



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

Volume 26, Issue 1

January/February 2021

©Mommies Enduring Neonatal Death

Navigating Loss During a Pandemic

Stay-at-home orders, social distancing, quarantines, mask mandates, social gathering restrictions, virtual work/school, even toilet paper shortages! 2020 was a year of new experiences!

Unfortunately, while many areas in life paused, pregnancy and infant loss continued. Grief continued.

The calendar flipped to 2021, but all the problems of 2020 didn't magically disappear. We are still watching the world try to navigate managing a pandemic.

Loss continues. Grief, whether born before, during or after the pandemic, continues. Grief and loss, then and now, share similarities. Yet in today's times, families face many new difficulties other families never encountered in the past.

M.E.N.D. continues to adapt to provide comfort to those families, to meet needs especially during the holidays, and to remember babies gone too soon.

In this issue...

Navigating Loss

Rebekah shares how leadership has had to adapt and develop new methods to continue to provide support for hurting families.

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Josiah and Bennett

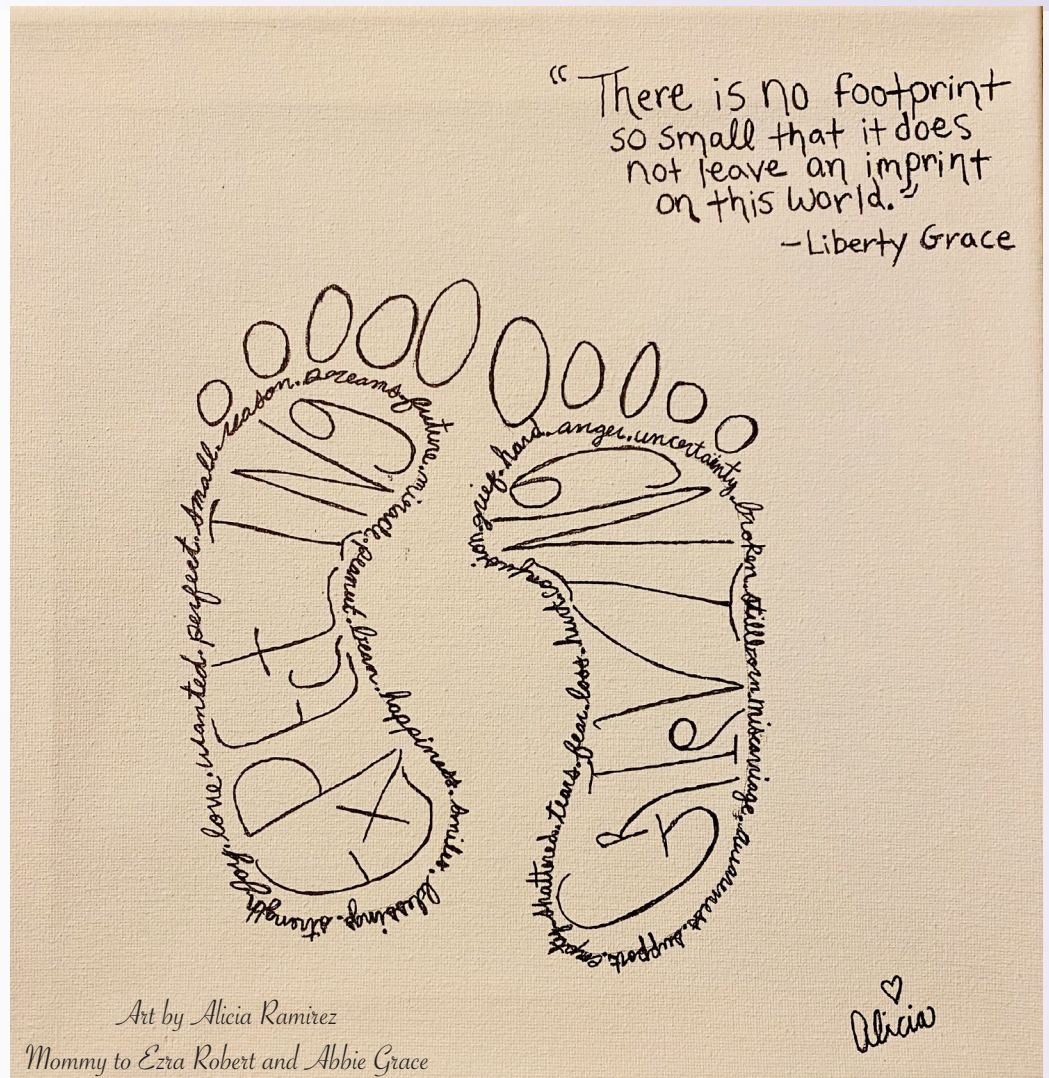
Kristina shares the stories of two of her sons, and the care they received in their births, one before the pandemic and one during.

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Navigating in Leadership

Rachel had envisioned how her role as a Chapter Director would be, but found herself needing to adapt as COVID-19 spread in SW Missouri.

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March/April Topic

Give Yourself Grace

Deadline: January 31, 2021

May/June Topic

Mother's Day/Father's Day

Deadline: March 31, 2021

Stories, poems, thoughts, and/or feelings regarding these topics are welcome. Submissions must be received by the deadline to be considered for publication in the magazine. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please send any submissions to our Magazine Editor, Jennifer Harrison, at jennifer@mend.org. Any submission printed in our magazine will also be posted to our website indefinitely. Because our magazines are posted online, please understand your name will be attached to your submission when searched on the Internet.

Letters to the Editor should be sent to jennifer@mend.org. All letters submitted to the editor are subject to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.

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Birthday Tributes: M.E.N.D. publishes heavenly birthday tributes in the corresponding magazine. Tributes must be submitted via the online form at www.mend.org.

<u>Heavenly Birthday</u>	<u>Deadline</u>
January/February	November 30
March/April	January 31
May/June	March 31
July/August	May 31
September/October	July 31
November/December	September 30



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As a national organization, M.E.N.D. Leadership continues to monitor conditions in the United States relating to COVID-19. Since restrictions differ in each state, please follow your chapter on Facebook or connect with your Chapter Director for updates regarding support groups. For information on support groups, including the M.E.N.D. Nationwide Support Group that meets year-round, please see page 19.



Feature Article

Feature from our M.E.N.D. President and Founder, Rebekah Mitchell, Mommy to Jonathan and Baby Mitchell

Navigating Loss During a Pandemic

At the Dallas/Fort Worth Christmas Under the Stars ceremony in December, I spoke on Change. So much has changed - in fact, everything has changed since last March. Our lives are completely different than they were a year ago. Whether it is simply having to wear a face covering when out in public or grieving the death of a loved one lost to COVID-19, we've all been affected by this terrible virus. The infant loss world is no exception. Families whose babies have died (and will die) during this pandemic will have very different experiences than those who lost before the pandemic.

M.E.N.D. continues to adapt in providing support groups, events, training and assisting those enduring a loss in this pandemic.

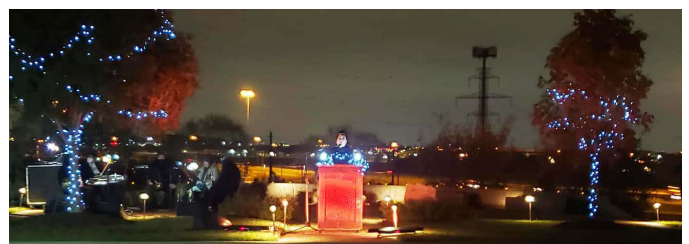
Support Groups

When the pandemic started, the leadership of M.E.N.D. came together via Zoom to discuss the importance, perhaps more than ever before, on creative ways to continue our ministry since we would not be able to host in-person support groups, fundraisers or remembrance ceremonies for an indefinite period of time. For several months, all of our chapters held their support groups online. We did our best to keep consistent with each chapter's scheduled support group, just transitioning them to Zoom instead of in person. Several chapters meet on the same night, so we have combined these support groups. This enriched the sharing and has allowed loss moms from other parts of the country to get to know each other. The biggest advantage we found in hosting multiple support groups online each month, is that parents from anywhere can join a support group that fits their need or schedule; they do not have to wait until their local chapter meets, or just one time a month. Some of our chapters have been able to resume in-person gatherings of support. While the virtual support has been nice, I know we're all looking forward to when every one of our chapters can return to regular in-person support groups.

Events

When we made the decision to transition all of our support groups online in March, never did we imagine the schedule would continue throughout the rest of the calendar year and beyond, as well as developing an alternative plan for our annual October remembrance events. Once again, our leadership met and decided upon a nationwide Virtual Walk to Remember in lieu of each chapter across the country coming up with a way to safely acknowledge Pregnancy and Infant Loss Awareness month. Thanks to our dedicated team of Chapter Directors and Board members, we hosted a live event on October 3 that was a great success. Hundreds of families from all over the United States, and perhaps from other countries, tuned in on Facebook or YouTube to virtually participate in the Walk to Remember. Since our chapter Christmas Candlelight Ceremonies tend to be more intimate than the October events, we decided each chapter could host their own, unique ceremony. Most held drive-up services in which the guests were asked to remain in their vehicles and listen via their car radio. Never in a million years did I think one day we'd have to make such drastic changes to the ceremonies we've hosted

M.E.N.D.—Dallas/Fort Worth Christmas Under the Stars



Continued on page 5

Birthday Tributes



Happy 1st Birthday, Ezra!

Happy 1st birthday in heaven, sweet boy. We know you're surrounded by loved ones and are being taken care of by your grandpas and sister! You were our season of hope, and we miss you so much! I heard a quote recently, and it said "if our love could have saved you, you would have lived forever." You are so loved and were so wanted.

Xoxo
Mommy and Daddy

Ezra Robert Ramirez
Stillborn February 16, 2020
Also remembering
Abbie Grace Ramirez
April 18, 2019
Parents: David and Alicia Ramirez



Happy 2nd Birthday, Addie!

Addie, today you would be 2 years old. We have no idea how that time has passed so quickly. We miss you so much and would give anything to hold you tight again, but we also know you're doing a job far more special than we could've ever imagined. Your life/story continues to touch others, and words cannot express how loved and special you are to all of us. You made us parents and will ALWAYS be our baby girl. We will spend your birthday celebrating ALL day (just like last year) because you are beyond worth it.

Love you forever,
Mommy, Daddy and Riley

Adele Haven Sutherlun
January 29, 2019
Bilateral Renal Agenesis
Parents: Kristin Neathery and Aaron Sutherlun
Little sister: Riley



Happy 2nd Birthday, Nevaeh Raye Driggers!

Happy heavenly 2nd birthday to my beautiful angel baby, Nevaeh Raye Driggers. Not a day goes by you are not on my mind. I miss you so very much and look forward to one day when I will join the great Lord above and you! I know you are smiling down on Mommy and Daddy. Just know how much I love and miss you, baby girl. Hope you are having a celebration up in heaven on your special day. Your cousins miss you dearly! Alissah, Dyson, Nannah, Brooke and Olivia send their love to you! You are truly missed and not ever forgotten with each day that passes. I love you!

Mommy and Daddy

Nevaeh Raye Driggers
Stillborn November 10, 2018
Incompetent cervix
Parents: Tiffany and Chevy Driggers
Siblings: Alissah, Dyson, Brooke and Olivia



Happy 7th Birthday, Rose!

Happy 7th heavenly birthday, Rose! We can't believe another year has gone by without you here with us. It has been a hard year for a multitude of reasons. One of those reasons being that no matter how large our family grows, we will always feel like there are children missing. One of them is you. We miss you, baby girl!

Rose Dell
Miscarried January 3, 2014
Also remembering
Grace Kathryn Dell
Stillborn March 17, 2008
PPROM
Parents: Peter and Rachel Dell
Siblings: Zeke, Kye, Izaiah, Zeffy and Tirzah



M.E.N.D.—Chicagoland Christmas tree at the Brookfield Zoo



M.E.N.D.—Houston Christmas Candlelight Ceremony



“Navigating Loss...” continued from page 3.

for more than 20 years. We’ve learned through this though, that changing things can be good for a season, but like our support groups, we’re anxious to resume in person gatherings for these special occasions.

Training

Another change we’ve made is how we provide bereavement trainings to healthcare providers. At first, I naively assumed we’d need to put our presentations on hold, but then our Houston team decided to try giving an educational session virtually. Well of course, everything else is online, why not trainings as well? They are not as personal as in-person, but the information is disseminated nevertheless, and we are grateful for the opportunities we’ve had to continue this aspect of the services we offer, rather than being forced to cancel these important sessions.

Supporting Those in Loss

When the pandemic first hit, I heard stories of moms having to deliver their babies all alone, including loss moms. Not one single support person was allowed in the Labor and Delivery room. Then restrictions lifted in most places, and at least one person is now able to accompany the mom when giving birth. But sadly, many family members have been unable to meet these little babies. The same is true for babies who die in the NICU. Most hospitals still uphold strict Neonatal Intensive Care Unit visitations, so if a baby dies in the NICU, many family members are not given the opportunity to meet the little one before death or even afterward. Loss families are also denied the services of bereavement photography, as well as their own pastoral support while in the hospital. Bereavement protocol and assistance, what used to be routine perinatal bereavement care, is what helps create memories and keepsakes for families. To try to help with these types of issues, our leadership team began to share with one another suggestions on memory making we could pass on to our local hospitals and healthcare providers. Some of these ideas include allowing families to take their baby home upon

discharge, rather than having the funeral home take immediate possession of the baby. I know this seems unimaginable and unorthodox to many families (to take home their lifeless baby), but for the mom and/or dad not allowed any visitors at the hospital, this may be the only way siblings and other family members can meet the baby before the final disposition arrangements are made. Another option is to allow the families to have a special time together somewhere else in the hospital, such as the chapel, if family members cannot gather in the mom’s hospital room. We have also encouraged the nurses to stress the importance of picture taking to the families and perhaps become the photographers themselves, making sure to capture as many moments as possible, with as many family members as attainable.

Navigating loss during a pandemic has certainly had its challenging moments from our organization’s perspective, but I’m so proud of our leadership for rallying together and figuring out ways we can maintain our mission of reaching out to hurting families during this unprecedented time. As you navigate your grief during this pandemic, I hope you take advantage of what is offered to you virtually. I also hope you can come up with ways to still make memories of your sweet little baby, and I pray this issue will help you with some new ideas. As we all journey through this time together, let’s remember all this craziness and sadness is not a surprise to God. He knew all about the COVID-19 pandemic, quarantine, policy changes, and gathering restrictions long before now. So, while I may have moments of anxiety, frustration, and anger, I can rest in knowing He’s got this. When I’m trying to figure out changes on my own, I need to remember to stop and seek Him first, let Him be my shelter and my guide, my comfort and my peace. And most of all, I need to fully trust Him, rather than leaning on my own understanding. And when I do that, scripture says He will make my paths straight! So, let’s not navigate on our own, let’s all rely on His infinite wisdom to get us through this trying time.

Josiah and Bennett: Loss During a Pandemic

Written by Kristina Witt

*Mommy to Josiah and Bennett
M.E.N.D.-SW Missouri*

On November 21, 2019, I went to a routine doctor's appointment at 13 weeks. I told my husband he didn't need to go because I wouldn't have an ultrasound that day anyway. Yet after several minutes of being unable to find our baby's heartbeat with the Doppler, our doctor brought in an ultrasound machine. We unfortunately heard those terrible words: "There is no longer a heartbeat." After a confirmation ultrasound, it was confirmed that our baby had just passed away. Because I was past 11 weeks my doctor wanted to induce me. We were sent to Labor and Delivery that afternoon and at 9:22 PM our son, Josiah David Witt was born silent. He was so tiny and yet, so perfect.

Looking back, almost every single nurse I remember from the experience hugged me, some wiped my tears, and a couple of them sat with me on my bed to explain all my options with burial, cremation, etc. I am

so thankful my first loss was before a pandemic because I had no clue what to expect. The nurses were so empathetic and caring. They were able to show this more freely. I was given all the

information from Labor and Delivery, and I attended my first support group two weeks after Josiah was born. Having those in-person support groups was so helpful and gave me so much support and love.

The day after what should have been Josiah's due date, we found out we were expecting our "rainbow" baby. We had many doctor appointments and ultrasounds. Fortunately, despite the pandemic, my husband was allowed to attend all of the appointments with me. We found out early we were expecting another sweet baby boy, and we decided his name would be Bennett Matthew Witt. Bennett means "blessing" and Matthew means "gift from God." We thought it was perfect for him.

Right at 20 weeks, I noticed I wasn't feeling our son as much as I had been. I was told to listen with my Doppler and if I couldn't find him to come in. I was able to find him that entire week until Sunday evening. We laid down that evening to try to find his heartbeat, but we couldn't

find it. My husband and I agreed that I needed to get checked out just in case. He stayed home with our two living children. I was immediately sent to Labor and Delivery where they placed me in triage and attempted to find our son's heartbeat. After several minutes of using a Doppler, they decided to get an ultrasound machine and the doctor. The doctor confirmed our worst fears: Bennett no longer had a heartbeat. It had stopped beating the night before or earlier that day.

I was then transferred to a delivery room and when my husband arrived, they began the induction process to meet our sweet boy. I was running a fever and had a high white blood count, so I was tested for COVID-19 right away. While waiting for results, the anesthesiologist came to do my epidural. He was furious my test results were not back yet, but my nurse advocated for me that I had no other symptoms and to just give me the epidural. After seven hours, my COVID-19 test finally came back negative and after more than 12 hours of labor, Bennett Matthew was born sleeping at 12:39 PM on September 28, 2020.

Even though Bennett was born during the pandemic, the nurses were still incredible. There were a couple of them who still hugged me and cried with me. They will never know how much this meant to me. Due to the situation involving a death, the hospital made exceptions, and I was allowed visitors which meant the world to me. The day after Bennett was born, our M.E.N.D.-SW Missouri Chapter Director, Rachel, even came to visit me. I could not imagine being alone through this, and I am so thankful I had M.E.N.D. support right away this time.

The pandemic did cause some difficulties like communication issues where the nurses thought that the agency that does professional pictures for stillborn babies was not doing photos because of COVID-19. The nurses came in with their camera and took photos for us, which was still very special, but later I learned the agency is still doing them and the nurses were not given that information from the head nurse. The guidelines are changing literally every day, and it's hard for the nurses to know what is happening and what is not, which unintentionally results in families missing out on services that are usually offered. The hardest thing for me has been not having in person M.E.N.D. support groups, not being able to hug people when I am struggling or feeling the waves of grief, and feeling like I have to rush through my grief because there is so much chaos in the world right now.



Navigating In Leadership

An interview with Rachel Dell

Mommy to Rose and Grace Kathryn

M.E.N.D.-SW Missouri Chapter Director

"I am not looking forward to being at hospitals with families who said good-bye, going to funerals for babies, grieving with families... but then again, I am looking forward to being there for those families in their time of need."

I was blessed to attend the 2019 M.E.N.D.-SW Missouri Christmas Ceremony where Rachel Dell shared this from her heart as she transitioned to become the new M.E.N.D.-SW Missouri Chapter Director.

Shortly after this, our community went under a "Stay-At-Home" order and continues to navigating restrictions due to COVID-19 in our area. The article includes bits of a conversation between us of the adaptations she has had to make in her role as M.E.N.D.-SW Missouri Chapter Director, and also how she supported Kristina in the previous article in her loss of Josiah and Bennett.

Jennifer Harrison, M.E.N.D. Magazine Editor

There are days when I have to question God's timing. Why would I become Chapter Director, only to seemingly have to put all my plans for the year on hold? Shortly after accepting the position, I learned my family would likely need to relocate within a few short years. My time feels limited as M.E.N.D.-SW Missouri's Chapter Director, and I had such big plans. I wanted to do so much. Unfortunately, I haven't even been able to do much at all. What I have been able to do is adapt and change our "normal" ways of doing things.

Connecting with Families

Hospitals aren't allowing visitors for the most part. When I have provided training to hospital staff, it has all been online. Our support groups moved online. Every time a mom reached out to me, though, if she was willing, I met her in person - lunch here, coffee there. Our chapter has grown by these in-person meet-ups, and I think it made it a little easier for those moms to join us online. My chapter has also met a number of other moms around the country who have joined us on our online support groups these last couple of months. I am thankful we have still been able to meet.

Planning

It has been really hard to plan this past year. For instance, this year's Christmas Candlelight Ceremony was to be my first one to organize. At the beginning of November, our chapter was given the option to move into a larger room which would allow us to socially distance. However, just a week later, and after printing invitations, the church experienced a surge in COVID-19 cases and asked us to consider other options. Canceling was never an option for me. It means too much to many

of our members to recognize our babies during the Christmas season. This hurdle led to the creation of a completely new type of ceremony, a drive-in event. My assistants, Brianne Mansfield, Heidi Smith, and Ashley Sudheimer, plus technical assistance from my husband, Peter, helped me pull off a beautiful and perhaps our best ceremony yet! Although, it never would have happened had it not been for the pandemic.

Kristina

When any mom becomes pregnant after a loss, joy and fear battle every day, sometimes moment by moment. The problem with being loss mommies is that we know there is never a "safe point" during pregnancy. However, I was still shocked, as well as others in our chapter, to learn Kristina had lost Bennett and reached out to make sure she knew we were there. I find it a miracle I was allowed to visit Kristina at the hospital during the loss of Bennett. I brought her a big purple blanket because it was the closest thing to a hug I could give her to comfort her in the days, weeks, months ahead. I know there were no words I could say to make it better, but I am thankful she allowed me to spend some time with her.

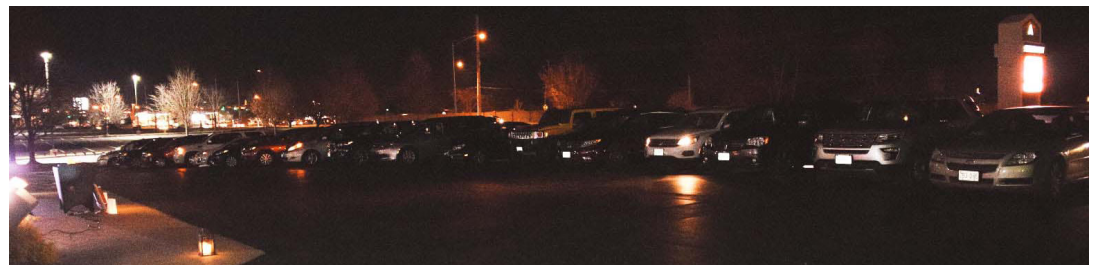
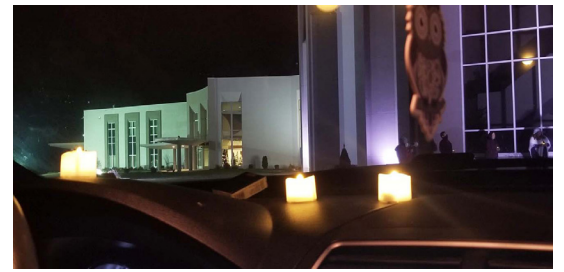
Wedding Dress to Burial Gown

My firstborn baby girl, Grace Kathryn, was stillborn at 20 weeks in 2008. I had nothing her size in which to bury her, so I crocheted a small white blanket, and wrapped her little body in it for burial. Gone were my dreams of saving my wedding dress to let her play dress up when she was 10 or maybe even wear when she decided to walk down the aisle herself one day. So I gave my wedding dress to another loss momma from our chapter, Jennifer Worley, in 2016, for her to make infant burial gowns. Jennifer went through health challenges of her own yet continued to work on the project little by little until she was able to finish. I was delayed in picking up the gowns until I heard Bennett would be buried. I believe it was God's timing to receive the 25 beautiful gowns of all shapes and sizes Jennifer made from my wedding dress. It was my honor for Kristina to allow Bennett to be the first baby buried in one of Grace's gowns. I hope to hand deliver the remaining gowns as they are needed in memory of Grace.



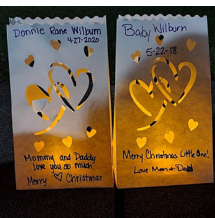
In spite of the pandemic and in spite of being socially distanced, our shared bond of losing our babies bridges the 6 foot gap or at times, the screen between us. The pandemic has changed us, but we are familiar with change because so has losing our babies. I hope that the moms in our support group still feel supported, no matter what is going on in our world. We are still here for each other. It might look a little different, but as your M.E.N.D.-SW Missouri Chapter Director, I am still here.

M.E.N.D.—SW Missouri Christmas Under the Stars



Thank you to our sponsors, Peter and Rachel Dell, Jonathan and Heather Fann, Greg and Kathryn Gold, Curt and Jennifer Harrison, Kyle and Brianne Mansfield, Heidi Smith, and Craig and Ashley Sudheimer, The Lia Store, Black Lab Coffee Co., Pearson-Kelly Technology, StoeckerMedia, and Second Baptist Church.

M.E.N.D.—NW Washington Christmas Candlelight Ceremony



Navegando la Pérdida Durante Una Pandemia

Artículo de Presidente y Fundadora,
Rebekah Mitchell,
Mamá de Jonathan Daniel y bebé Mitchell



En la ceremonia de Navidad bajo las estrellas de Dallas / Fort Worth en diciembre, hablé sobre cambio. Mucho ha cambiado - de hecho -, todo ha cambiado desde el pasado mes de marzo. Nuestras vidas son completamente diferentes

a las de hace un año. Ya sea simplemente por tener que cubrirse la cara cuando está en público o por el dolor por la muerte de un ser querido perdido por COVID-19, todos hemos sido afectados por este terrible virus. El mundo de las pérdidas infantiles no es una excepción. Las familias cuyos bebés han muerto (y morirán) durante esta pandemia tendrán experiencias muy diferentes a las que perdieron antes de la pandemia.

Cuando comenzó la pandemia, el liderazgo de M.E.N.D. se reunió a través de Zoom para discutir la importancia, quizás más que nunca, de las formas creativas de continuar nuestro ministerio, ya que no podríamos albergar grupos de apoyo en persona, recaudaciones de fondos o ceremonias de conmemoración para un período de tiempo indefinido. Durante varios meses, todos nuestros capítulos mantuvieron sus grupos de apoyo en línea. Hicimos todo lo posible para mantener el horario de cada capítulo de la noche del mes en que se reunían regularmente y la hora. Varios capítulos se reúnen la misma noche, por lo que hemos combinado estos grupos de apoyo, lo que enriqueció el intercambio y ha permitido que las madres que han perdido sus bebés de otras partes del país se conozcan entre sí. La mayor ventaja que encontramos al albergar tantos grupos de apoyo en línea cada mes, es que los padres de cualquier lugar pueden asistir a cualquier reunión que se adapte a sus necesidades o horarios; no tienen que esperar hasta que su capítulo local se reúna, o solo una vez al mes. Algunos de nuestros capítulos han podido reanudar las reuniones de apoyo en persona, y aunque el apoyo virtual ha sido agradable, sé que todos estamos deseando que cada uno de nuestros capítulos pueda volver a sus reuniones habituales en persona.

Cuando tomamos la decisión de hacer la transición de todos nuestros grupos de apoyo en línea en marzo, nunca imaginamos que el programa continuaría durante el resto del año calendario y más allá, además de tener que idear un plan alternativo para nuestros eventos anuales de recuerdo de octubre. Una vez más, nuestros líderes se unieron y decidieron realizar una Caminata Virtual para el Recuerdo a nivel nacional en lugar de que cada capítulo en todo el país buscara una manera de reconocer el mes de Conciencia sobre el Embarazo y la Pérdida Infantil en una manera segura. Gracias a nuestro equipo dedicado de Directores de Capítulo y miembros de la Junta, organizamos un evento en vivo el 3 de octubre que fue un gran éxito. Cientos de familias de todo Estados Unidos, y

quizás de otros países, sintonizaron Facebook o YouTube para participar virtualmente en la Caminata de Recuerdo. Dado que La Ceremonia de Navidad a la luz de las velas de nuestro capítulo tienden a ser más íntimas que los eventos de octubre, decidimos que cada capítulo podría albergar su propia ceremonia única. La mayoría de nosotros llevamos a cabo servicios en los que se les pedía a los invitados que se quedaran en sus vehículos y escucharan la radio de su auto. Nunca en un millón de años pensé que algún día tendríamos que hacer cambios tan drásticos en las ceremonias que hemos organizado durante más de 20 años. Sin embargo, hemos aprendido a través de esto que mezclar un poco las cosas puede ser bueno para una temporada, pero al igual que nuestros grupos de apoyo, estamos ansiosos por reanudar las reuniones en persona para estas ocasiones especiales.

Otro cambio que hicimos es cómo entregamos el entrenamiento sobre aflicción a los proveedores de atención médica. Al principio, asumí ingenuamente que tendríamos que poner nuestras presentaciones en espera, pero luego nuestro equipo de Houston decidió intentar dar una sesión educativa virtualmente. Bueno, por supuesto, ¿por qué no? Todo lo demás está en línea, ¿por qué no también los entrenamientos? No son tan personales como en persona, pero la información se difunde de todos modos, y estamos agradecidos por las oportunidades que hemos tenido para continuar con este aspecto de los servicios que ofrecemos, en lugar de vernos obligados a cancelar estas importantes sesiones.

Cuando primero ocurrió la pandemia, escuché historias de madres que tuvieron que dar a luz a sus bebés solas, incluyendo madres que han perdido sus bebés. No se permitió a una sola persona de apoyo en la sala de parto. Luego, las restricciones se levantaron en la mayoría de los lugares, y al menos una persona ahora puede acompañar a la madre cuando da a luz. Pero, lamentablemente, muchos miembros de la familia no han podido conocer a estos pequeños bebés. Lo mismo ocurre con los bebés que mueren en la sala Intensiva de Neonatales. La mayoría de los hospitales aún mantienen estrictas visitas a la Unidad de Cuidados Intensivos Neonatales, por lo que si un bebé muere en la NICU, muchos miembros de la familia no tienen la oportunidad de conocer al pequeño antes de la muerte o incluso después. A las familias que han perdido sus bebés también se les niegan los servicios de fotografía, así como su propio apoyo pastoral mientras están en el hospital. El protocolo y la asistencia de aflicción, lo que solía ser la atención de rutina para la aflicción perinatal, es lo que ayuda a crear recuerdos y recuerdos para las familias. Para tratar de ayudar con este tipo de problemas, nuestro equipo de liderazgo comenzó a compartir sugerencias sobre la creación de memoria que podríamos transmitir a nuestros hospitales locales y proveedores de atención médica. Algunas de estas ideas incluyen permitir que las familias lleven a su bebé a casa después del alta, en lugar de que la funeraria tome posesión inmediata del bebé. Sé que esto les parece horrible a muchas familias (llevarse a casa a su bebé sin vida), pero de esta manera los miembros de la

Continúa en la página 11

In Loving Memory

Thank YOU for your support

Prince Adii II Anyangwe

October 11, 2019
Premature
Given by mommy Ngwisang Anyangwe

Adelyn Rose Rivera Aranza

Stillborn April 23, 2020
Given by Barbara Sullins

Tiffany Bailey

Given by Tamara Pena

Andrew Robert Bateman

Stillborn October 7, 2014
Unknown cause
Parents: Tim and Laura Bateman
Siblings: Leah, Hannah and Noah
Given by Mallory Young

Abigail Grace Crump

July 1, 2003
Trisomy 18
Given by parents Gerald and Jaimie Crump
and little sisters Cami and Karli

Riley and Parker Davis

November 14, 2006
Premature
Given by parents Rob and Cheryl Davis
and siblings Annalise and Owen

Ashley Renee Dedear

October 29 – November 1, 1999
Premature
Parents: Cindy and Tim Dedear
Siblings: Laura (Ashley's Twin) and Katherine
Given by grandmother Susan Hoermann

Baby Francis

Given by Meredith Dunham

Caleb Scott Fann

December 1, 2003
PPROM

Baby August Fann

Miscarried August 13, 2004
Given by parents Heather and Jonathan Fann
and little sister Madison Grace

Miguel R. Flores

May 1–25, 2015
Premature
Parents: Amelia and Jason Flores
Given by
A Woman's Touch Commercial Cleaning

Paislee Ann Frette

April 4-5, 2012
Wolf-Hirschhorn Syndrome
Parents: Brent and Courtney Frette
Little sister: Colbie
Given by grandparents James and LuAnn Junkin

Olivia Abigail Gallagher

Stillborn May 12, 2016
Unknown cause
Parents: Mallory and Daniel Gallagher
Little sister: Evelyn
Given by Julie Gallagher-Gough

CJ Gold

August 12, 2008
Marina Gold
July 14, 2009
Given by parents Kathryn and Greg Gold
and big sister Emily

Camden Asher Haltom

Stillborn October 31, 2009
Possible cord accident
Parents: Jill and James Haltom
Given by Anonymous

Hope Irene Henderson

July 2019
Parents: Caitlin and Eddie Henderson
Given by Lisa Scully and family

Lily Jeanette Holland

September 17-18, 2020
Parents: Renata and Clint Holland
Given by Rachel Smith

Elijah Ebenezer Johnson

April 17, 2017
Ruby Hosanna Johnson
March 30, 2018
Given by parents Kim and Caleb Johnson
and big sister Norah

Baby L

Miscarried June 14, 2018

Baby LV

Miscarried July 11, 2020
Given by parents Corrine and Andrew Latham

Barron Lehr

December 29, 2019
Premature rupture of membranes
Given by parents Morgan and Travis Lehr
and brother Bennett

Jackson and Tyler Light

February 23, 2009
Parents: Diana and Kirk Light
Given by Nancy and Rich Light

Kennedy Elaine Lloyd

April 19, 2017
Given by Kristi Jumper

Sophia Rose McGhee

Stillborn March 29, 2010, at 33 weeks
Unknown cause

Baby McGhee #1

Miscarried 2002

Baby McGhee #3

Miscarried 2009

Baby McGhee #4

Miscarried 2009
Parents: Matt and Stacy McGhee
Siblings: Micah and Scarlet
Given by Don and RuthAnn Jassek

Chase Austin Miller

April 21, 2011
Incompetent cervix
Baby "Blueberry" Miller
Miscarried May 4, 2015
Given by parents Greg and Stefanie Miller
and sisters Cora, Hazel and Violet

Jonathan Daniel Mitchell

Stillborn June 24, 1995
Cord accident
Baby Mitchell
Miscarried December 2001
Given by parents Byron and Rebekah Mitchell

Augie Moncheski

March 1, 2019
Parents: Shannon and Jimmy Moncheski
Given by ATC Operations

Baby Murillo

Miscarried June 26, 2014
Parents: Brittany and Jesus Murillo
Given by The Wolek Group

Margot Lily Perry

Stillborn June 10, 2013
Cord accident
Parents: Brandon and Marisa Perry
Siblings: Adeline, Bennett and Noelle
Given by grandparents Mary and Norm Lorentz

Jacob Austin Ryan

Stillborn January 23, 2018
VUE
Gifts given by parents Paige and Austin Ryan
Sherry and Johnny Baker
Susan and Chris Hart
Kristen and Gregory Hart

Hazel Rose Holmberg-Silva

February 10, 2020

Unknown cause

Parents Abbey Holmberg and Ryan Silva

Given by grandmother Carol Silva

"Navegando la pérdida.." continuado desde la página 10.

familia pueden conocer al bebé antes de que se hagan los arreglos finales. Otra opción es permitir que las familias tengan un tiempo especial juntas en algún otro lugar del hospital, como la capilla, si los miembros de la familia no pueden reunirse en la habitación del hospital de la madre. También hemos alentado a las enfermeras a enfatizar la importancia de tomar fotografías de las familias y tal vez convertirse en fotógrafos ellos mismos, asegurándose de capturar tantos momentos como sea posible, con tantos miembros de la familia como sea posible.

Navegar por la pérdida durante una pandemia ciertamente ha tenido sus momentos desafiantes desde la perspectiva de nuestra organización, pero estoy muy orgulloso de nuestro liderazgo por unirnos y descubrir formas en que podemos mantener nuestra misión de ayudar a las familias en sufrimiento durante este tiempo sin precedentes. Mientras navega por su dolor durante esta pandemia, espero que aproveche lo que se le ofrece virtualmente. También espero que se le ocurran formas de crear recuerdos de su dulce bebé, y oro para que este artículo le ayude con algunas ideas nuevas. Mientras todos atravesamos este tiempo juntos, recordemos que toda esta locura y tristeza no es una sorpresa para Dios. Él sabía todo sobre la pandemia de COVID-19, la cuarentena, los cambios de política y las restricciones acumuladas mucho antes. Entonces, mientras tengo momentos de ansiedad, frustración y cólera, puedo descansar sabiendo que Él tiene esto. Cuando estoy tratando de descubrir los cambios por mi cuenta, necesito recordar, detenerme y buscarlo primero, dejar que Él sea mi refugio y mi guía, mi consuelo y mi paz. Y, sobre todo, necesito confiar plenamente en Él, en lugar de apoyarme en mi propio entendimiento. Y cuando hago eso, las Escrituras dicen que Él enderezará mis caminos. Entonces, no naveguemos por nuestra cuenta, confiemos todos en Su sabiduría infinita para ayudarnos a superar este momento difícil.

John "Major" Walker

November 5, 2018 – February 22, 2019

Parents: Randi and Matt Walker

Given by Debbie Boerner

In Honor of:**Pam Levandowski**

Given by Gail Bohdan

Gifts of Support:

Christ Church Assembly of God, Fort Worth, TX

Second Baptist Church, Springfield, MO

Matthew Patterson

Jeff and Dana Miller

Christian Celebration Center, Midland, MI

Glendale High School Class of 1987

Christina Howell

Pamela Hegg

Elena Sorbet

Jacob Standley

Tammie Ates

David Davis

Kohl's

Danielle Conover

Living Waters Bible Church, San Tan Valley, AZ

Supporting Families in Loss During a Pandemic

Written by Stacy McGhee

Mommy to Sophia Rose, Baby McGhee #1, Baby McGhee #3 and Baby McGhee #4

M.E.N.D.-NW Washington Chapter Director

So many things changed for us in 2020. One thing that stayed the same was that parents still suffered miscarriages, stillbirths and infant deaths. For us in the support community, we had to adapt to new ways of helping these families, which wasn't always easy or as helpful as we know they needed. In the spring, I assisted a family who lost their sweet baby boy, who was just 7 weeks old, to SIDS. We shared many phone calls, emails and texts back and forth.

Yet, through all that communication, I still felt like I just wasn't able to help as much as I could before the pandemic, due to not being able to meet in person. I wasn't able to offer our monthly support group to help her connect to other families in our community. I often felt like I was struggling to give her the support I know she desperately needed.

I still felt a connection to this mama who was hurting, and we talked often. But, nothing was sweeter than finally getting to meet her at her son's funeral.

Even that was not the same, as masks were hard to wear while crying. Feeling like we couldn't embrace and cry together; those necessary things we need when we grieve.

As I assisted the church and funeral home, we had to make so many changes, I often felt that a funeral during a pandemic just was not what it should be. Fewer people could come, food and decor was simpler, and it just didn't have the feel that it once did. Through all that, I still felt God was present. He surrounded this family in their time of need and showed me that even though things were different, He still was there through the uncertainty and heartache. So many people came forward to help with funeral costs and showed that through change and uncertainty, people still loved, as God loves.

Grief looks different for everyone, but the connection and support from others, especially others in the loss community, during your grief is so necessary. While our support group looks different, we are still here for you via email, text and Zoom. If you need support, we want to help, and we know it's not the same, but we will do all we can to walk with you through your grief. You are not alone.

M.E.N.D. CHAPTER UPDATES

Online Support



The Nationwide Online Support group continues to engage our moms who do not have local chapters. Our Facebook group allows us to remain connected and support each other between support groups. The Nationwide Online Support Group

always meets the 3rd Thursday of each month. We hope all of our moms were able to enjoy the holiday season, and I wish them strength in the new year. Know your online M.E.N.D. family is always here for you. If you are new to the online group, please complete the Online Group Info Sheet found on the M.E.N.D. website to receive the Zoom link. Hope to see you there.

LaRhesa

Men of M.E.N.D.

Hello! As of December 2020, I am honored to take on the role of Chapter Director for MEN of M.E.N.D. I have been involved with M.E.N.D. for a little over 10 years, and have been the Assistant Director for Men of M.E.N.D. for the last 16 months. My wife and I lost Sophia Rose who was stillborn at 33 weeks on March 29, 2010, and had three prior early miscarriages. My wife, Stacy and I, attended the first NW Washington support group, and found the support we so desperately needed for our healing. In time, she became the Chapter Director of NW Washington. During this time, I have been heavily involved helping other daddies on their grief journey. I look forward to this new season of leadership with M.E.N.D.



I hope everyone had a peaceful holiday and I look forward to seeing you on Zoom for our monthly support group, the 3rd Monday of each month, at 8:00 PM CST. Feel free to contact me any time at matt@mend.org.

Matt

Denver, Colorado

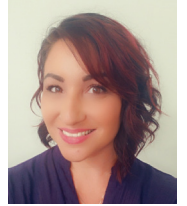
M.E.N.D.–Denver continues to meet in person as long as local/state health orders allow. Please check our Facebook group for updates each month prior to our support group.



Kimberly

NW Washington

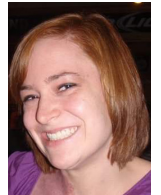
Thank you to all who participated in our 11th Annual M.E.N.D.–NW Washington Christmas Candlelight Ceremony / Luminary Bag Event. We were so glad to see you and help you remember your baby at Christmastime. We know it's been hard with all the changes we experienced this last year, but we are always praying for you and are here for you if you need us. We will continue to meet via Zoom until our local guidelines change. Please check our website or Facebook group for our Zoom login information and updates about our monthly support group.



Stacy

San Antonio, Texas

M.E.N.D.–San Antonio hopes to soon have in-person support groups, but in the meantime, continue to join us on Zoom. We continue to spread the word to families in our community and hope 2021 moves toward a direction of normalcy.



Katie

Chicagoland

M.E.N.D.–Chicagoland continues to meet virtually to offer support to grieving families in the Chicago area. While some may have hesitations about gathering online, we have found it is still possible to offer great support to one another in a virtual setting. We encourage moms to attend more



than one session a month if they need extra support as M.E.N.D. provides multiple opportunities to attend virtual support groups and connect with other moms across the nation.

Sara

MidMichigan

Well hello, 2021! M.E.N.D.–MidMichigan was thankful we were able to meet in person a few months in the fall. We are now meeting virtually again with the Chicagoland Chapter. We hope the turn of the New Year will bring renewed hope and excitement for the future in our M.E.N.D. families.



Please continue to spread the word about M.E.N.D.–MidMichigan as so many have experienced loss during the pandemic and don't have the support they may need.

Karen

Tulsa, Oklahoma

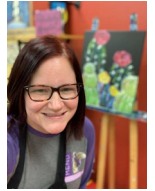
I'm sure we can all agree 2020 was a hard year. We are looking forward with optimism and hope that 2021 will be better! M.E.N.D.–Tulsa continues to serve families each month with in-person support groups as long as it remains safe. We will return to Zoom if needed, so please follow our Facebook group for updates.



Cat

Bryan/College Station, Texas

What a year this has been! March of this year was the 10 year anniversary of the opening of M.E.N.D.–Bryan/College Station. That was also the last time we were able to have an in-person support group before our world changed. Although I am thankful for technology and that even through this pandemic, we were able to connect and comfort each other. In October we began holding in-person support groups again, but they look a little different. We may sit further apart, wear a mask and not hug each other, but we still support each other. We can still comfort each other in the darkest time of their lives. I am praying for each of you reading this.



Jennie

Lynchburg, Virginia

M.E.N.D.–Lynchburg held our first support group just before the holidays. We continue to seek ways to share information about our chapter to our community. We pray for our families in our community hurting after their loss and hope they will find and connect with us. I am always available to talk to any mom or dad who needs a listening ear. We are looking for volunteers to help with M.E.N.D.-Lynchburg, so if this is in your heart email me at Melissa@mend.org.

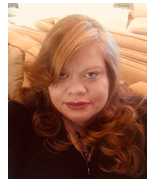


Melissa

Palm Beach, Florida

The holiday season and entering 2021 looked so different for all of us, but M.E.N.D.–Palm Beach continues to support families with online support groups, text messages, phone calls and emails.

We are currently waiting patiently for the day we can resume gathering in person and for a few volunteer assistants with a heart to help others through their journey of grief to step in. If you or someone you know is interested, please contact jessica@mend.org for more information.



Jessica

Greater Houston Area

M.E.N.D.–Greater Houston is praying for you all as we welcome a new year. As these times are still uncertain, please know we are here for you all through our Zoom support groups and on our Facebook. We are hoping the local ordinances and our meeting locations allow for us to start meeting in person soon. We are also still available to do any bereavement training for hospitals or funeral homes if needed at your facility.



Stormy

Southwest Missouri

The hardest part of being a M.E.N.D. Chapter Director during this unpredictable time is the complete inability to plan. About halfway through November our plans for a socially distanced Christmas Candlelight Ceremony required a shifting. I am so very thankful for my assistants, Brianne Mansfield, Ashley Sudheimer, and Heidi Smith, who quickly changed focus and helped in every aspect in the re-planning of our December event. M.E.N.D.–Southwest Missouri's Christmas Under the Stars was a memorable evening for all who were able to attend. The hours of planning and then re-planning was worth every moment in order to remember our babies in heaven together.



I am so thankful God holds our plans in His hand - even during a pandemic. "...plans to prosper you and not to harm you, plans to give you a hope and a future" as found in Jeremiah 29:11. Submit your plans, even those that you had for your baby, back to Him. We look to 2021 with our PEACE, JOY, and HOPE set in Him alone.

Rachel

Columbus, Ohio

M.E.N.D.–Columbus, Ohio continues to connect with families in the Columbus area. We are actively seeking new opportunities to connect with grieving families who need comfort and care.



We welcome families to join our support group on Zoom. Information to join is posted on our Facebook group. We welcome you to a safe place to share your story with us.

As our chapter grows, we continue to seek dedicated assistants to help us serve grieving families. If you are interested in serving as an assistant, donating, or volunteering, please contact me at latrina@mend.org. Our prayers are with you and your families. God bless and keep you!

LaTrina

About M.E.N.D.

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 support groups, this magazine, and our website at www.mend.org. For inquiries, subscription requests, deletions, and submissions to the magazine, contact us at:

M.E.N.D.
P.O. Box 631566
Irving, TX 75063
Phone and Fax: (972) 506-9000
(Please call before faxing)
E-Mail: rebekah@mend.org
jennifer@mend.org
www.mend.org

Donations make the printing and distribution of this magazine 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).

M.E.N.D. is a member of
First Candle/SIDS Alliance
International Stillbirth Alliance
Pregnancy Loss and Infant Death Alliance



international
stillbirth alliance



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M.E.N.D. Support Groups in the Dallas/Fort Worth Metroplex

Mommies AND Daddies are both welcome at all M.E.N.D. support groups. Unless otherwise noted, all support groups are held at: 800 W. Airport Freeway Irving, TX 75062 (building with black windows, located off 183, between MacArthur and O'Connor). Support groups are held in the building's board room on the first floor. For more information, call (972) 506-9000.

M.E.N.D. chapter support groups are held the 2nd Thursday of every month from 7:30 - 9:00 PM

Daddies group meets the 2nd Thursday of March, June, Sept. and Dec., from 7:30 - 9:00 PM
Moms and dads meet together for introductions before dividing into two groups for discussion.

New Satellite chapter!

Dallas/Fort Worth is starting a satellite location to serve families in the eastern area of the metroplex. Support groups will be held in Rowlett and are currently meeting in person, rather than via Zoom. Visit our Facebook group or email terri@mend.org for more details.

Subsequent pregnancy group meets the 4th Tuesday from 7:30 - 9:00 PM
Led by Marisa Perry: marisa@mend.org
For families who are considering becoming pregnant or are currently pregnant after a loss.

M.E.N.D.

Chapter Information

M.E.N.D.–NW Washington

Meets the 2nd Monday at 6:30 PM
The Oak Table Cafe'
3290 NW Mt. Vintage Way
Silverdale, Washington 98383
Director: Stacy McGhee
stacym@mend.org, (360) 662-6161

M.E.N.D.–SW Missouri

Meets the 1st Thursday at 7:00 PM
Project H.O.P.E.
1419 S. Enterprise Ave
Springfield, Missouri 65804
Director: Rachel Dell
rachel@mend.org, (417) 770-0600

M.E.N.D.–Bryan/College Station

Meets the 2nd Tuesday at 7:30 PM
Hawthorne Suites
1010 University Drive East
College Station, Texas 77840
Director: Jennie Drude
jennie@mend.org, (402) 704-6363

M.E.N.D.–Tulsa, Oklahoma

Meets the 3rd Tuesday at 7:00 PM
Canyon Crossing
1651 E Old North Rd.
Sand Springs, Oklahoma 74063
Director: Cat Markham
cat@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.–Columbus, Ohio

Meets on the 2nd Monday, at 6:30 PM
Paul Mitchell-The School of Columbus
3000 Morse Road
(Upstairs Conference Room)
Columbus, Ohio 43231
Director: LaTrina Bray
latrina@mend.org (614) 530-5128

M.E.N.D.–Chicagoland, Illinois

Meets the 1st Tuesday at 7:00 PM
St Peter Lutheran Church
202 E Schaumburg Road
Schaumburg, Illinois 60194
Director: Sara Hintz
saraann@mend.org, (630) 267-9134

M.E.N.D.–Palm Beach, Florida

Meets the 2nd Thursday at 7:00 PM
Embark Lake Worth
3927 Hadjes Dr
Lake Worth, FL 33467
(close to Turnpike and Lake Worth Rd)
Director: Jessica Gaddie
Jessica@mend.org, (561) 843-3509

M.E.N.D.–MidMichigan

Meets the 1st Tuesday, at 7:00 PM
Ashman Plaza
713 Ashman Street
Midland, Michigan 48640
Director: Karen Kilbourn
karen@mend.org, (989) 577-5755

M.E.N.D.–Denver

Meets the 2nd Tuesday at 7:00 PM
Journey Church
9009 Clydesdale Rd.
Castle Rock, Colorado 80108
Director: Kimberly Adams
kimberly@mend.org, (720) 593-0166

M.E.N.D.–San Antonio, Texas

Meets the 4th Monday, at 7:00 PM
8620 N New Braunfels Ave
San Antonio, Texas 78217
Director: Katie McClelland
katie@mend.org

M.E.N.D.–Lynchburg, Virginia

Meets on the 1st Thursday, at 7:00 PM
Motherhood Collective
at DeWitt Cottage #8, 150 Linden Ave
Lynchburg, VA 24503
Director: Melissa Scifres
melissa@mend.org (434) 221-2357

M.E.N.D.–Greater Houston Area

Greater Houston Area Main Chapter:
Meets the 3rd Thursday at 7:30 PM
Lone Star College,
3200 College Park Dr, Room A228,
The Woodlands, Texas 77384
Greater Houston Area Director:
Stormy Mitchell
stormym@mend.org, (405) 529-6363

Satellites in Greater Houston Chapter:

Katy, Texas:
Meets the 2nd Thursday at 7:00 PM
Katy Community Fellowship
24102 Kingsland Blvd
Katy, Texas 77494
Katy Director:
Kessi Wilhite, kessi@mend.org
Kingwood Area, Texas:
Meets the 2nd Thursday at 6:30 PM
6450 Kings Parkway
Kingwood, Texas 77346
At Rosemont Assisted Living,
2nd Floor Community Room
Kingwood Director:
Nikisha Perry, nikisha@mend.org

Subsequent pregnancy group

Meets every other month
on the 3rd Thursday at 7:30 PM,
led by Stormy Mitchell
(stormym@mend.org)

Daddies group

Meets quarterly
on the 3rd Thursday at 7:30 PM,
led by Greg Miller
(stefaniem@mend.org)

Online Support

M.E.N.D.–Online Support Group
Held the 3rd Thursday at 9:00 PM (CST)
to join, contact
Director: LaRhesa Johnson
LaRhesa@mend.org

Men of M.E.N.D.

Held the 3rd Monday at 8:00 PM (CST)
to join, contact,
Director: Matt McGee
Matt@mend.org
Facebook Group:
www.facebook.com/groups/MENofMEND

Please follow your chapter on
Facebook or connect with your local
Director for updates if your chapter
will meet in person or virtually.



The Garden of Hope is a place of peace and solace where families can come for a quiet time of reflection, prayer, or even to celebrate the life of their loved one.

The Garden of Hope was established by M.E.N.D. in 2016, and is located on property of Calvary Church in Irving, Texas.

You can remember your loved one by purchasing a brick in the Garden of Hope. Brick purchases can be made at <https://www.mend.org/garden-of-hope>. Bricks purchased by August 15, 2021, will be installed prior to the Walk to Remember in October 2021.



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Did you know?

You can give to M.E.N.D. every time you shop on Amazon?

Go to smile.amazon.com and set Mommies Enduring Neonatal Death as your charity! It's so simple!

The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible smile.amazon.com purchases.

We appreciate your support!