



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

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Honoring/Saving Memories

"When someone you love becomes a memory, that memory becomes a treasure."

We treasure the memories from the moment we became pregnant until we are reunited in heaven. Throughout this issue you will hear from moms who experienced the news in the ER of a baby here and then gone, to those who briefly held their baby in their arms. We pray the sharing of their experiences and advice on how you can honor and save your baby's memories will provide you comfort that you are not alone, and ideas on how you can treasure and remember your babies.

In this issue...

A Life Lived

Jennie shares how she celebrates Dharma's life in caring for the medical staff and providing for those in need through a blood drive in Dharma's honor.

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Memories

Stefanie shares the hard parts of longing for the mementos she wishes she could hold, yet also shares how she plans to make new ones for her babies.

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When You Are Left With Nothing

A baby is gone when it was barely even known, so how do we treasure those memories? Emily shares how she honors her baby.

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July/August Topic

Grandparents: Their Perspective
Deadline: May 31, 2021

September/October Topic

Secondary Fears
(Living children, husband, anxiety)
Deadline: July 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to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.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

Several times a year I have the privilege of speaking to healthcare providers, training them from a bereaved parent's perspective on how to care for a family when a baby dies. One of the points I emphasize is the importance of memory making. I explain to these caregivers that since our babies died, memories and a few keepsakes are all we have left. Most often it is up to the caregivers to help parents create and take home these items. I discuss not over-medicating the mom because the medications may cloud her ability to remember and recall her precious moments with her baby in the hospital. While she may want to forget the medical procedures, she will not want to forget her baby (even if at the time she thinks she does). I also talk about the importance of encouraging the parents to hold their little one, take lots of pictures and video. I go over a list of items they need to make sure the parents are given when they leave the hospital, such as a lock of hair, the blanket the baby was wrapped in, any clothing the baby wore, and anything tangible that came in contact with the baby - even if it's soiled with bodily fluids or blood. All of these items are what help us to remember, validate, and honor our child's short life.

Many families wonder what to do with these special mementos when they get home. Some creative moms make a shadow box to display on a wall. Some choose to put together a scrapbook. And others decide to pack everything away in a special container that is placed high on a shelf or safely tucked away in the attic. Any of these are perfectly fine and honor your baby; every mom should do what is best for her. Personally, most of my treasured keepsakes for both of my babies that I lost are stored in my closet. Jonathan's things are in a memory trunk, and the few keepsakes I have for Baby Mitchell are in a decorative box. The negatives of Jonathan's photos are kept in a safety deposit box at a nearby bank. I also display several photos and gifts that were given to me at the time of their losses,

My most precious memories are pondered and stored deep in my heart.

and the years after, in my office.

However, my most

Honoring/ Saving Memories

precious memories are pondered and stored deep in my heart. Even after so many years, I remember every word that was spoken by all those present when my babies' deaths were confirmed and when they were delivered. I can still see both of their lifeless forms on the sonogram screen, and I can walk you through every detail of when the nurse, with tears dripping off her chin, gently handed our stillborn son to my husband and me. Certain smells take me right back to that Dallas hospital, and to this day I have a hard time touching over-ripe, soft fruit with the similar texture of my tiny baby's head. While some of those memories are difficult to think about, they are priceless nevertheless because that's all I have to remember my babies in heaven.

Mother's Day and Father's Day are two days of the year when all these memories can be hard because as bereaved parents, we're reminded that these thoughts are just reflections of the child who is not with us on these special days. Therefore, it is up to us to decide that every single memory we have is valuable and dear - even if some of the thoughts are tough to think about and relive.

It is up to us to decide that every single memory we have is valuable and dear - even if some of the thoughts are tough to think about and relive.

Of all the beautiful things to remember on these days, I want you to remember that you ARE a parent and should be celebrated on these Sundays, even if the child you lost is your only child and you don't have living children here with you. If you're not sure what to do on these days, make it a day to think about your babies, talk about them, pull out mementos you may have stashed away, create new memories by doing something in their honor, and don't be afraid to celebrate the day by acknowledging that you are indeed a mom or a dad!

Birthday Tributes



Happy 10th Birthday, Gideon!

You are 10, my little love. We are at a loss for words, and the lyrics to the song "Ten" by Yellowcard perfectly expresses our hearts this year:

"Don't you think we would have been best friends?

You would be 10, and I'd be driving you to school.

You would tell all your friends that you thought I was cool.

You would be out in the sun until it was gone.

You would be watching Star Wars with your PJs on.

You would be playing tunes on your first guitar.

You would be harmony to every single part of me.

And you have all the love in my heart.

Yeah, you would have all the love in my heart."

Gideon Zeller Mitchell
Stillborn May 17, 2011
Velamentous Cord Insertion
Also remembering
Avery Mitchell
Miscarried May 2008
Unknown cause
Joy Mitchell
December 2014
Vanishing Twin Syndrome
Parents: Todd and Stormy
Brothers: Silas and Justus



Happy 8th Birthday, Anthony!

Happy 8th birthday to my baby boy, Anthony! I miss you so much and not a day goes by Mommy doesn't think of you. I know God needed more angels, and he chose you, my AJ. I hope you are celebrating up in heaven. We know you are watching over Mommy and Daddy, your tios and grandmas. Te queremos mucho y siempre te recordaremos.

Love you,
 Mommy

Anthony Jesus Olivan Ponce
Stillborn June 8, 2013
Mommy: Liliana Devora



Happy 2nd Birthday, Cade!

Baby Cade! I can't believe it's been two years since you left us. We were blessed to welcome your brother into the world this past year, but that doesn't take away from always loving and missing you. Besides wondering what you would have looked like as you grew up and what you'd like to do, we now also wonder what kind of big brother you'd have been to Jack. I hope you still know not a day goes by without thinking of you. We love you so much, Cade, and hope you have the most amazing birthday in heaven!



Cade Cashion

June 5, 2019

Hydrops and anemia due to placental abruption

Parents: Holly and Andrew Cashion

Baby brother: Jack

Happy 1st Birthday, Baby Iggy!

To our special boy, Felix Dominic, "Baby Iggy," happy 1st heavenly birthday, my sunshine. How I wish you were here with us to celebrate this wonderful moment with balloons, cakes, gifts and chocolates, surrounded by loved ones and friends. But I know Papa God had prepared a grand banquet just to celebrate this special day of yours. We love you so much and miss you dearly, baby. Every day is one day closer to you. Happiest birthday again, our precious little one. Until we meet again, baby, I can't wait to hug you again. We love you so much.

Felix Dominic Tinasas-Gomez

April 6 – May 15, 2020

Intra-operative blood loss during

surgical removal of right kidney tumor

Also remembering

Autumn Grace

Miscarried December 12, 2020

Parents: Angielou Tinasas and Edison Gomez



Happy 2nd Birthday, Abby!

You will always be our sunshine, baby girl!

Abby Mae Ritter

May 24-26, 2019

Alveolar capillary dysplasia

Also remembering

Erin Ritter

Miscarried May 30, 2016

Taylor Ritter

Miscarried July 30, 2016

Parents: Brandon and Jenna Ritter

Sister: Lilah Jae Ritter



Happy 7th Birthday, PaulBear!

Happy heavenly 7th birthday, my son. You probably would be getting taller than your older sister. Your older brother will be a senior in few months and your older sisters are growing up, too. We sure do miss you, son, and know that we think of you and miss you every day, and know that we love you very much. I know you are up there now with all your great-grandparents, your great-uncle, your second cousin, and your great-aunt Kathy, and cousin Bailey, along with all of Mommy and Daddy's animals that have gone to the rainbow bridge before us.

We love you, our son, our little man.

*Paul Bradley Brady
Born still May 29, 2014*

Parents: James and Jessica Brady

Siblings: Matthew, Melissa, Kristen, Ruby and Bella

**Happy 7th Birthday, Jason!**

Happy birthday, son! We miss and love you so very much! Send hugs and kisses until we see you again.

Love,
Mommy, Daddy and Hailey

*Jason Hunter Thomas
June 30, 2014*

PPROM

Also remembering

June Thomas

Miscarried January 15, 2018

Jade Thomas

Miscarried July 16, 2018

Parents: Steven and Melissa Thomas

Sister: Hailey

**Happy 3rd Birthday, Claire!**

Happy birthday, baby girl! We miss you so much little Claire and wish you were here with us. We tell your baby brothers about you all the time. Joseph sleeps with one of your bears every night. We will always be so proud to be your family. We love you very, very much, Claire Bear!

*Claire Apa
May 8, 2018*

Placental insufficiency, IUGR

Also remembering

Baby Apa

Miscarried October 2017

Parents: Charla and Garrett Apa

Brothers: Joseph and Jonathan

**Happy 12th Birthday, Jackson Glen and Tyler Ray!**

Lord, today is a day of sadness for us as we remember our precious sons. Twelve years ago they joined us for the briefest of time. Be with us today, Lord, as we honor them. Help us create a legacy of Love, Hope and Grace in their names. Show us ways to help and support others with hearts broken by such loss; may we be Your ears to listen to their sorrow, Your arms to carry them in their grief. Lord, please fill our hearts with a measure of Joy that surrounds them daily, let us not forget that we, too, are called home to be with You, to be reunited again. In Your Son's Holy Name, Amen.

*Jackson Glen and Tyler Ray
February 23, 2009*

Premature birth

Parents: Kirk and Diana Light

Siblings: Brayden and Lexi

**Happy 4th Birthday, Levi!**

Four years. Even with the craziness of the world and blessing of your little brother, Isaac, there literally isn't a day that goes by that we don't think about you. Some days it's just remembering your name or seeing a rainbow, and other days where we go deeper by either replaying events in our head or imagining the boy you would be today. You're always in everyone's heart. We'll continue to keep your memory going and help others who go through the same thing. We would rather you be here with us, but heaven is a good place to be, too. Mommy, Daddy and your whole family love you so much. Kisses.

*Levi Michael Gonzalez
Stillborn June 23, 2017*

Parents: Michael and Meagan

Little brother: Isaac

**Happy 18th Birthday, Matthew!**

Happy heavenly 18th birthday, Matthew! We celebrate you and thank God for letting you be part of our lives. You are such a treasured part of our family. This is a pivotal year. You turn 18 years old, graduate high school and enter adulthood! Our little baby boy has grown into a young man. We love you and miss having you here, but we look forward with joy and great anticipation to seeing you again in heaven!

*Matthew Joel Mifflin
June 6, 2003*

True knot in cord

Parents: Dennis and Janet Mifflin

Siblings: Thomas and Michelle



Happy 5th Birthday, Kinley Grace!

Happy 5th heavenly birthday, Kinley Grace! Thirty-three days was not long enough. I wonder how you would be at 5. I daydream about the tea parties and dress up sessions we never had. Even though I wonder about all the memories we didn't get to make, I know that God is still good and so graciously gave us you. We cherish each of those 33 days we had with you. We love you and miss you dearly. We can't wait until we are all reunited, sweet girl, oh what a joyous day it will be! Until then...

Love always,
Mommy, Daddy and KJ

Kinley Grace Sneed
May 19 – June 21, 2016

MRSA
Also remembering

Baby Sneed

November 2016

Early Pregnancy loss

Parents: Kenneth and LaShondra Sneed

Sister: KJ

**Happy 4th Birthday, Caylee and Kelsey!**

Happy birthday to our baby girls, Caylee and Kelsey! Pink little blanket or blue little booties, it doesn't matter because I love you. We had so many plans for you. We will protect your memory just like if you were still here, we would protect you. We love you very much. We will miss you until we reunite. When that day comes, we will never say goodbye. You both should be here with your family not so far above the sky. We wipe tears from our eyes even though you don't want us to cry. Happy heavenly birthday, Caylee and Kelsey. We love you very much and did not want to say goodbye.

Love,
Mom and Dad

Caylee Bella Faith Dickson
June 15-23, 2017

Group B Strep/pneumonia
Kelsey Ann Judith Dickson
May 2020

Vanishing twin syndrome

Parents: John and Carrie Dickson

Siblings: Ean, Robert, Kara, Bailey, Claire and Kensley

**Happy 4th Birthday, Olly!**

Have the best day ever and always stay awesome!

-David

I hope all your wishes come true
and you're having fun with Jesus! -Stevie
I hope you're playing with Chlo Chlo in heaven!

-Gabby

Ozzy says happy birthday Olly! -Ozzy
Happy 4th heavenly birthday, my baby! -Mom
Happy birthday, my big handsome guy! -Dad

Oliver Joseph Rodriguez
June 28, 2017

Thanatophoric Dysplasia

Also remembering

Pumpkin Seed Rodriguez

Miscarried February 24, 2016

Parents: Juan and Amanda Rodriguez

Siblings: Gaby, David, Stevie and Ozzy

**Happy 5th Birthday, Kynlee!**

Happy birthday, Kynlee Jaide! I can't believe you are already turning 5. You would be into all the girly things just like Mommy with a little bit of tomboy because of your Dad. We all miss you so much, sweet girl. There isn't a day that passes we don't think of you, and just wish we could still have you here. We know you have the best seat to watch over us and are with us all the time. Mommy loves you so much, sweet girl. I hope you have the best birthday!

Kynlee Jaide Thornton

June 28 – October 2, 2016

CHD (Congenital Heart Defect)

Parents: Naaman Thornton and Crystal Croy

**Happy 2nd Birthday, Matteo!**

Matteo Lewman (Twin B)

June 2019, at 26 weeks, delivered at 36 weeks

Unknown cause

Parents: Bryan and Brianna Lewman

Siblings: Kristiano (Twin A)



Happy 1st Birthday, Loki!

We dreamed of a lifetime with you by our sides, Loki... And without you, life seems to be a waking nightmare. We honor the fact that your soul blessed us with the opportunity to be your parents, and we will always be proud to have been chosen as the people to bring you into this world no matter how quickly you had to leave. You are nothing short of a miracle, my sweet boy, I only wish you were here to tell. Being your Mother and Father was our greatest accomplishment and my proudest achievement in life. We love you larger than space and time, and always will. Happy 1st birthday, Loki Onyx.

Loki Onyx Miller

May 3-13, 2020

Liver failure due to undiagnosed HSV due to Chorioamnionitis

Parents: Sean Miller and Logan Hamilton

Brother: Christopher

**Happy 3rd Birthday, Blake Jr.!**

Bubba, happy 3rd birthday to my Beautiful boy. We celebrate your special day every year. I know deep down in my soul you are always with us. We think about you all the time and wish you were here with us celebrating your special day. Mommy and Daddy miss you so much, and we love you always. Leona misses and loves you so much. I wish you could meet your baby sister, Brielle; you guys would have been so close. I can't wait till the day I will see you again in heaven, my beautiful boy. Till then, I will see you in my dreams!

Love,
Mommy, Daddy, and Sisters

Blake Alexander Burkhalter Jr.

June 18 – July 14, 2018

Heart failure

Parents: Kathleen and Blake Burkhalter Sr.

Sisters: Leona Parrish and Brielle



Nine Compassionate Tips for Surviving the Death of Your Baby: How to think about grieving, coping, adjusting, and healing.

Written by Deborah L Davis, Ph.D.

Posted Oct 24, 2016, on Psychology Today

Reviewed by Lybi Ma,

Deputy Editor of Psychology Today

The following is an excerpt from an article posted on Psychology Today. To view the article in its entirety, please visit <https://www.psychologytoday.com/us/blog/laugh-cry-live/201610/9-compassionate-tips-surviving-the-death-your-baby>.

Whenever and however it occurs, a baby's death is a traumatic bereavement. Even if a pregnancy is unplanned or unexpected or is very short, a special bond materializes as the parents think about their baby and the reality of becoming a mother or a father to this child. Even if they'd only just found out they were pregnant, the parents are primed to invest, nurture, and protect. With a positive pregnancy test, parents start imagining all kinds of special experiences they will share with their child. In such heartfelt and intimate ways, they forge a deep bond with their baby, even long before the birth.

If you've experienced the death of a baby, you can see how your profound bond gives rise to a profound grief. And even though you never got the chance to know your baby in the ways we normally think of knowing someone, your hopes and dreams for this child are held dear. You have not only experienced the death of a child, but you have also lost the chance to see this baby grow, become a vital part of the family, and realize his or her potential. Death thwarts your best intentions and breaks your heart.

Indeed, after your baby dies, you may have moments when you doubt that you can survive this ordeal. Your longing, anger, sadness, and despair can run so deep that you may wonder if you will ever emerge from the abyss.

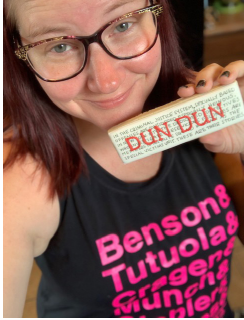
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A Life Lived Inspires Giving Life

Written by Jennie Drude

Mommy to Dharma, Stella and Liza

M.E.N.D. - Bryan College Station Chapter Director



We just celebrated Dharma's 13th birthday in heaven. Due to the pandemic, last year I had to skip my normal "loss mom" routine for a more simpler version, a lonely one. I was pretty happy to be able to celebrate her life and legacy the way I wanted to this year, and still be safe and social distance (for the most part).

Just to date myself a little bit, I have ALWAYS been a fan of anything true crime and crime show related - and it started with the OG-America's Most Wanted. Even as a very young girl, I was fascinated. I'm pretty sure if Dharma were alive, she would also love crime shows. So her theme for her 13th birthday this year was *Law and Order SVU*. The anniversary of her death landed on the day of Detective Stabler's much anticipated return. I even had specialty cookies made to help us celebrate. Other than last year, I have taken a sweet treat to my doctor's office every year since her birth on her birthday along with plates and balloons so he could celebrate too. With both of us being vaccinated, it was nice to be able to give him a hug and have a mask-less visit about how we could not believe it has been 13 years. It truly is a blessing to have such a compassionate doctor who has always seen Dharma's life as a life that was worth living, no matter how short.



On April 1, with the help of the Gulf Coast Regional Blood Bank, I hosted a blood drive in her memory. This is something I have done in the past for her birthday, and it is such an EASY way to fill a BIG need. I was also medically able to

donate blood myself for the first time ever on this day! In February, Texas was hit by a freak winter storm and most of our blood banks lost their blood supplies. My hope is that as some of you read



this, you may be inspired to host your own blood drives in memory of your babies. Call your local blood banks - they do all the work! www.americasblood.org

When Dharma was diagnosed with anencephaly in December of 2007, we knew her life would not be long, but we knew she had purpose. Her legacy would live on, and it was my responsibility to be her voice. I am thankful for the doors God has opened for me to share Dharma's story. Her blood drive brought in enough blood to save 54 lives! Can you imagine if we all have blood drives to celebrate our baby's special days?



Memories

Written by Stefanie Miller

Mommy to Chase and Blueberry

M.E.N.D. - Assistant Director Greater Houston Area

After five long years of dreaming, hoping and waiting, I was finally pregnant! I will never forget that nurse popping her head in the door and saying, "It's positive," and then the silence as the shock took over for both my husband and me. My nurse repeated it and followed it up with a "That is why you're here, right...?" I was enrolled in a medical study for women with PCOS who were trying to conceive, and as hopeful as we were that it would work, I don't think either of us thought it actually would. We assured our nurse that yes, of course that's why we were here, and we were happy, just shocked. They took some blood and told me they would call me in a couple of days with results.

A couple days went by, and I hadn't heard anything. I couldn't stand it any longer - I had to know for sure. So I took a pregnancy test. It almost immediately showed a second line, and I still couldn't believe it. I called and told Greg and he was kind of like "umm, yeah...well, we knew you were pregnant..." I guess he had actually believed it, while I hadn't. I got the call back from my nurse with my official results the next day - I was definitely pregnant. Now, I could finally tell my Mom and sister. They had been anxiously waiting for us to be able to get pregnant, and I knew they would be excited. I ended up showing them a picture of the home pregnancy test I took. They screamed and cried and were so excited for us.

I sometimes wish I could go back to that day, to that happiness and excitement. I also wish I could go back and save that pregnancy test. Or the picture I took of it. Somewhere along the way, between changing phones, I guess I lost that picture. I thought I was being weird by wanting to save the pregnancy test, so I threw it away. Not that it would change things, but I wish I had more memories from Chase's pregnancy. I wish I had taken belly photos, but I kept waiting for my belly to "pop" instead of it just looking like I had gained some weight. I wish I could remember more things we did while I was pregnant. Sometimes I wonder if a movie I'm watching is something I watched while I was pregnant with Chase - just anything to have another memory. Because all we had was 18 weeks and 5 days. I thought there was going to be at least another 20 weeks and plenty of time to take pictures and have memories of my

pregnancy and then a ridiculous amount of Chase once he was born, but it all ended so suddenly.

At the hospital, after Chase's early arrival, I remember

waking up holding him and looking at our family surrounding us. I asked if anyone had a camera and they all shook their heads. I knew this was our only time to take pictures with him. My husband got my phone and took a few pictures of Chase.

The hospital did get his footprints, and a few pictures. We also have a few ultrasound pictures, yet that is it when it comes to physical memories of him. The hospital gave us a small little memory book with a small heart pillow, a tiny ring, and they gave us a tiny crocheted hat. But none of those things ever touched him, so while I consider them "his," they don't have a ton of significance otherwise. The hospital took some pictures of him as well, it turns out, but they were honestly so hard for me to look at. They were out of focus, and I hate the way they posed him. Yet, I noticed in those pictures, he was wearing a hat and wrapped in a blanket that I never received.

What I would give to have that hat and blanket! I was on a lot of medicine when Chase was born, so between magnesium sulfate and the IV pain medicine they gave me, I was mostly knocked out. My memories are very fuzzy and in short bursts of maybe 30 seconds to a minute or so at a time. I think I would have been able to not only have more memories and time with my son, as well as to have taken way more pictures, but I would have been able to ask for those items had I been awake more. I did take some pictures of him in his casket on the day of his funeral because by then, I was already sad we had such few pictures, and I knew I would regret not having more.

Something I have learned in the 10 years since Chase was born, is that I can't change what happened or go back in time to document my pregnancy better, but I can choose to do things in his memory



...I can't change what happened or go back in time to document my pregnancy better, but I can choose to do things in his memory now.

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"Memories" continued from page 10.



now. Every year on Chase's birthday, we do something to celebrate him. It's usually very simple, although I want to start having a family fun day every year to make his day something fun and something to look forward to for us and our living daughters, not just a sad day. Another thing we do to remember him and the sweet baby "Blueberry" who we miscarried, is to participate in all of our M.E.N.D. events: Walk to Remember, Candlelight Christmas Ceremony, M.E.N.D.ing Miles Virtual 5k, and also attend our local support groups as frequently as we are able. Something else I do is to tell my story. Although I've always hated public speaking, I have gone to some of our local hospitals numerous times to tell my story while they are doing in-service training for the nurses on bereavement. It helps being able to share, in hope that telling my story will help make someone else's experience better, and that they will walk away with more memories than I have. It also helps me to keep those memories alive and fresh in my mind. So, while my own memories of Chase's pregnancy and birth and Blueberry's pregnancy may be few and far between, I continue to do things in their memory to add to my collection.

Ways to Save/Honor Memories

Every moment is an opportunity to make a memory. From the time we saw the lines on a pregnancy test revealing the growing baby, the cravings, the first purchase for our little one, even up to the time we had to say "good-bye," and every way we remember them since...until we are reunited in heaven. Each of these memories becomes a treasure, an opportunity to save and honor that moment of your baby. Below are different ways you can save and honor your memories of your baby.

While some of these things you may not have had the opportunity to do or have, or perhaps that item is already gone, there are ways to make new memories, and create ways to treasure them.

1. Keep all your ultrasound pictures in an album (online or hard copy)
2. Take a photo of your pregnancy test
3. Post all your belly pics to social media
4. Keep all the cards from your baby shower in a scrapbook
5. If you have any clothing your baby wore, or the baby's hand/foot prints, create a shadow box to hang in your house
6. Keep your ID bracelets from the hospital and put them in a memory box
7. If you have a clipping of their hair, add some of it to a cremation necklace and wear it every day
8. Add their precious ashes to cremation jewelry or have them added into blown glass
9. Make a blog/website, a journal, or use your social media account to share all the memories you have from your pregnancy with your baby
10. Take all the photos you have of your baby and create an online scrapbook or a hard copy scrapbook
11. If you have supportive family and close friends, you can give close family and friends a photo of your baby in a beautiful frame
12. Have their hand/foot print engraved into a necklace or bracelet
13. Keep any items you aren't able to display in a fireproof box to keep them safe
14. Keep a program from the baby's memorial service in a safe place or a memory box
15. Dry flowers given in memory of your baby and put them into a glass ornament or something similar
16. Check with your doctor to have an ultrasound printed even if the baby didn't have a heartbeat
17. Donate a gift to a child in need in memory of your baby and take a pic
18. Host a blood drive and have people who donate sign a memory book
19. Get a special piece of jewelry with your baby's name and/or birthstone on it
20. Donate a gift to a hospital for a baby born sharing your baby's date or pay for a child's birthday cake at a local bakery
21. Participate in a Wave of Light or 5K
22. Plant a special tree
23. Start a journal to collect your thoughts

Sharing My Love for Dylan

Written by Katie McClelland

Mommy to Dylan

M.E.N.D. - San Antonio Chapter Director

Have you ever had the feeling you would be really great at something? That is how I felt about breastfeeding. I just knew nourishing babies would be my thing. When my first born daughter, Dylan, came into my life on August 26, 2016, she latched on, and we were doing great! Five days of new baby bliss blurred by, but suddenly she was gone.

Everything changed. Life continued to blur by, but in a very different way. Between the hospital, phone calls, funeral homes, florists, family and friends, everything seemed so incapacitating. My husband, Michael, actually suggested I look into donating Dylan's milk after I spoke with my obstetrician about what to do now. Terribly engorged, I fumbled my way through washing and sanitizing the pump parts and learning to use my Medela Pump-in-Style.

Soon after I began pumping milk Dylan would never taste, bittersweet relief flooded over me: I could be still. Prayerfully thinking of Psalm 46:10, I knew God had plans for me. I called the Mother's Milk Bank to inquire about eligibility and learn what the donation program entailed. After a week or so, they called with my acceptance. Dylan's milk could be used to help babies in need.



Pumping saved my life. God used me in such a profound way and began mending my broken heart. So many aspects of my journey helped me. I needed to keep a pretty strict schedule, which kept me from sleeping all day (and also allowed me some space in the early days when well-meaning family and friends became overwhelming). I had to thoroughly wash all the pumping parts, which helped me keep my house clean and prevented me from allowing daily tasks to become overwhelming. I needed my milk as pure as possible, which kept me from turning to alcohol to drown out my pain. But mostly, I needed to be still. Be still to talk to God. Be still to talk to my sweet girl in heaven. Be still to feel what I was going through and what I would continue to go through for the rest of my life.



I pumped for six weeks until my milk dried up naturally. I donated roughly 300 ounces of milk, and on that rather emotional day as my pumping journey had ended, I was told that my donation would make 900 meals for sweet little babies in the NICU.

People have spoken to me about how strong I was for donating, but to me, it was a no-brainer. God was working in me and through me. He helped me help others. He gave me this wonderful gift to create tangible memories with my darling girl. I will forever be grateful for those moments when I slowed down and let my focus be on the fact she was here and not that she was gone. God made our bodies so incredible. His gift to me was my gift to her and her gift to those sweet babies. Donating milk was so healing: physically, emotionally and spiritually. Dylan and I honored each other with this gift to others. I am forever grateful for those memories.

Wyatt's Keepsakes

Written by Nichol Goforth

Mommy to Wyatt



Having a special place in my home with all of Wyatt's keepsakes has helped provide me comfort in my grief. I have made a shadow box with his keepsakes from the hospital. My mom took some of his onesies and had them made into pillows for us with little messages that help when my arms are aching for him. I have taken the white roses my parents gave us from his service and put them in a plastic ornament with his hospital band around them. My parents had a necklace made for our daughter that she wears which provides comfort to her. The smallest keepsakes help remind us that Wyatt is always close to us even though we feel like he is so far away.

Día de la Madre / Día del Padre



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

Varias veces al año tengo el privilegio de hablar con los proveedores de atención médica, incluyendo un entrenamiento de la perspectiva de un padre afligido sobre cómo cuidar a una familia cuando muere un bebé. Uno de los puntos que enfatizó es la importancia de la creación de recuerdos. Les explico a estos cuidadores que una vez que nuestros bebés murieron, las memorias y algunos recuerdos es todo lo que nos queda, y la mayoría de las veces dependemos en ellos que ayuden a los padres a crear y llevarse a casa estos artículos. Hablo de no sobremedicar a la madre porque las drogas pueden nublar su capacidad para recordar y recordar su tiempo en el hospital. Si bien, es posible que desee olvidar los procedimientos médicos, pero no querrá olvidar a su bebé (aunque si en ese momento cree ella que lo quiere olvidar). También habló de la importancia de animar a los padres a que carguen a su pequeño, tomen muchas fotos y videos. Repasó una lista de artículos que necesitan para asegurarse de que se les dé a los padres cuando salgan del hospital, como un mechón de cabello, la manta en la que estaba envuelto el bebé, cualquier ropa que usó el bebé y cualquier cosa tangible que haya estado en contacto con el bebé, incluso si está sucio con fluidos corporales o sangre. Todos estos elementos son los que nos ayudan a recordar, validar y honrar la corta vida de nuestro hijo.

Muchas familias se preguntan qué se hacen con estos recuerdos especiales cuando llegan a casa. Algunas mamás creativas hacen una caja de sombras para exhibir en una pared. Algunos optan por armar un álbum de recortes. Y otros deciden empacar todo en un recipiente especial que se coloca en lo alto de un estante o se guarda de manera segura en el ático. Cualquiera de estos está perfectamente bien y honra a su bebé; cada mamá debe hacer lo que sea mejor para ella. Personalmente, la mayoría de mis preciados recuerdos de mis dos bebés que perdí están guardados en mi armario. Las cosas de Jonathan están en un baúl de recuerdos, y los pocos

recuerdos que tengo para Baby Mitchell están en una caja decorativa. Los negativos de las fotos de Jonathan se guardan en una caja de seguridad en un banco cercano. También muestro varias fotos y obsequios que me dieron en el momento de sus pérdidas, y años después, en mi oficina.

Sin embargo, mis recuerdos más preciados se reflexionan y se almacenan en lo profundo de mi corazón. Incluso después de tantos años, recuerdo cada palabra que dijeron todas las personas presentes cuando se confirmó la muerte de mis bebés y cuando nacieron. Todavía puedo ver sus dos formas sin vida en la pantalla de la ecografía, y puedo guiarlos a través de cada detalle de cuando la enfermera, con lágrimas goteando sobre su cara, nos entregó gentilmente a nuestro hijo que nació sin vida a mi esposo y a mí. Ciertos olores me llevan de regreso a ese hospital de Dallas, y hasta el día de hoy me cuesta tocar frutas blandas demasiado maduras con la textura similar de la cabeza de mi pequeño bebé. Mientras es difícil pensar en algunos de esos recuerdos, no tienen precio porque eso es todo lo que tengo para recordar a mis bebés en el cielo.

El Día de la Madre y el Día del Padre son dos días del año en los que todos estos recuerdos pueden ser difíciles porque, como padres con dolor, se nos recuerda que estos pensamientos son solo reflejos del niño que no está con nosotros en estos días especiales. Por lo tanto, depende de nosotros decidir que cada recuerdo que tenemos es valioso y querido, incluso si algunos de los pensamientos son difíciles de pensar y revivir.

De todas las cosas hermosas para recordar en estos días, quiero que recuerdes que ERES un padre y debes celebrar estos domingos, incluso si el hijo que perdiste es tu único hijo y no tienes hijos vivos aquí contigo. . Si no estás seguro de qué hacer en estos días, haz que sea un día para pensar en tus bebés, hablar sobre ellos, sacar recuerdos que quizás hayas guardado, crear nuevos recuerdos haciendo algo en su honor, y no tengas miedo de celebrar el día reconociendo que de hecho eres mamá o papá!

When You Are Left With Nothing: How I Coped With No Mementos

*Written by Emily Metz
Mommy to Baby Metz*

So many moms have shadow boxes filled with memories that touched their precious babies. Beautiful hospital gowns, hats, footprints and hand prints. My loss was different. A word I often use to describe my grief is ambiguous. I learned I was pregnant after I had already lost my baby. I did not get a sonogram photo. All I have is the paperwork the emergency room gave me stating I was pregnant. I had all of these strong emotions of loss, yet nothing to hold or look at, which added another layer to my grief.

In the midst of the heaviness, I knew my baby's potential due date, October 27. Even if it was incorrect, I clung to that date like it was something tangible in my hands. I looked up the birth flower for October. Marigolds. I bought a beautiful blue flower pot and planted bright orange marigolds for my baby. Family members followed suit and also planted marigolds. That became a symbol, a memorial for my sweet baby no one had the chance to meet.

Around the same time, I bought myself a birthstone necklace, an opal. I have an orange box I keep for my M.E.N.D. 5K bibs, candlelight ceremony invitations, and other things that honor my baby in heaven. Yes, I even have my hospital paperwork in it. You may have nothing initially, but there is beauty in discovering. Every time I see a marigold, I remember.



So?

*Written by Kristian Doucette
Mommy to Rylan*

What do you do when you can't cope with a grief that weighs you down?

Like the heavy machinery they used to confirm "You're pregnant"

but as your heart skips a beat and a smile turns your lips they finish "...but it doesn't look good."

What do you do when those around you don't

up
you
lift

And instead put the "so" in your sorrow?

You lost that baby so early.

You have so much ahead of you.

You guys are so young.

Your marriage is so new.

or later still

You have so many blessings.

You have so much to be thankful for.

That was so long ago.

Why do you have so much grief?

What do you do except pull on a thicker skin to protect the naive person you used to be. You cover that raw and tender grief and protect it with your tears and mend the broken parts with the glue of self-perseverance. And your heart beats with the same reply:

So?

So?

So?



Book Review

Why is Mommy Crying - Explaining Early Pregnancy Loss to Young Children
Written by I. Cori Baill MD

Reviewed by Rebekah Mitchell

Why is Mommy Crying - Explaining Early Pregnancy Loss to Young Children is a nicely illustrated book written by OBGYN, I. Cori Baill. Dr. Baill writes from the perspective of big brother, Max, who wonders why he finds his mommy crying in the middle of the night. Max's mommy explains she's sad because the little baby they were expecting has gone back to God. Max is sad too, and also expresses his fear of wondering if his mommy will have to go take care of that little baby. Mommy assures Max she won't be going to take care of the baby, God will. Max then decides and is comforted by knowing God has arms that can hold the baby for them.

This is a short book that can assist parents in explaining their sorrow to their living children, and guide adults into explaining that babies go to heaven when they die.

In Loving Memory

Thank YOU for your support

Prince Adii II Anyangwe

October 11, 2019

Premature

Gifts given by mommy Ngwisang Anyangwe

David Davis

Mike Mella

Robin Arras

Miscarried August 2020

Gifts given by parents Joanna and Daniel Arras and brother Wynn

Taylor Arras

Jamie Cain

Given by anonymous

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

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

Tadpole Geifman

Given by anonymous

Levi Michael Gonzalez

Stillborn June 23, 2017

Unknown cause

Given by parents Meagan and Michael Gonzalez and little brother Isaac

Rowan Guagliardo

Given by Rachel Guagliardo

Serenity Harrison

Miscarried December 3, 2009

Given by parents Curt and Jennifer Harrison and siblings Levi, Ziva and Evie

Eli Hudgins

Given by Sonja Ware

Ethan Alexander Kozar

March 29 – April 2, 2020

SIDS

Given by parents Katelynn and Ryan Kozar

Otto Foster Langley

February 12, 2021

Pre-term Labor

Parents: Megan and Jordan Langley

Gifts given by Sara Sims

Cheryl and Tom Spencer

Susan Bristol

Barron Lehr

December 29, 2019

Premature rupture of membranes

Gifts given by parents Morgan and Travis Lehr and brother Bennett

Joclyn LaMantia

Given by anonymous

Jackson and Tyler Light

February 23, 2009

Premature

Parents: Diana and Kirk Light

Siblings: Brayden and Lexi

Given by Deborah Payne

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

Harper Elizabeth Miller

March 2, 2021

Premature

Parents: Emily Hood and David Miller

Given by Kim and Forrest Collier

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Given by parents Byron and Rebekah Mitchell

Isabella Carolyn Moore

January 28 – February 2, 2013

Lung issues

Given by parents Lexi and Ken Moore

Baby M

Miscarried October 15, 1999

Baby Boy Moreton

Miscarried March 17, 2000

Angel #3

Miscarried August 1, 2000

Antiphospholipid Antibody Syndrome

Given by parents April and Sam Moreton and siblings Asher, Ava and Brock

Sharon Sebesta

February 16, 1958 - January 24, 2021

Grandmother to Emma Grace Myrow

Stillborn September 18, 2017

Cord accident

Parents: Hayley and Keenan Myrow

Little brother: Logan

Gifts given by

Terri and John Brasher

Nephew Michael Glueck

Bonnie Dawson

Brandi Valenzuela

Loretta Harding

Carol Schultz

Freya Sorrenson

Given by anonymous

In Honor of:

Kimberly Waeger

Mommy of Baby Waeger

Stillborn June 18, 2013

Omphalocele

Anderson Fisher Waeger

Stillborn August 30, 2014

Given by Drs. Karen and Donald Bauchman

Gifts of Support:

Christ Church Assembly of God, Fort Worth, TX

Second Baptist Church, Springfield, MO

NBCUniversal Employee Volunteer Reward

Joseph Leahy

Amy Girgus

Thank you to those who recently held a Facebook fundraising campaign or donated to M.E.N.D. through one of these. We are so thankful for our family and friends who show love and support during activities like these or other areas such as sharing about M.E.N.D., assisting at events, or simply and most importantly, praying for us.

"9 Compassionate Tips..." continued from page 7

Here are some helpful ideas for grieving, coping, and adjusting to the death of your baby. As always, take in what fits for you; set aside the others to consider down the road.

1. Accept your need to mourn and express your grief. Set aside time for grief to flow through you, whether you find relief in releasing emotions, moving your body, solving problems, or accomplishing meaningful tasks.
2. Have realistic expectations about grief, viewing it as a complex process that has no deadlines, but many waves and unpredictable ups and downs, which eventually bring a gradual sense of healing that creeps up over many months and several years.
3. Accept your preoccupation with your baby as a natural expression of your parental bond and a natural part of your grief. Indeed, reviewing your memories and telling your story can help your grief flow.
4. Understand that the brevity of your baby's life can make grieving especially complicated and painful. By identifying your many layers of loss and the challenges you face, you can embrace the profound impact your baby's death has on you.
5. Do those things that let you feel close to your baby. For you this might be visiting the cemetery; thinking or writing about your pregnancy and your baby; spending time with your keepsakes such as baby clothes and photographs; memorializing your baby such as installing a plaque, planting a tree or a garden, building a shrine or box to hold mementos, creating a scrapbook, making a piece of art, or donating your time or resources in your baby's name.
6. Pursue what helps you heal.
7. Have faith that eventually you will feel better. Like the many parents who've come before you, you too can survive the death of your baby.
8. Know that even as you grieve, you are healing. Take one day at a time and trust the process.
9. Remember that your grief is normal and you are not alone.

About the Author

Deborah L. Davis, Ph.D., is a developmental psychologist and the author of 6 books, including one about perinatal hospice titled *A Gift of Time*.

Article retrieved from Psychology Today on April 9, 2021, at psychologytoday.com/us/blog/laugh-cry-live/201610/9-compassionate-tips-surviving-the-death-your-baby.



M.E.N.D. CHAPTER UPDATES

MidMichigan

M.E.N.D.–MidMichigan is now meeting in person at Ashman Plaza (home of Live Oak Coffeehouse) on the 1st Tuesday of the month at 7:00 PM. Our support groups are socially distanced and masks are required. The pandemic has been a challenge for everyone, but especially for families that are grieving the loss of a child. Please share M.E.N.D.–MidMichigan with anyone you know who may be struggling. They can join our Facebook group by visiting www.mend.org or email karen@mend.org with any questions.

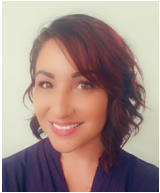


Karen

NW Washington

It was so great to see you again, in person, for our support group in April! We are so glad to be able to meet again face-to-face. We hope to see you in the coming months, the 2nd Monday of each month, at 6:30 PM at The Oak Table Cafe'.

We also enjoyed our time walking together for the M.E.N.D.ing Miles Virtual 5K! Thank you to all who participated and helped raise money for our chapter. We know Mother's Day and Father's Day are difficult holidays when you have lost a child. We pray you find a way to remember your baby that brings you peace.



Stacy

San Antonio, Texas

M.E.N.D.–San Antonio is hoping to hold in-person support groups soon as things start to warm up in Texas. We are so grateful for technology and Zoom for allowing us to continue to support one another in this troubling time. We hope the number of COVID cases continues to decline so things can feel back to normal. It is so hard to grieve our babies when life itself feels so abnormal. Often, life after baby loss can feel like an awful nightmare. With the bizarre reality of COVID on top of it, it can make our grief even harder. We pray for comfort and peace.



Katie

Denver, Colorado

M.E.N.D.–Denver continues in-person support groups following local ordinances for social distancing. We are looking forward to re-connecting with our families this summer and reaching out to new families who need our support.



Kimberly

Men of M.E.N.D.

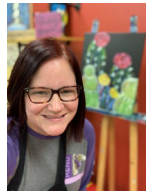
I hope everyone finds a peaceful way to celebrate Father's Day. Men of M.E.N.D. holds a monthly Zoom support group every 3rd Monday at 8:00 PM CST. Our Zoom support group will be the day after Father's Day on June 21, 8:00 PM CST, and we welcome you to join.



Matt

Bryan/College Station, Texas

M.E.N.D.–Bryan/College Station had a wonderful time together for our 4th Annual M.E.N.D.ing Miles Virtual 5K! I love that we are now able to safely get together to remember and celebrate the lives of our babies whether at a park, participating in our walk, or at our monthly support groups. I have missed the in-person camaraderie M.E.N.D. offers. For more information about our monthly support groups, you can visit our website www.MEND.org or email jennie@mend.org. You can also join our Facebook group via our website.



Jennie

Greater Houston Area

M.E.N.D.–Greater Houston is praying for you all as Mother's and Father's Days approach. We know these holidays can be especially difficult. We hope you are able to join us at our support groups to get the extra support you need. Keep an eye on our Facebook group for the most up-to-date information about our support group information. We are planning on reopening our in-person meetings as soon as possible, but until that time, our chapter will continue to have our Zoom support groups.



Stormy

Online Support

The Nationwide Online Support Group continues to engage our moms who don't have face-to-face chapters near them through our Facebook group and Zoom support groups. Our Facebook group allows us to remain connected and support each other between meetings. The Nationwide Online Support Group gathers on Zoom the 3rd Thursday of each month. Know your online M.E.N.D. family is always here for you even between support groups. 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 meeting link. Hope to see you there.



LaRhessa

Chicagoland

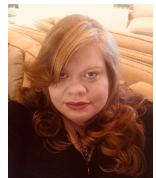
M.E.N.D.–Chicagoland is thankful to be able to gather in person again. We continue to work hard to minister to hurting families in the Chicagoland area during these strange days. We are thankful to be able to honor and remember our babies together as we walked for our M.E.N.D.ing Miles Virtual 5K.



Sara

Palm Beach, Florida

As we continue to serve our community virtually for everyone's health and safety, M.E.N.D.–Palm Beach prepares for the day it can resume in-person support groups and activities. If you or someone you know is interested in joining our team as a volunteer assistant please contact Jessica at 561-843-3509 or jessica@mend.org for more details.



Jessica

Columbus, Ohio

"The faithful love of the LORD never ends! His mercies never cease." Lamentations 3:22 NLT

Our monthly support group is growing even as we continue to meet virtually! In early May we participated in the M.E.N.D.ing Miles Virtual 5K and NILMDTS Virtual Walk. As holidays approach, we're praying for your comfort and strength. Please join our private Facebook group where you can share your story...You're NOT alone!



If you need M.E.N.D.-Columbus services, contact at latrina@mend.org.

LaTrina

Tulsa, Oklahoma

M.E.N.D.–Tulsa continues to meet safely in person and is grateful to be able to continue to serve grieving families. We have been blessed to meet free of charge in a beautiful space at a retreat center for well over a decade. We received word though, that the current owners will be selling the property in the near future, and it will no longer be open to the public. We are prayerfully looking for a new space to hold our support group. Please contact me if you know of a place that might be ideal for our monthly support groups.



Cat

Southwest Missouri

M.E.N.D.–Southwest Missouri would like to thank everyone who participated in the 4th Annual M.E.N.D.ing Miles Virtual 5K. We had so much fun walking in memory of our babies, and we are so glad for those who could join us. The funds raised will help our local families as they remember their babies as well. We always appreciate your support.



Rachel

East Valley, Arizona

M.E.N.D.–East Valley Arizona is very excited to host our support groups the 2nd Thursday of the month at the Queen Creek Library at 6:30 PM.

We recently had a successful fundraiser at MOD's pizza. Thank you to all who came and supported us! Keep an eye on our Facebook page for more events to come!



Danielle

Lynchburg, Virginia

M.E.N.D.–Lynchburg is reaching out to our community to let families know about our organization and local support groups. We are in the process of making care bags to donate to our local hospital with donated angel gowns. We hope to spread the word so families can connect with us and know they are not alone.



Melissa



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:

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(Please call before faxing)
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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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and Becky Johnston

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 has opened a satellite location to serve families in the eastern area of the metroplex. Support groups are 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

M.E.N.D.–East Valley, Arizona

Meets the 2nd Thursday, at 6:30 PM
Queen Creek Library
Edward Abbey room
21802 S Ellsworth Rd
Queen Creek, Arizona 85142
Director: Danielle Radler
danielle@mend.org, (602) 699-6228

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

Due to COVID gathering guidelines,
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.



M.E.N.D. Mommies Enduring Neonatal Death
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We appreciate your support!