of death, the parents' names, and the name of the benefactor. You may also include the cause of death (if known).

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Where Real Help Comes From!

By Judy Blore, director of BASIS

I will lift up my eyes to the hills— where does my help come from? My help comes from the Lord, the maker of heaven and earth. Psalm 121:1

Where are you looking for help? Are you looking to the Internet? Local friends or family? Books? Other parents? You may get some great insight, advice and help from these. But any person, even those who know and love you best, can give you advice that's based on false assumptions that make them like the false gods whose alters are built on the hilltops. Learn to discern. Look to agents of the true God.

As you look for help, do you sometimes cry out in despair like this writer?

My God, my God, why have you forsaken me? Why are you so far from saving me, so far from the words of my groaning? O my God, I cry out by day, but you do not answer, by night, and am not silent.

Yet you are enthroned as the Holy One; in you our fathers put their trust; they trusted and you delivered them.

My heart has turned to wax; it has melted away within me.

But you, O LORD, be not far off; O my Strength, come quickly to help me. Psalm 22:1-4, 14, 19

Have you felt this same degree of despair? Have you felt like your heart was melted like wax—just a puddle of emotion, not functioning? This psalmist said he had cried out to God for help but still felt completely overwhelmed. Yet he also knew the Lord was not far off. He reminded himself of God's history with His people. God had been a faithful helper.

For he has not despised or disdained the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.

For dominion belongs to the LORD and he rules over the nations.

Psalm 22:24, 28

I love these verses above. The Lord does not "dis" the pain—He doesn't hate it nor minimize it. He knows. The psalmist is comforted as he reminds himself that God is in charge. Are you comforted to know that the God who loves you and gave up His Son for your redemption is in control of your present circumstances?

Next the writer trusts the Lord so comfortably that he freely and without restraint shares with the Lord all the things that burden him. Next is Psalm 55 and the New Testament version of the same advice.

Listen to my prayer, O God, do not ignore my plea: Hear me and answer me. My thoughts trouble me and I am distraught. My heart is in anguish within me; the terrors of death assail me. Fear and trembling have beset me; horror has overwhelmed me.

Cast your cares on the LORD and he will sustain you; he will never let the righteous fall. Psalm 55:2, 4, 5, 22

Cast all your anxiety on him because he cares for you. 1 Peter 5:6

This means pray and say everything—all the pain and distress and anguish.

This body of ours had no rest, but we were harassed at every turn—conflicts on the outside, fears within. But God, who comforts the downcast, comforted us by the coming of Titus, and not only by his coming but also by the comfort you had given him. He told us about your longing for me, your deep sorrow, your ardent concern for me, so that my joy was greater than ever. 1 Corinthians 7:5b—7

This comfort in this last passage is exactly what BASIS is: God, comforting His people, through His people. We long for you to know His presence. We do feel deep sorrow for and with you. We are concerned and pray for you regularly. We pray the last two lines below for you: when you are downcast you will remember the blessings He has given His people down through history and the blessings He has already given you.

My soul thirsts for God, for the living God. Where can I go and meet with God?

My soul is downcast within me; therefore I will remember you. Psalm 42:2, 6

Your help truly comes from the Lord.

Reprinted with permission from *Renew*, Aug/Sep/Oct 2005. *Renew* is produced by BASIS, a ministry of Handi Vangelism Ministries International, for bereaved parents and families—in the name of the Lord Jesus Christ. Judith Blore, BASIS Director, has listened to the heartache of thousands of bereaved parents in the past 15 years.

For more information, please contact: BASIS, P.O. Box 122, Akron, PA 17501-0122. Phone: (717) 859-4777

David James

*born still July 19, 2005
Cord Accident*

“Big D,” our son we called you
Ever active like your Pa
The brief moments that we held you close
It was pure beauty that we saw

You could have been a quarterback
A musician, or had a literary mind
Nonetheless we’d encourage you
To always listen, look, and find

A baby with no breath for life
An angel spirit was still born
A heavenly gift given, yet taken away
With sorrowful joy a boy was torn

Still you held our love together
When the strings were growing frail
Our son within the womb became
The chain that never fails

We are desperate in our grief now
And ask forgiveness for our pain
Always know you will be loved
Our precious baby, David James

Thank you, Little D.J., for your strength
And for all that you have done
To prepare our way to Jesus in heaven
Our first and unborn son

*Written with love by his parents,
Christopher and Rachel Nye
July 24, 2005*

March/April Topic

Making it Through
the Four-Month Mark
Deadline: January 31, 2006

May/June Topic

Mother’s Day and Father’s Day
Deadline: March 31, 2006

Stories, poems, thoughts, and/or feelings regarding these topics are welcomed. Submissions must be received by the deadline to be considered for publication in the newsletter. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please see page two of the newsletter for the appropriate address to send your submissions. Any submission printed in our newsletter will also be posted to our website indefinitely unless we receive notice in writing that you are only granting permission for your submission to appear in the printed version of the newsletter.

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M.E.N.D. would like to extend a special thanks to Garabedian Properties and Main Street Artists for their Christmas Art Show and Open House. M.E.N.D. received many donations from this wonderful event. Thanks so much for your support and for bringing public awareness to M.E.N.D. and its mission.



Visit our Web site at:
www.mend.org

Tributes to Our Special Babies

WE MISS YOU,
MAYA DENISE ATEs

LOVE,
MOMMY, DADDY,
LITTLE SISTER ERIN AND LITTLE BROTHER BRANDON



Maya Denise Ates
January 6, 1998
Clot in umbilical cord
Parents: Horace and Tammy Ates
Little siblings: Erin and Brandon

Happy 6th birthday to our precious daughter,

Olivia Grace Hunt

We miss you and love you so much,
Mom, Dad, Mason, and Cameron

Olivia Grace Hunt
February 8-9, 2000

Unknown heart condition/ possibly Long QT Syndrome
Parents: Richard and Stacy Hunt
Siblings: Mason and Cameron



Happy birthday, Troy!

Seven years ago we met you! It feels like yesterday. You have continued to change our lives in so many wonderful ways. You have a new brother! We just adopted him this year from Zambia. As soon as he is old enough we will tell him all about you and show him your pictures. You are always remembered!



Troy Carlin Smith
February 19, 1999
Bladder obstruction
Parents: Shane and Allyson Smith
Siblings: Hannah, Mia, and Mo

Love, Mommy and Daddy,
big sister Hannah, little sister Mia,
and new little brother Mo



For Angela and Christopher

Our sweet angels,

It's now been two years since we held you in our arms and we can't tell you how VERY MUCH we miss you. We always wonder what you too would look like now and what your personalities would be. The whole family wishes you could be here and keep everybody busy (as you would be in your terrible twos!).

You left a huge gap in our lives that nobody will be able to fill until we see you again in heaven. You guys be good up there and remember how much Mommy and Daddy love and miss you. We think about you all the time!

All our love, hugs and kisses
from Mommy, Daddy and sis Jessica



Angela and Christopher Stanford
January 11, 2004, Prematurity
Parents: Jim and Flory Stanford
Sister: Jessica



God's Little Warrior



“Hey, little warrior,
How ya doing today?
Hey, little warrior,
We wonder what you'd say?
You've only been with God a while,
But, hey little warrior,
I bet you'd make us smile!

Hey, little warrior,
Hey, little warrior,
We miss you so,

Our baby Caleb, we wanted so badly to know,
Hey, little warrior
Hey, little warrior....

Why'd you go so soon?

I guess you're teaching Mommy and Daddy a thing or two,
Hey, little warrior

What it really meant when God said, ‘I love you’,
Hey, Hey little warrior.....”

By Rick & Julie Miller

When you went before us to heaven, you took a piece of all our hearts with you, sweet Caleb—that's why they "ache" so bad sometimes! We love you and miss you every day, and long to finally get to be with you again...some day.

Love,

Mommy and Daddy

All your brothers and sisters and grandparents, too!!

In Loving Memory of Caleb Kenton Miller
February 15, 2004

Unknown cause

Parents: Rick and Julie Miller

*Siblings: Josh, Tim, Joseph, Jessica, Beka, Jared,
Gabriel and baby sister Leianna*

*Also lovingly remembering Baby Alex
miscarried May, 1989*

Happy 1st Birthday, Miller!

Oh, how our arms long to hold and our hearts break to see you once again! Our time was cut short, but it was so very special. It will seem like an eternity until our togetherness in heaven is a reality, but rest assured that we believe you are with us every day.

Happy birthday in heaven, “Milly-D!”



Love,
Mama, Daddy,
and “The Girls”

Miller Neely Hart
January 23, 2005
Placental Abruption

Parents: Jamie Hart and William Neely Key, III



Changes in Texas Affect Parents of Stillborn Children

A Texas Administrative Code has recently been changed concerning stillbirth. In the past, babies stillborn after 20 weeks gestation and/or weighing 500 grams (17.7 ounces) received a death certificate, and burial arrangements had to be made. Recently the weight has been changed to 350 grams (12.4 ounces). *This means that some stillborn babies around 18 or 19 weeks gestation may now receive death certificates.

The original text of the code follows:

***Texas Administrative Code*

Title 25 Health Services

Part 1 Department of of state Health services

Chapter 181 Vital Statistics

Subchapter A Misc. Provisions

Rule 181.7 Fetal Demise (Stillbirth)

(a) A certificate of fetal death shall be filed for any fetus weighing 350 grams or more, or if the weight is unknown, a fetus aged 20 weeks or more as calculated from the start date of the last normal menstrual period to the date of delivery.

(b) A certificate of fetal death shall be considered properly filed:

(1) when all of the items thereon have been satisfactorily and definitely answered; and

(2) when the certificate has been presented for filing to the local registrar of the registration district in which the fetal death (stillbirth) occurred or the fetus was found. A certificate of fetal death (stillbirth) shall be filed with the local registrar within five days after the date of fetal death (stillbirth).

Source Note: The provisions of this §181.7 adopted to be effective January 1, 1976; amended to be effective July 3, 2003, 28 TexReg 4904; amended to be effective July 22, 2004, 29 TexReg 6936

Because hospitals have not been complying with this ruling, M.E.N.D.'s printing this information may create some difficult emotions among parents who were not given the opportunity to receive death certificates or arrange burials for their babies. Our intent is not to hurt parents who were not given this opportunity but to ensure that all Texas hospitals are complying with this code. If you believe your hospital is not in compliance with the new code, give them this information to benefit parents who will lose babies in the future.

More recent than this ruling was the bill that allows parents of stillborn babies in Texas to be issued birth certificates along with death certificates. The Texas MISSING Angels Bill was signed into law on June 9, 2005. Since September 1, parents of babies stillborn in Texas have been able to request a Certificate of Birth Resulting in Stillbirth, regardless of when the babies were born. Applications for these certificates are available at the following Web site:

<http://www.dshs.state.tx.us/vs/field/stillbirth.shtm>.

Statutes vary from state to state regarding the issuing of birth certificates for stillborn children, but a nationwide campaign to have these birth certificates issued has had positive results in several states. To see your state's status, visit www.missingangelsbill.org

**The Pregnancy Journal A day-to-day guide to a healthy and happy pregnancy, by A. Christine Harris, Ph.D.*

***[http://info.sos.state.tx.us/pls.pub/readtac\\$ext.ViewTAC](http://info.sos.state.tx.us/pls.pub/readtac$ext.ViewTAC)*

I Lost My Child Today

By Michelle McHone

Remembering Kassandra Voulis

11/11/92

Cord Accident

I lost a child today, my friend
In case you didn't know
No one said a word to me
As it was all those years ago...

It's alright for you to mention her
It won't increase my pain
For someone to remember her
Means I don't grieve in vain

She was a living, breathing soul
She moved inside of me
We had long talks, she and I
Of what she'd like to be

Born a cold and gloomy day
Her body gray and still
Doesn't mean I can forget her
Please know I never will

Treading lightly doesn't impact me
Being silent doesn't heal
I keep her in my heart each day
The pain, though old, I feel

So when this day rolls 'round again
A note, a hug, a call
Is all that it would really take
Remembrance, still, yet small

I've spent these years in silence
Without her at my side
But today when no one mentioned her
Was the day, this year, I cried

If you need a good place to start
finding resources on the Web, one
suggestion is

Centering Corporation

at www.centering.org

Kasey's Story

Kasey Lee Thomas was born July 2, 2004, at 4:31 p.m. He was absolutely beautiful! He had a ton of black hair and was just perfect. My doctor put him on my belly, and I watched him move and cry. My husband and I were overwhelmed with joy – he was finally here! His Apgar scores were normal – an 8 at one minute and a 9 at five minutes.

The nurses had Kasey in the warmer and were doing all the routine checks on him. Then all of a sudden Kasey became unstable, blood pressure dropping and the nurses having to bag him. He was rushed out of the room. We never heard him cry again.

The doctor told us that Kasey had a subgaleal hemorrhage (a bleed in the head between the scalp and skull) and was in critical condition. An immediate blood transfusion was needed, and Kasey would be transferred to Children's Hospital.

They brought Kasey to our room so our family and my husband and I could see him before he was transported to the other hospital. My husband and I each held him for a split second, and then he was taken away. Kasey was not moving, and there was no reaction from him. What was happening? We had just given birth, and our son was supposed to be healthy!

My husband went with Kasey, and I had to stay behind. It was awful – the longest night of our lives! I was released the next morning and went straight to Children's Hospital. I remember seeing Kasey when I got there and almost fell to the floor. His poor little head was so big that the tops of his ears were folded forward. His forehead and sides of his face were purple from all the bruising. Kasey was just a little baby. Why was this happening to him?

Kasey was a little fighter and went through endless tests, procedures, and surgeries. He had brain damage as well as damage to the kidneys and liver, due to the loss of blood. In the end, Kasey had 45 blood transfusions on top of everything else. He surprised the doctors by how he fought and hung on. We prayed for a miracle.

On Sunday, July 25, 2004, we arrived at the NICU early, like we did every morning. The doctors met us to tell us they thought Kasey was in DIC, which meant he was clotting where he should not, but not clotting where he should. They were waiting on test results. If the results came back positive, there was nothing more they could do. They could continue to give him transfusions, but it would ultimately prolong his death, causing him to bleed to death internally. Those minutes were so long, just waiting. The test came back that he was in DIC. We were devastated - the word is so inadequate to describe our feelings. How could this happen to our perfect baby boy? He struggled for so long, just fighting to be given a chance. It was not fair! He never got to come home, wear clothes, have a birthday, play with his big brother; we never got to change his diaper.

As heart-wrenching as it was, we decided we had to let him go. We spent the next several hours just talking to him and touching him. We tried to soak up everything about him – every toe, finger, his smell ...

When we were ready and with him at his bedside he was taken off his life support. I was holding him when they took him off the machines and unhooked all of the tubes. I was finally holding my baby without all of those things. It just was not right that finally holding him this way meant the end. My husband carried Kasey out of the NICU and to a room where our family was waiting. Everyone was able to say goodbye to our beautiful baby. After only 23 days, our perfect baby boy went to be with the angels. To this day it all seems so unbelievable.

The weeks and months that followed are all a blur. If it had not been for the overwhelming support of family, friends and co-workers, we would not have made it.

We had to find a way to function. After all, we had a five-year-old boy at home who was heartbroken and needed us. My husband and I both eventually went back to work. We were supposed to go back with wonderful pictures and cute baby stories of night-time feedings. Instead we were in a daze, going back to work as if our lives were the same as before Kasey was born. I will never forget the looks on peoples' faces. It was awful. Those looks and the silence – no one knew what to say. You could tell people were afraid to say Kasey's name. So, I would break the silence and say his name. I wanted to talk about every minute of his precious life. I wanted people to hear about my son, even though he was so tiny and fragile. I wanted them to know how brave and strong he was. My husband and I are proud to be his parents!

I think we gained strength along the way listening to stories from our family and friends of how Kasey had changed their lives forever. When Kasey passed away we could not make any sense of it. I had always believed "that everything happens for a reason" but could not believe that now. What reason could anyone ever give us to justify Kasey's death? But, in hearing everyone's thoughts and feelings we slowly began to see why Kasey was put on this earth, even for a short time. He impacted more people in his 23 days of life than most people will in a lifetime.

My husband and I said leaving the hospital after Kasey's death that we would not have any more kids. Over time we changed our minds. We knew in our hearts that Kasey would want us to be happy. So, in December we decided to try again. What a scary decision! Would we get pregnant again? Would everything be okay? Could we handle it emotionally?

Continued on next page

Kasey's Story ... continued

By the end of the month, I decided to take a pregnancy test. It was early, but my mind was driving me crazy! We did not think it was possible to be pregnant yet, because I was having problems with my cycle. Everyone said it was due to stress. I even went to the family doctor over some stomach issue and was told it was stress-related. However, the pregnancy test was positive! We were shocked! Another blood test was rushed and it was conformed that we were pregnant. My doctor wanted to see me right away to do an ultrasound. It turned out I was 14 weeks pregnant! We could not believe that after all the doctor's appointments I had been pregnant the whole time.

Our beautiful – and healthy – baby boy, Corey Lee Thomas, was born June 27, 2005. We were amazed how perfect and healthy he was. The pregnancy was an emotional roller coaster, and we felt like we would fall off every second of the way, but in the end it was worth it.

Corey will never take Kasey's place, but he sure has helped us tremendously. When he gets older he will hear how he helped save our lives, in more ways than one.


We know our beautiful angel Kasey is watching over us and is with us every day. It's almost like Kasey had a part in sending Corey to us, even when we didn't realize we were ready.

Our precious Kasey ... once again changing our lives and impacting so many people. What an awesome and inspiring soul to everyone. One can only hope to inspire and be the person he was, even if it was only for 23 days.

Written in loving memory of Kasey Lee Thomas by Mommy, Daddy (Tracy and Kelly Thomas), big brother Riley and little brother Corey. We love you, Kasey, and can't wait to hold you in heaven.

M.E.N.D. would like to thank the following sponsors for making our Christmas Candlelight Ceremony possible. We appreciate your contributions.

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According to a study released in the November 2004 issue of *The Journal of the American Medical Association*, a blood test performed on pregnant women during their first trimester could predict risk for stillbirth.  **Medical Moment**

The study, led by Dr. Gordon Smith of Cambridge University, examined nearly 8000 Scottish women who underwent blood tests during their first ten weeks of pregnancy. The tests determined the levels of protein, known as pregnancy-associated plasma protein A (PAPP-A). Of the 400 women with the lowest levels of PAPP-A, eight later had placenta-related stillbirths, compared with 17 stillbirths among the other 7,534 other women in the study. Researchers determined that women in the group with the lowest PAPP-A levels (the lowest fifth of the total study) were 40 times more at-risk for stillbirth due to placenta dysfunction.

Findings suggest that doctors may be able to better target women at risk for certain kinds of stillbirth by testing PAPP-A levels in early pregnancy. This information could be used to monitor high-risk pregnancies more closely in hopes of ensuring fetal growth and preventing stillbirth due to placenta dysfunction.

To see the full study, visit *The Journal of the American Association* online at <http://jama.ama-assn.org>.



Ryland Michael Dixon
Stillborn August 12, 2005
Infection

Given by parents
Bryan and Kelly Dixon
and big sister Leighanne

Ethan Lloyd Gereke
Stillborn October 23, 2000
Group B Strep
Parents: Wendy and John Gereke
Brothers: Matthew and Will
Given by grandparents
Lloyd and Sandy Hoffman

Garrett Anthony Mayer
October 12 - December 18, 1999
Tetralogy of fallot
Given by parents
April and Tony Mayer
and little sister Samantha

Austin Townes Swenson
Stillborn July 8, 2004
Unknown Cause
Parents: Bryan and Corrie Swenson
Given by Cingular Matching
Gift Program

Baby Green
Miscarried July 15, 2002
Given by parents
Jay and Melissa Green

Miller Neely Hart
January 23, 2005
Placental Abruption
Parents: Jamie Hart
and William Neely Key, III
Given by Lyn and Nancy Hart

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. Please refer to page 2 of this newsletter for more information regarding where to send your donations and what information to include.

Thank you so much!

Faith Elizabeth Durham
Stillborn September 25, 1999
Triploidy
Given by parents Leighton and Lisa Durham
and siblings Leighton IV, Olivia,
and Suzanna

Michael Garabedian, Jr.
Stillborn February 2, 1998
Cord Accident/Villamentous Cord Insertion
Adam Michael Garabedian
Stillborn July 25, 2001
Cord Accident
Parents: Mike and Cindy Garabedian
Sisters: Victoria, Elizabeth, and Catherine
Given by Garabedian Properties

Kaylyn Rial Busker
Cole Michael Busker
Hannah Elizabeth Busker
Stillborn December 10, 2004
E-coli Infection
Given by parents Mike and Kim Busker
and big sister Allison

Gifts of Support
First Baptist Church of Bolivar, Missouri
Katz, Gladstone, and Rabin, M.D.
of Riverdale, Georgia
Randy and Keri Minschw
Jennie and William Fox
Yankee Cowboy Publishing of Keller, Texas
Joseph Frendo

Rianne Ellisa Scrivner
March 4 - 7, 1997
Severe Hydrocephaly
Parents: Rae and Bill Scrivner
Little sisters: Chanie, Casidy, and Canlie
Given by Pinnacle Mergers
& Acquisitions II, LTD

Jonathan Daniel Mitchell
Stillborn June 24, 1995
Cord Accident
Baby Mitchell
Miscarried December, 2001
Parents: Byron and Rebekah Mitchell
Big Brother: Byron, Jr.
Given by grandparents
Dennis and Sue Brewer

Jonathan Daniel Mitchell
Stillborn June 24, 1995
Cord Accident
Baby Mitchell
Miscarried December, 2001
Parents: Byron and Rebekah Mitchell
Big brother: Byron, Jr.
Given by grandparents
Lyle and Marnie Mitchell

Christian Allen Scott
June 1, 2005
Bilateral Renal Agenesis
Given by parents Leonard and Mary Scott
and siblings Lenny, Will, and Ariel
Schuyler Morren
September 28 - December 23, 1997
SIDS
Parents: Pam and Tim Morren
Little siblings: Ashton, Alexa, and Benjamin
Given by Aunt Melanie and Uncle James Dunn

Jordan Ashley Heffley
July 5, 1999
Trisomy 13
Given by parents Jan and John Heffley
and siblings Jonathan, Jasmine,
Jillian, and Jared

Michelle Grace Stockdale
August 22 - September 16, 2002
Ebstein's Anomaly
Parents: Joe and Marie Stockdale
Little siblings: Caleb and Audrey
Given by Scott, Jennifer, Joshua,
and Sarah Brittany Glenn

Mindy and Maggie Smith
Stillborn November 4, 1997
Twin to Twin Transfusion Syndrome
and Polyhydramnios
Given by parents Scott and Karla Smith
and siblings Travis and Julia

Ryland Josef William Shardell
September 7, 2005
Meconium Aspiration
and Potential Heart Defect
Given by parents David and Allison Shardell
and big brother Brandon

Joseph Charles Libby
May 26, 1999
Cord Accident
Given by parents Wim and Sharlene Libby
and siblings Will, John, and Mary Grace

Annelise Joy Linn
August 18 - 20, 2003
Anencephaly
Given by parents Julianne and Jamie Linn
and siblings Lydia, Chloe, Christian, and Ava

Alexis Leigh Rudeen
Nicole Leigh Rudeen
Stillborn March 11, 2002
Unknown Cause
Given by parents Sherri and Randy Rudeen
and sisters Julie, Sara, Jordyn and Sydney

Camden Wayne Carter
Chloe Nicole Carter
Given by David and Wendy Carter

Subsequent Births

Joel and Calli Stanley,
along with big brother Colton
 of Colleyville, Texas,
 joyfully announce the arrival of
 Danika Ryan,
 born November 2, 2005,
 weighing 7 lb., 8 oz.,
 and measuring 20 1/4 inches.
 The Stanley family lovingly remembers
 Savannah Kate,
 January 3, 2004,
 Prematurity/Incompetent Cervix,
 and Baby Stanley,
 miscarried November 10, 2004.

Jennifer and Nicholas Wheeler,
along with big sister Elaina
 of Allen, Texas,
 joyfully announce the arrival of
 Sophia Elizabeth,
 born on November 11, 2005.
 She weighed 7 lb., 3 oz.,
 and measured 20 inches long.
 The Wheelers lovingly remember
 Anna,
 stillborn January 5, 2004,
 Fatal Dwarfism,
 and Baby Wheeler,
 miscarried August 2004.

Karyn and James Elliott
 of Siloam Springs, Arkansas,
 joyfully announce the birth of a son,
 Henry James "Jamey,"
 born October 16, 2005.
 He weighed 8 lbs., 12 oz.,
 and measured 21 inches long.
 The Elliotts lovingly remember
 Baby Elliott,
 miscarried February 2004.

Christine and Chip Oxendine,
along with big sister Emily
 of Denton, Texas,
 proudly announce the arrival of
 Eric Thomas,
 December 7, 2005.
 He weighed 7 lb., 8 oz.,
 and measured 19 inches long.
 The Oxendines lovingly remember
 Jacob Theodore,
 April 29, 2001
 PROM.
 You are always in our hearts.

Tax Deductions Available to Some Parents

It is difficult to think about financial issues after the loss of a child. I had a tax professor while I was in college who lost his wife during the semester. He was out on leave for a couple of weeks but returned to finish the semester. The day he returned all of us were on pins and needles, not sure what to say or how to act. He stood up in front of the class and said, "There are only two things in this life that are certain: death and taxes. So lets get on with it." He was just trying to set us all at ease. However, he made a point that has always stuck with me. In light of that, I wanted to share some information that is valuable for those of you who have lost a child in 2005.

Some of you may have lost a child who only lived for a short time. If so, you are still eligible to claim a dependency exemption on your tax return, even if your child only lived for a moment, as long as you have proof of a live birth shown by an official document such as a birth certificate. This exemption can potentially save you hundreds of dollars in taxes and perhaps help defray funeral and burial costs.

Unfortunately, there is no such exemption for a child who was stillborn (as mine was).

If you have any questions or need specific advice or information that is unique to your situation, please feel free to contact me at kpwalt@comcast.net.

Kristen Walton
Certified Public Accountant
and mother to Kyle Charles,
stillborn November, 19, 1998,

Group B Strep and lack of proper nourishment from placenta

Tis good—the looking back on Grief—
 To re-endure a Day—
 We thought the Mighty Funeral—
 Of All Conceived Joy—
 To recollect how Busy Grass
 Did meddle—one by one—
 Till all the Grief with Summer—waved
 And none could see the stone.
 And though the Woe you have Today
 Be larger—As the Sea
 Exceeds its Unremembered Drop—
 They're Water—equally—

- *Emily Dickinson*

ORGANIZATIONS AND INTERNET SUPPORT

♥ Pregnancy Loss & Grief Support

The Adam and Michael Angel Mission

P.O. Box 1031, Colleyville, TX 76034
817-498-2669

mike@adamandmichaelangel.org

www.adamandmichaelangel.org

Baby Grief

www.babygrief.com

Bereaved Families of Ontario

www.bereavedfamilies.net

CHERUBS-The Association of Congenital Diaphragmatic Hernia

Research, Advocacy, and Support

e-mail: cherubs@gloryroad.net

www.cherubs-cdh.org

P.O. Box 1150

Creedmoor, NC 27522

919-693-8158

Cristin's Hope

http://www.geocities.com/Heartland/Shores/1275/

First Candle

www.firstcandle.org

Footprints Ministry

13611 Merton Woods Ln.,

Charlotte, NC 28273-9008

Helping After Neonatal Death (HAND)

P.O. Box 341, Los Gatos, CA 95031-0341

888-908-HAND (4263)

www.handonline.org

e-mail: info@handonline.org

Support meetings in Alameda, Contra Costa, Santa Clara, and Central Valley counties—call for info.

Hygeia

http://www.hygeia.org

Kota Loss

www.kotapress.com

The Memorial

Biblical Prophecy Resource Center

www.bprc.org/memorial/memorial.html

M.E.N.D.

(Mommies Enduring Neonatal Death)

P.O. Box 1007

Coppell, TX 75019

972-506-9000

http://www.mend.org

Wells Fargo Home Mortgage has a Sharing Advantage program that benefits M.E.N.D. and other faith-based or non-profit organizations. Home owners who buy or refinance through Wells Fargo can designate M.E.N.D. as donation recipient, and \$300 will be donated to M.E.N.D. with no additional charge to the lender.

For more information,
contact April Mayer:
at (940) 381-3616 or
april.k.mayer@wellsfargo.com



MIDS—Miscarriage, Infant Death & Stillbirth

16 Crescent Dr.

Parsippany, NJ 07054

e-mail: MIDS@nac.net

The Missing GRACE Organization

P.O. Box 1625, Maple Grove, MN 55311

763-497-0709

Candy McVicar, Founder and Executive Dir.:

candy@missinggrace.org

Email organization for support:

support@missinggrace.org

M.I.S.S.

Mothers in Sympathy and Support

Joanne Cacciatore (voice) 602-979-1000

(fax) 602-979-1001

Julie White (voice) 602-584-0805

http://www.missfoundation.org

Morning Light Ministry

c/o St. Mary Star of the Sea Church

11 Peter Street South, Mississauga, Ont. L5H 2G1

http://ca.geocities.com/

morninglightministry@rogers.com

morninglightministry@rogers.com

24 hour voice mailbox telephone: 416-765-2155

For bereaved Catholic parents who have experienced

the death of their baby, including up to one year old.

Perinatal Bereavement Services Ontario

6060 Hwy. 7 E., Ste. 205, Markham, ON L3P 3A9

905-472-1807

www.pbso.ca

PCR – Chat Room

Monday 10 p.m. Eastern

Contact Shanna at Ladyinno@aol.com or

HostiVHShanna@aol.com for info.

Pregnancy Loss Newsgroup

http://web.co.nz/~katef/sspl/

Remember the Roses

www.remember.theroses.com

SHARE

St. Joseph Health Center

300 First Capitol Dr.

St. Charles, MO 63301-2893

314-947-6164

Silent Grief

www.silentgrief.com

S.O.F.T. (Support Organization for

Trisomy 18, 13 & Related Disorders)

c/o Barb Van Herreweghe

2982 S. Union St.

Rochester, NY 14624

716-594-4621

800-716-SOFT (7638)

e-mail: barbsoft@aol.com

http://www.trisomy.org/

Tom Golden's Crisis, Grief & Healing

http://www.webhealing.com/

UNITE, Inc. (Perinatal grief support)

7600 Central Avenue

Philadelphia, PA 19111-2499

215-728-3777

www.unitegriefsupport.org

♥ Continuing a Pregnancy After Adverse

Prenatal Diagnosis

Anencephaly Support Foundation

http://www.asfhelp.com/

♥ Infertility

Hannah's Prayer

Providing Christian support for fertility challenges. Online newsletter available.

PO Box 5534, Maryville, TN 37802

(281) 485-8986

http://www.hannah.org/

INCIID

http://www.inciid.org/

Infertility

http://www.fertilethoughts.net

Journey to Jordan

A ministry for families dealing with infertility and adoption. Publishes a newsletter for a small fee.

4511 E. Gateway Rd.

Phoenix, AZ 85024-6938

Reproductive Medicine Program

http://repro-med.net

Resolve

http://www.resolve.org/

Stepping Stones

Offers Christian hope, encouragement, and support to infertile couples. Publishes a bi-monthly newsletter.

c/o Bethany Christian Services

901 Eastern Avenue NE

P.O. Box 294

Grand Rapids, MI 49501-0294

http://www.bethany.org/step/

♥ Multiple Loss

CLIMB (Center for Loss in Multiple Birth)

e-mail: climb@pobox.alaska.net

www.climb-support.org

Murraylands Twin Loss

11 Ida St., Murray Bridge,

South Australia, Australia 5253

e-mail: schulz@lm.net.au

www.lm.net.au/~schulz/siss/

The Twin to Twin Transfusion Syndrome

Foundation

411 Longbeach Parkway

Bay Village, OH 44140 440-899-8887

http://www.ttttsfoundation.org

Twinless Twins

11220 St. Joe Rd.

Ft. Wayne, IN 46835-9737

219-627-5414

♥ SIDS

SIDS Network

P.O. Box 270, Ledyard, CT 06339

800-560-1454

http://sids-network.org

e-mail: sidsnet@sids-network.org

Cot Life Society

http://www.geocities.com/Heartland/Trail/5955

SIDS and Kids

www.sidsandkids.org

♥ For Clergy

National SIDS and Infant Death Program

Support Center—Bereavement Guidelines

www.sids-id-psc.org

♥ Spanish

Fundacion Esperanza

A Spanish-speaking, non-profit organization dedicated to support bereaved parents, based in Mexico City.

For more resources, visit M.E.N.D.'s Web site: www.mend.org.

Words from New M.E.N.D. Chapters Directors



L to R: April Moreton, Pam Morren, Senator Jim Holt, Rebekah Mitchell, grant writer Kendal Booker

The northwest Arkansas chapter of M.E.N.D. officially opened on March 1, 2005, with seventeen moms and dads in attendance. Since our first meeting, we have had steady and regular attendance by several of our families. A subsequent pregnancy group began during the summer months. In the spring M.E.N.D. founder Rebekah Mitchell, board member Pam Morren and I traveled to Little Rock to meet with state legislators to explore funding opportunities for the new chapter. It has been a blessing to meet moms and dads in northwest Arkansas who have endured the heartache of losing one or more precious babies.

*April L. Moreton, Ph.D.
Northwest Arkansas Chapter Director*

The M.E.N.D. Kansas chapter started on May 12 in Emporia. We've been able to meet at Cora Miller Hall/Newman Division of Nursing, and it's turned out to be a great location. Our local newspaper recently published an article to promote M.E.N.D. in the area, and response to the article increased attendance. I feel incredibly blessed to be leading this group and look forward to what the Lord has planned for us.

*Stephanie Metzger
Kansas Chapter Director*

Since opening the Houston chapter in May, God has brought together eleven families to share memories of their precious babies. God has blessed this group with a subsequent pregnancy, two adoptions, and a foster newborn. My specific prayer for this group has been that God be in charge of this ministry; to bring glory to Himself as He mends the hearts of His children.

M.E.N.D. was invited to help the clergy staff at one of Houston's largest hospitals implement an infant bereavement program and hospital policy.

*Jaimie Crump
Houston Chapter Director*

After our three-week-old daughter, Michelle, died from a heart defect in 2002, the bitterness in my heart threatened to overtake me. I desperately clung to the promise that one day God would restore my life again. Three years later, I am even more aware that God's promises are true. He never gives us more than we can bear, He is always there for us, and He does restore broken lives.

I am thankful He has allowed me and my wonderful helpers, Jill and Tammy, to open a chapter of M.E.N.D. in Atlanta. We held our first meeting October 10, 2005, and had eleven in attendance. It is my prayer God will use our chapter to give hope and support to grieving families, and through His power, we will see many lives restored.

*Marie Stockdale
Georgia Chapter Director*



M.E.N.D. Chapter Corner

Chapter Meeting Information

M.E.N.D. - NW Arkansas

Held the 1st Tuesday of every month from 7:00—8:30 p.m. at the Jones Center for Families, Room 114, 922 East Emma Avenue, Springdale, AR 72765.

For information, call 479-524-3500 or e-mail april@mend.org.

Subsequent pregnancy group meets in the same place the 4th Tuesday, 7:00—8:30, led by Pam Morren (pam@mend.org).

M.E.N.D. - Kansas

Meets the 2nd Thursday, 7:00 p.m. at Cora Miller Hall/Newman Division of Nursing, Room 1007 1127 Chestnut, Emporia, KS 66801

Director: Stephanie Metzger
Stephanie@mend.org
(620) 343-6357

M.E.N.D. - Houston

Meets the 3rd Thursday, 7:30 p.m. at South Montgomery County

Community Center
2235 Lake Robbins Dr.
The Woodlands, TX 77380

Director: Jaimie Crump
Jaimie@mend.org
(281) 374-8528

M.E.N.D. - Georgia

Meets 2nd Monday at 7:00
McDonough Women's Club
199 Turner St., McDonough, GA 30253

Director: Marie Stockdale
Marie@mend.org
(770) 954-1115

To find other organizations that offer support groups in your area, visit www.mend.org.

M.E.N.D. Support Group Meetings

Join us for a time of sharing experiences.

M.E.N.D. main chapter meetings are held the 2nd Thursday of every month from 7:30 – 9:00 p.m.

Our Daddies group meets the 2nd Thursday of

March, June, September, and December from 7:30 – 9:00 p.m.

This is a special time for daddies to get together and discuss concerns unique to them as fathers. Our moms and dads meet together for introductions before dividing into two groups for discussion.

Subsequent pregnancy group

meets the 4th Tuesday of each month from 7:30 - 9:00 p.m.

For families who are considering becoming pregnant or are currently pregnant after a loss. Led by Lori DeLaTorre (lolid@inyourfaceshirts.com).

Playgroup

For families with children born prior to or subsequent to a loss.

Contact DaLana Barsanti at (817) 589-0588
fivekids@ev1.net

(Playgroups meet at various locations around the Dallas/Fort Worth Metroplex.)

Mommies AND daddies are both welcome at all M.E.N.D. meetings.

All main chapter support group meetings are held at:

Suggs Law Firm

**1522 W. Airport Freeway, Suite 200
Irving, TX 75062**

(Located on the south side of the highway, Between MacArthur Boulevard and Story Road)

For more information, call (972) 506-9000.

M.E.N.D. Fundraisers

As a non-profit organization, M.E.N.D. is funded solely by private donations and fundraisers. Any assistance you can give us by participating in any or all of these fundraisers is greatly appreciated.

Kroger grocery stores donate a percentage of all purchases of those shoppers who have and use a Kroger Share Card back to M.E.N.D. To obtain your Share Card, contact Rebekah (Rebekah@mend.org) and let her know how many you need.

Tom Thumb also has a program in Texas that can benefit M.E.N.D. If you have a Tom Thumb Reward Card, please ask your Tom Thumb cashier to link your card with M.E.N.D. Our number is **6265**. Reward cards can also be used at Randalls and Simon David stores.

Shannon Outen, a M.E.N.D. member, operates **Oh! For Keepsakes**, which offers photographic keepsakes and quilts. For every order that is placed in which the purchaser mentions M.E.N.D., Shannon will donate \$2 to M.E.N.D. Visit her business at www.ohforkeepsakes.com.

Glenn Martin is looking for M.E.N.D. families willing to grant space for small gumball machines in order to raise funds for M.E.N.D. If you have a retail business or connections to a high traffic location, Glenn will place, stock, and service the equipment and give M.E.N.D. 35 percent of the proceeds. His business has most of its route in the Grapevine and Southlake areas and could travel further into the Dallas/Fort Worth metroplex for a high traffic location. Glenn can be contacted at (817) 874-5366 or glmartin@attg.net.

M.E.N.D. can now earn funds through **i.think inc.**, an online marketing research firm. You can help by signing up as a survey panel member and designating us as the recipient of your fee. Every time you complete a survey M.E.N.D. will be automatically credited. Go to the website at <http://www.ithink.inc.com> and choose "Sign up to become an i.think inc. panel member." Fill out the sign-up survey. Under the "Funds for Charity" section, select M.E.N.D. from the list of names. Once you have completed the sign-up survey, including a valid email address, you'll be contacted with an Internet address and password for specific surveys for you to take part in. At the end of the survey, press the "Submit" button, and M.E.N.D. will be automatically credited as the recipient of all money you have earned.

Bob Nordberg is owner of www.buildatee.com in San Antonio. BuildATee.com is dedicated to providing customers with quality customized shirts, ballcaps, athletic wear, and gift items. Ten percent of online sales at BuildATee.com will be donated to M.E.N.D.

Little Beads & Macaroni & Cheese, owned by M.E.N.D. member Marilyn Brown, offers custom jewelry. Her keepsake angel bracelets are \$20 each, and ten percent of each angel bracelet sale will be donated to M.E.N.D. Marilyn can be reached at 817/996-1920 or msbrown16@hotmail.com.

Tiffany Chalk is a consultant with **Arbonne International**, offering pure Swiss skin care, color, nutrition and aromatherapy. Tiffany will donate twenty percent of all sales by M.E.N.D. members back to M.E.N.D. To find out more, call 302-658-3775 or visit www.arbonne.com. Use Tiffany's consultant ID #15111516 to shop online. Tiffany can also be reached at gr8skin@hotmail.com.

IBM employees may now make charitable donations to M.E.N.D. through automatic payroll deductions. Choose Charity Code 0M562 from the [IBM Employee/Retiree Approved Charity List](#).

M.E.N.D. Mommies Enduring Neonatal Death
P.O. Box 1007, Coppel, TX 75019
USA
(972) 506-9000
Return Service Requested

Nonprofit Organization U.S. Postage Paid Coppel, TX 75019 Permit No. 139
