

Caring and Coping

H.E.A.R.T. strings
PERINATAL BEREAVEMENT
& PALLIATIVE CARE
AT NORTHSIDE HOSPITAL

It's a wrap - Celebrating the 16th Annual Atlanta Walk to Remember!

The Atlanta Walk to Remember is held annually to remember and honor those babies lost during pregnancy or infancy, and to kick off October, which is National Pregnancy and Infant Loss Awareness Month. This year we had over 800 registered attendees, with more families represented than ever before. People participated from seven states, as well as from Canada, making this an international event!

A special thank you to our friends at Georgia Doves for the beautiful experience of releasing the birds and watching them come together overhead for their journey home. The first dove released symbolized the grief and anxiety we have felt during this pandemic and the hope to come. The second dove reminded us to remember the babies lost each year to pregnancy and infant loss. Finally, the third dove symbolized the love of a family as they gather to remember and walk together. The first three doves aren't alone, though, as they journey home. They have a family to travel with. Just as our perinatal loss community is travelling together, so are they.

Thank you to our participating families for sharing their journeys with us. Each story is unique, just as yours is, but they speak from a common place of love, longing and lives changed forever. You may have recognized one of the providers who shared some reflections with us. Know that your stories stay with them, and help to shape how they interact with other families. A special thank you goes to Archer Booth, son of our very own Leah, for reciting the beautiful Robert Frost poem, The Road Less Traveled.



For Your Calendar

Caring & Coping Support Group*

Meetings are virtual. Due to COVID-19 precautions, this schedule may have changed. Please check our website for updates.

November 9, 2020

December 14, 2020

January 11, 2021

February 8, 2021

March 8, 2021

April 12, 2021

Northside Hospital H.E.A.R.T.strings
Memorial Service.

For information, call 404-851-8754.

Hospital Tours

Special "Re-Entry" Tours Available by Appointment. *If it would help to have H.E.A.R.T.strings guide you, we would be honored to do so. We can do as much or as little as you desire – you set the parameters. Contact us to set up a time.*

You've Got Mail

Send us your email address!

We communicate upcoming events and announcements. We will NOT share this information publicly.

You may "opt out" at any time.

Email us at northsidepn@gmail.com to be added to the list.

Newsletter Submissions

We welcome your participation.

Email us your submissions.



Contact Us

Atlanta: 404-851-8177

Cherokee: 770-224-1817

Forsyth: 770-292-2552

Gwinnett: 678-312-7486

Email: northsidepn@gmail.com

Website: northsidepn.com

Address: 1000 Johnson Ferry Road NE
Atlanta, GA 30342

We are especially thankful to our sponsors, as their support allows us to keep this event free and open to all. These are organizations, and people within those organizations, who may never meet you, but who believe with the most compassionate hearts that you matter. We are so grateful for their partnership.

Atlanta Walk to Remember Event Sponsors

Presenting Sponsor

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Bronze Sponsor

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Northside Hospital Cherokee Auxiliary

The event video is available for viewing at northsidepnl.com/atlanta-walk-to-remember. Many thanks to MTechProMedia for their gentle and sensitive guidance in creating this lasting keepsake for our community.



We need to grieve the ones we have loved and lost in this lifetime – not to sustain our connection to suffering, but to sustain our connection to love.

– J.W., Still Standing Magazine

The Language of Grief

Until we have suffered the loss of someone we love, we have a limited understanding of what it means to grieve, and how to describe it. Grief has its own language. If we reflect on our “before the loss” life, we might cringe a little at some of the things we said to a grieving friend – maybe we were a “meanwell” (our special name for those who say things meant to help but miss the mark). In the chaos of grief, one of the things I believe we are searching for is language: a way to describe what we are feeling to help ourselves and to help others understand us. We are also looking for ways to express ourselves in ways other than words – through various coping activities and rituals, for example. Language and the right words, along with coping strategies and rituals, have weight and can provide an anchor in the swirling chaos and disorder of grief.

I recently listened to a podcast from the “Unlocking Us” series by Brené Brown called “Day 2” (credit below). I think that her language in describing the context for “Day 2” fits in the phase of grief that comes after the initial shock and numbness has subsided and we begin searching and yearning (Bowlby). She tells us that Day 2 is “the middle”, and it is when we “hit the wall”. She says, *“Day two or whatever that middle space is for your own process is when we’re in the dark, the doors close behind us, we’re too far in to turn around and not close enough to the end to see the light. In my work with the military and veterans, they talk about this kind of dark middle piece as ‘the point of no return.’ It’s an aviation term coined by pilots for the point in the flight where you have too little fuel to turn around and return to the originating airfield, so you have to go forward...The only way is forward and most of the time, we can’t see what that way is, otherwise it wouldn’t be anxiety-producing to be in the middle.”* (Brown)

We don’t like being in the dark. Our every instinct when the darkness closes in is to reach for the lights or turn and try to find our way out. Dory, the beloved friend of Nemo, is told that she must go through the dark trench, but she is led over it and into a world of jellyfish trouble. No doubt, the trench would have had its own challenges, but going around it didn’t solve that problem.

Being in the middle is where chaos reigns. We are untethered from our old life and the path to what our life will look like next is so very unclear. It is dark. It is in this middle space where we must be brave and start looking for the language, connections and coping strategies to help us find our way. Some of this language may be found through the exploration of articles, books, blog posts we find, or through conversations with others who have experienced a similar loss. We will read through and try many things on our way to discovering what works for us, and our unique journey. Remember, just because something works for someone else, doesn’t mean it is necessarily right for you. But pay attention to those glimpses of light – the word that jumps out, the feeling you got after that meditation you tried, the friend who doesn’t rush to get off the phone when your emotions pour out. These are your truths, and the stepping stones that will help you find your path forward.

Another analogy Brené Brown uses in this podcast is by calling the middle “Act Two”, which follows what typically happens at the ending of Act One, *“the inciting incident. That’s when the shit hits the fan. Something really hard happens .”* (Brown) She goes on to say, *“Act Two is where the*

The Language of Grief (continued)

protagonist looks for every comfortable way to solve the problem. Every easy way to solve the problem. Every way to solve the problem that does not require the hero's vulnerability. How can I solve it without being vulnerable? And it's not until the lowest of the low moment happens, where our protagonist, our hero, realizes, "I can't solve the problem without vulnerability." We go to Act Three, which is where the protagonist learns the lesson, proves that she has learned the lesson, proves it at all costs, which is primarily vulnerability. And it's all about redemption. Our character has gone on this journey, has learned about the importance of... Has had horrible trials and tribulations, but has learned about the value of stripping it all down and putting yourself out there and being brave and vulnerable." (Brown)

So, that's the hard thing. Sitting in darkness and feeling vulnerable – I can almost see you shaking your head. When the world tells us to think positively, seek happiness always, it's hard to allow some space for just sitting and feeling. Working through your grief, experiencing every part of it, is not the comfortable, easy way to "feel better". But it is the necessary way. Whether you work through your vulnerability with trusted confidants, in a support group, in your own journaling and private processing, through rituals and exploration of coping strategies, it is a necessary step forward. And, so importantly, it is an active versus passive approach to grieving. Look for the words that have weight, and write them down. Share them. What you discover in language and coping that defines your grief just may give light to someone else. The language of this community is sacred and valuable and too important not to share. To close, Brené Brown gives us these powerful words:

"No matter what the middle is, experience does not give us easy passage through struggle. Experience only grants us a little grace that whispers, "This is a part of the process. Stay the course. Stay the course." We're in Day Two friends, and again, experience doesn't even give us a little spark of light in this mess right now, it only gives us a little bit of faith that we can navigate it together. Most of the time when we're in complete darkness, we wave our arms around to reach out and grab someone who can walk with us, to get our bearings, to give us perspective, to hold on to. I think it's that time. The middle is messy, but it's also where the magic happens. If we believe in ourselves, if we reach out together, and if we lean into a little bit of that grace that says, "We can get through this." (Brown)

Brown, B. (Host). (2020, September 2). Brené on Day 2. [Audio podcast episode]. In *Unlocking Us with Brené Brown*. Cadence13. <https://brenebrown.com/podcast/brene-on-day-2/>

“Sometimes you find yourself in the middle of chaos, and sometimes in the middle of chaos, you find yourself.”

– Boonaa Mohammed ”

It's Holiday Season...in a Pandemic

The holiday season is here, and no doubt you've already spent some emotional energy on thinking about how to navigate it. Things like participating in dinners, buying gifts and being festive can invoke feelings of sadness, panic and anxiety. This year, the pandemic is just making everything worse. Restrictions on gathering are causing stress and frustration for everyone, and those who are grieving and already feeling so isolated are burdened even more. We often suggest that creating new traditions can be a way to handle the season, and this year we may have no choice but to do that. Here are some thoughts on ways to cope:

- Recognize that the season may be hard and that you will have a mix of emotions. Allow yourself to experience them, but give yourself a time limit – acknowledge the feelings, name them, and then turn the page.
- If you are planning to gather with friends and family, have a way out – a plan to leave early. Let your host know so that if you need to escape, it is less obvious and results in fewer questions.
- Consider letting those close to you know how hard the season will be for you, and ask them to give you some “grace and space” – the grace to let you leave or not show up if necessary and the space to let you mourn in private if needed.
- Do something different this year: start a new tradition, take a trip (if possible), spend the day outside in nature.
- Stick to tradition: Maybe what you need is something as close to tradition as possible in these times. Do what feels right for you.
- Do something in memory of your baby: make a donation, create a special keepsake, plant a tree.
- Host a virtual ritual such as gathering your friends and family and lighting candles together in remembrance or doing a walk or a release.
- Practice gratitude – find something to be thankful for each day and write it down or share it with your friends – invite them to join you in this activity.
- Practice mindfulness – just for a moment each day, recognize the sight, sound, smell or taste of what is around you.
- Reach out for help – talk to friends, see a therapist.
- Focus on nutrition, rest, exercise.
- Responding to holiday greetings: don't put pressure on yourself to wish others a happy holiday in response to their greeting to you. You can simply respond, “All the best to you and your family” or just, “thank you”.

Above all, do what feels right for you and go easy on yourself. Remember that you are not alone, and that you are part of a community and we are here for you.

Tips For Family & Friends

- Remember their baby's name, let them know you remember their baby is missing – in a card or small gift or donation.
- If you are creating a personalized gift for grandmothers with grandchildren's names, remember theirs too.
- Include them in invitations to gatherings – let them decide if they are up for socializing or not.
- Above all, just reach out. Let them know you are thinking of them and remembering that this is hard.

Reagan Marie Teddy Bear Program: Call for Stories

In 2021 we will celebrate the 10th anniversary of the Reagan Marie Teddy Bear Program, created to honor the life of Reagan Marie Baima. The teddy bears are offered to families in support and as a symbol of community. Reagan Marie's parents, Cindy and Bob, wanted families to know that they are not alone, and that others have walked in their shoes.

We invite you to participate in this celebration by sharing your reflections on this special keepsake!

As we plan for this special anniversary next year, we would love to share what the gift of the Reagan Marie bear has meant to you with your reflections and photos in a special article in our next newsletter, and on our website. We hope you will join us as we thank the Baima family and recognize their lasting gift to our community. Please send us your submissions to northsidepn1@gmail.com. Submissions can be anonymous, if desired.



Parent-to-Parent

Double Love: My Journey to Parenting Multiples

By **Andrea Z. Ali-Panzarella, DO, MPH, FAAP, FACO**

Pediatrician and Child Abuse Pediatrician

I never even thought about the possibility of facing infertility.

My journey began in January 2012, when I had my first miscarriage, an ectopic pregnancy, for no known reason. Although I am a pediatrician, it took me a long time to remember that infertility is a medical diagnosis. It is not something that my husband and I had to face; it [is] a condition that we were both diagnosed with. I quickly gained a greater understanding of what my patients endure. It has been seven years and counting, and our journey is not over. The number of tests was too numerous to count. I had multiple surgeries and in vitro fertilization (IVF) procedures. My body has seen years of medication, along with side effects, that it would have never seen otherwise.

Falling into the statistical population of the least likely scenario, I was left with many questions unanswered. The despair, sadness, depression, anger, confusion, desperation, hurt and anxiety seeped into spaces of emptiness when I was not looking. My silence about it all was deafening. Although I was very aware of the importance of my mental health, something had to give and take a back seat when I only had so much time and energy. However, years of multiple failed IVF attempts and miscarriages, along with unexplained infertility, led to the recommendation of having a gestational carrier, someone who would carry our biological babies for us. This was the best decision I ever made because now I have beautiful twin boys and the hardest thing I have ever done because I had to be apart from them for nine months.

Infertility affects every aspect of your life – marriage, family relationships, friendships, work, hobbies, vacations, and social outings, to name a few. Many find it difficult to comfort those they know experiencing infertility and miscarriage. This leads to even more isolation and loneliness. Losing a baby is devastating, something no one should have to experience. Your world is turned upside down and inside out. You may never really learn skills to cope with death effectively, especially when it comes to miscarriage.

I remained in survival mode until the boys' first birthday. Now, I cannot stress enough the importance of finding professional support for your mental health. As my wise therapist told me, pregnancy is not the cure for infertility. Parenthood is not the cure for infertility. Many people have tried to normalize the experience by thinking we should be happy now. Unfortunately, our current journey is not all joy. My husband and I will always have to face the emotions that come up, oftentimes unexpectedly, and we continue to honor our angel babies we lost along the way.

There are feelings about being a new parent, a parent of twins, and a parent who is on the other side of infertility. It can be confusing, conflicting, and filled with guilt. The silence continues because talking about anything negative comes with fear that someone will judge you. I allow myself to feel all of it, knowing that nothing will ever impact how grateful I am every moment of the day. This has made parenting the twins even more enjoyable.

Double Love: My Journey to Parenting Multiples (continued)

The thought of going out in public with twin babies was overwhelming and anxiety-provoking. For me, conversations about pregnancy, questions about twins in the family, and comments about the finality of my family planning are very difficult to navigate. My first experience was bringing home 4-day-old twin newborns on a plane. Even going to the store was challenging. I never knew what stranger would make an innocent comment, and I was not prepared to respond. Do I tell this person my story? Do I just play along and pretend? Is this lying? Am I not honoring my babies if I don't speak my truth? In the end, though, the decision I make with each encounter ends up being the right one for my family.

Today, I have a new perspective on parenthood and what it really means to have our boys here with us. Every single day I am in awe of the miracle that it is to have twins. The level of appreciation and love that my husband and I have for them cannot be expressed in words. They will never be "double trouble"; they will always be double love. This is our family story.

I have found my voice in my boys and I am now breaking my silence. My hope is to help others break their silence and know they are not alone in raising their babies after infertility.



“I think we dream so we don't have to be apart for so long. If we are in each other's dreams, we can be together all the time.”

- A.A. Milne ”

Ask the Expert Q&A

Couples Communication: Love and Listening in Grief

Research on the differences between the grieving styles of men and women is plentiful. Why? Because our brains do work differently, and our natural and cultural reactions are long-embedded in society. According to authors Sherokee Ilse and Tim Nelson*, "Throughout the ages the role of women during a crisis, such as death, has remained relatively consistent. Women often comfort each other through physical means- hugs and close presence. They bring each other food, and they usually talk about what has happened. This has not changed for generations. What has changed, however, is the role of men during these times. In the past, men were expected to do something while the women comforted each other. Men would often make the burial casket, dig the grave, and deal with the physical things associated with the death. Now, funeral homes and cemetery workers take care of those tasks. One of the most difficult positions in a crisis situation is to be the one who has nothing to do. This lack of an active role can further complicate a grieving father's place."

Grief, specifically over the loss of a baby, is so unique and misunderstood. It is not like losing a parent or a sibling or a best friend. It is one of the hardest things that any couple can experience. In general, men tend to keep their emotions to themselves (often as a way to be strong for their partner), they have smaller social networks and still tend to work through their feelings in more active ways such as exercise or outside work. Women, generally, are much more expressive verbally and emotionally and can seek and receive support more fluidly. Communication is often a challenge for any couple; for those who are grieving, the focus on being understood is even more important. The following chart may be helpful*:

Women

- Don't beat around the bush and hope he notices. Instead, speak up and tell him what you feel and what you want or expect from him. There is no point in resenting him because you think he doesn't care or isn't paying attention.
- Forgive him if he cannot honor every request. And console and support him when you are able.
- Don't expect your partner to be your main support person. But if he is, and it is working for you, be grateful for this gift that is not common for all couples.
- You may wish to seek out other women, particularly those who have been through something similar, since you may need to dwell on this and retell the story.
- Try not to be overly sensitive to everything he says, does or does not do.
- If he attempts to fix you, which is out of this love and protectiveness, gently suggest that it is not helpful right now and give him ideas on what is more helpful.
- He may not be able to just be with you very often. Instead, encourage him to take action where he can, which honors his need to do something productive.
- If you find yourself dwelling on the sorrow too long or cannot find enough support, it may be time to seek counseling or other support.

Men

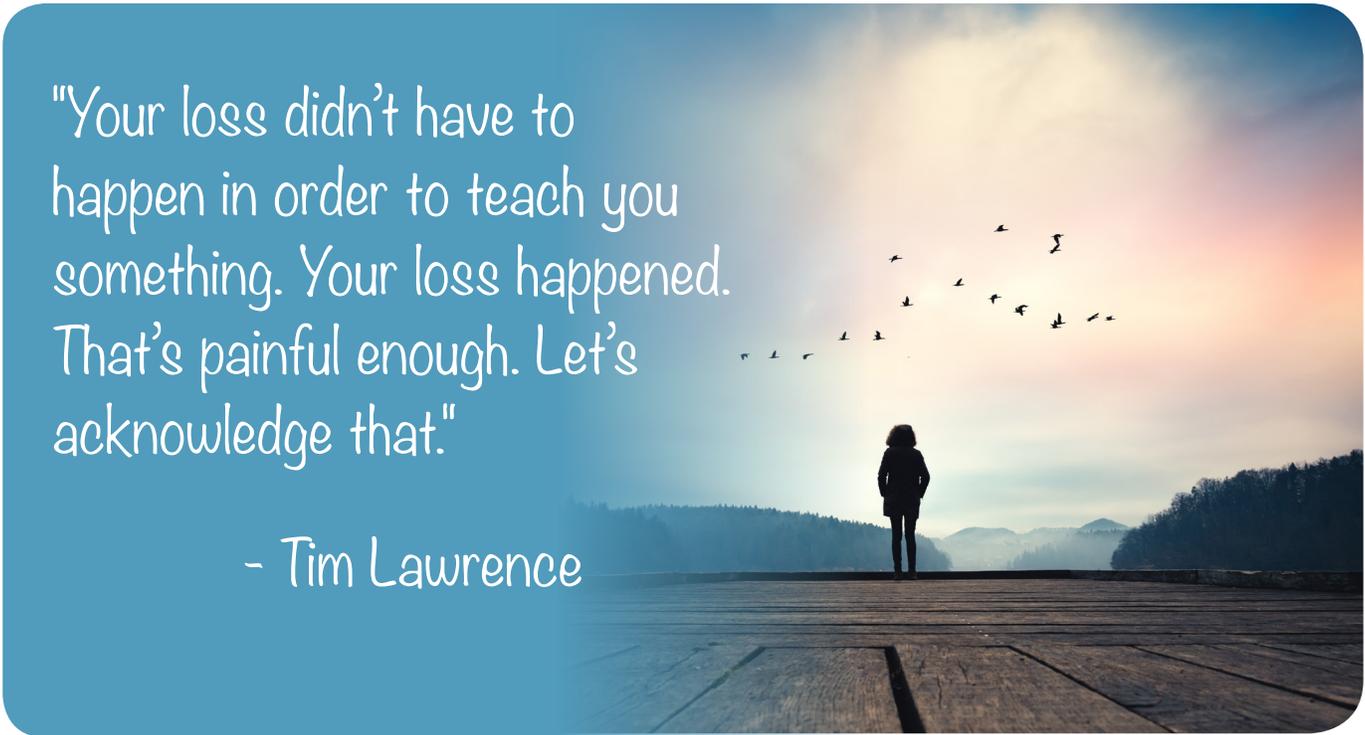
- When you are feeling fearful and like life is out of control, take time to tell her your feelings. She has them, too. Knowing you are both vulnerable at times can be a bond between you and doesn't leave her wondering what you are thinking or if you really still care.
- Watch for signs that she may be upset, but also tell her that you want her to be open with you, so you don't have to play the guessing game.
- You may need to let her talk even when you don't feel like listening.
- Fight the urge to offer solutions. What she needs is someone who will just listen and hold her. Be that as often as you can.
- Encourage her to find other women she can befriend for added support.
- Stoicism, silence and grieving in your head may feel right for you, but this keeps your partner out of your process. Make the effort to share your feelings sometimes.
- If you have the need to do something special, search for meaningful ways, and let your partner know why it is important to you.
- If you feel the need to escape, tell her what you are doing and why, so she doesn't think you don't love her or are escaping from her.
- If you are preoccupied or escaping often, ask yourself, your partner, or even a counselor to help determine if it is too much.

Ask the Expert Q&A (continued)

A couple who attended our support group offered this suggestion: check in with each other periodically throughout the day (this made more sense back when we weren't all working from home, but the practice can still be implemented now). The purpose is just to tell the other how you are doing, how the morning is going, etc.: if it's been rough, or if it's been okay or maybe somewhere in-between. The response is not to try to fix, but just to say thank you for sharing what you've been feeling and experiencing, and I love you. Just to listen. There may be some action steps that can come from these check-ins, but mostly they are just to provide each other with a good sense of how the day is going. That way, when the end of the day comes and you are tired, you don't have to worry about how you will answer, "How was your day?", because you just wouldn't know how to begin to sum it up. As another option, write these updates and thoughts in a shared (or individual) journal and take time to read each other's entries. This form of communication is one way you can teach each other what your grief looks like, how you are developing ways to cope and how you can support each other. Just verbalizing and naming what you have been feeling and recognizing things that have provided comfort is an important and helpful process.

We also suggest you take a "break" from your grief to reconnect. Make plans each week to have a "date" (an activity, a meal) where you do not discuss the loss. Start small – maybe it's just an hour – and use the time to just be with each other and remember why you are together. The grief will be there, waiting for you, but it is important to create a space where you can have a release from it. You might even find yourself laughing and enjoying yourself – this is so normal and so important. The loss of your baby is devastating, but by sharing your experience with each other, you will find your way forward together.

*Sherokee Ilse and Tim Nelson: Couple Communication After a Baby Dies: Differing Perspectives



"Your loss didn't have to happen in order to teach you something. Your loss happened. That's painful enough. Let's acknowledge that."

- Tim Lawrence

H.E.A.R.T.strings Support Group Resources

Our support groups provide a place where grieving parents can find comfort and companionship among others who understand. Our groups are open to the community, and free of charge. For information and schedules, and for other support resources including a list of recommended therapists, please visit northsidepnl.com/supportgatherings. You may also email us at northsidepnl@gmail.com or call 404-851-8177.

Due to COVID-19 guidelines, our groups are all virtual until further notice.

Caring & Coping

This group is open to parents and grandparents who have lost a baby due to miscarriage, ectopic pregnancy, stillbirth, and newborn death. This group meets most months of the year. Check our website for dates.

Butterfly M.O.M.s (Missing Our Multiples)

A social and support group for parents who have experienced the loss of one or more multiples and who are coping with the joys and challenges of raising the surviving baby(s). This group meets periodically for Mom's nights out and play dates. Please contact us for more information about this group.

Rainbow P.A.L.S. (Pregnancy After Loss Support)

A social and support group especially for parents who are pregnant again after the loss of a baby, or are considering a subsequent pregnancy after loss. Our mission is to celebrate these new pregnancies, while offering support for the anxiety, fear, and emotions that are present during pregnancy after loss. Please contact us for more information about this group.

A Time to Heal

A support group for parents who have made the painful decision to end a pregnancy due to maternal or fetal complications. Please contact us for more information on this group.

H.E.A.R.T.strings Companions

Matching parents with peer mentors when families need personal, one-on-one support.

Resources for Siblings

Kate's Club

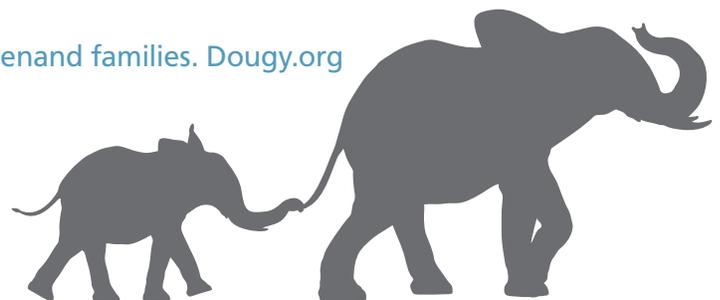
A local, non-profit organization that empowers children and teens after the death of a parent or sibling. For more information visit katesclub.org.

The Link Counseling Center

A local, non-profit community-counseling center since 1971 that provides quality, affordable, confidential counseling, psychotherapy, and support groups to all ages. Their program for children: The House Next Door, thelink.org/children-teen-grief-support-groups. Local groups are available, call 770-730-5858 for more information.

The Dougy Center

An online support and resources for grieving children and families. Dougy.org

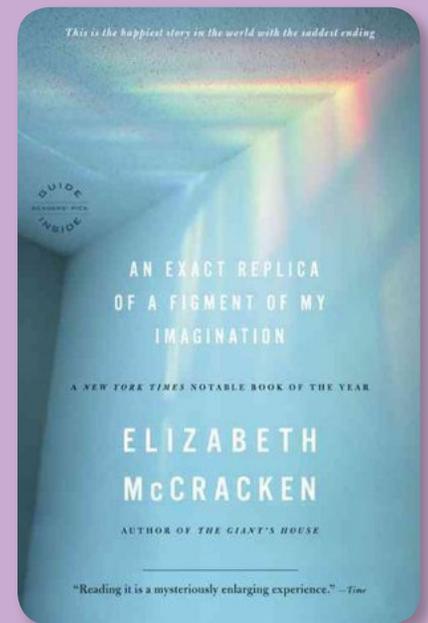


Healing Hearts Book Club & Our Favorite Internet Resources

We want to hear from you...let us know what books or websites are helpful to you.

An Exact Replica of a Figment of My Imagination: A Memoir by Elizabeth McCracken

"This is the happiest story in the world with the saddest ending," writes Elizabeth McCracken in her powerful, inspiring memoir. A prize-winning, successful novelist in her 30s, McCracken was happy to be an itinerant writer and self-proclaimed spinster. But suddenly she fell in love, got married, and two years ago was living in a remote part of France, working on her novel, and waiting for the birth of her first child. This book is about what happened next. In her ninth month of pregnancy, she learned that her baby boy had died. How do you deal with and recover from this kind of loss? Of course you don't--but you go on. And if you have ever experienced loss or love someone who has, the company of this remarkable book will help you go on. With humor and warmth and unfailing generosity, McCracken considers the nature of love and grief. She opens her heart and leaves all of ours the richer for it. – Amazon review



Internet Resources

Northsidepnl.com – Website of the H.E.A.R.T.strings program.

Pregnancyafterlosssupport.org – Support for pregnancy after the loss of a baby.

StillStandingMag.com – For all who are grieving child loss and infertility.

Missfoundation.org – A community of compassion and hope for grieving families.

Rainbows *on the* Horizon

We would love to know if you have a new baby. Your good news is encouraging and we would like to congratulate you. Birth announcements can be submitted to the H.E.A.R.T.strings office by email at northsidepnl@gmail.com or by calling **404-851-8177**. Please send us your photos in the highest possible resolution.

The Anderson Family

Jerrell Sr. and Shameka are elated to announce the birth of our 2nd Rainbow, Jerrell Lee Anderson Jr. He was born a preemie, but happy and healthy. He has been welcomed by his 3 big sisters, Malea our sleeping angel in heaven, Kyla Grace, 4 (1st Rainbow Baby) and Kara Hope, almost 2.



Thank You for Your Support!

There is a story behind every gift to H.E.A.R.T.strings. We are honored to remember these precious babies, and grateful for the generosity shown by you and your friends and families.

Our funds are held by the Northside Hospital Foundation, and are tax deductible.

H.E.A.R.T.strings Legacy Fund

- In memory of David Richard Livingston Chamberlain
Katia & Delroy Chamberlain
- In memory of Brody Cooper Emmert
Anonymous donor
Rasha Nahab
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- In memory of Andrew James Jarrett
Jenni Jarrett
Jessica Wolff
- In memory of Charlotte Low
Lashonda Soma
- In memory of Rachel Elizabeth McGill
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- In memory of Emma Margaret O'Brien
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Keeli & Carl Schmidt
Stuart & Sharon Scott
- In memory of Baby-Kid and Ghalia Sheehan
Shelby Sheehan
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Becky Shepherd
Jason Shepherd
Gramma and Papa Shepherd
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- In memory of Eli Bennett Youngblood
Chris Baumann
Brooks & Abbey Youngblood
- In memory of Baby Zinnia
Emile Foncha
For the Love of Zinni

Reagan Marie Teddy Bear Fund

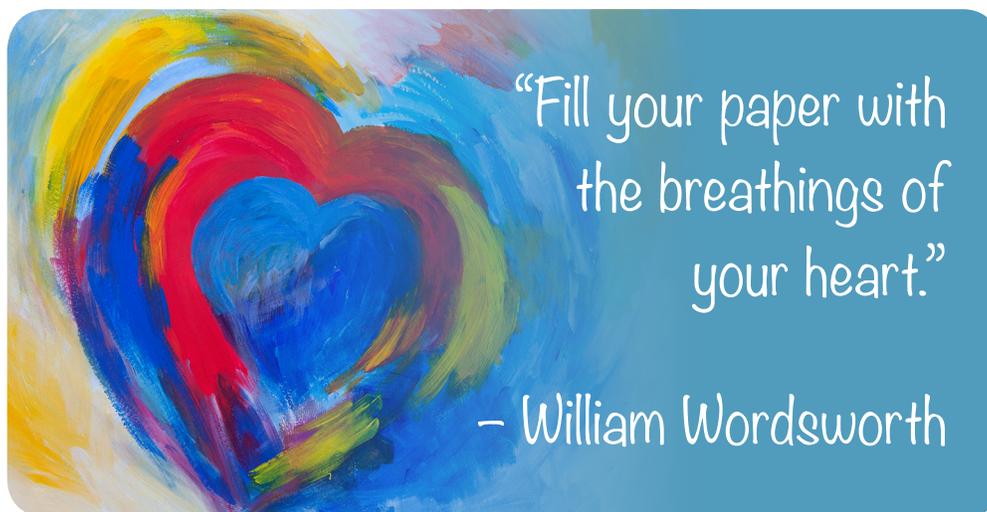
- In memory of Brody Cooper Emmert
Anonymous donor
Anonymous donor
Abby Bernstein
Jackie Breiter
Tracey DeSimone
Debbie Isaacs
Buzz Kaas
Michael & Frances Roper
Ashley Smith
- In memory of Isabel Ramirez
Abby Bernstein

Atlanta Walk to Remember Fund

- In memory of Baby-Kid & Ghalia Sheehan
Shelby Sheehan
- In Memory of Eli Bennett Youngblood
Brooks & Abbey Youngblood

Gifts-In-Kind

- Preemie clothing and receiving blankets in memory of Charlotte Ada Low
- Blankets and hats from Judy Lewis of the Northside Atlanta Auxiliary
- Blankets and hats from Renita Orr
- Pom Pom Crowns, made and donated by Herla Zacarias-Alvarez, in memory of her son Leonardo
- Blankets, hats and burial layette's from the Northside Atlanta Auxiliary
- Elephant key chains from our Amazon Wishlist from Emily Taylor in honor of Miles Taylor
- Hand-made tiny booties from Tammy Yarbrough
- Handmade blankets from Connie Proco and the Needlework Club
- Handmade Rainbow baby Hats made and donated by Denise Atkinson
- Forever in my heart keychains from Amazon Wish list donated by Emily Taylor



Your generosity makes a tremendous difference in our mission!

Our Partners

Big Canoe – Friends of the Auxiliary
Frances Jackson – Big Canoe
Canton Funeral Home & Cemetery at Macedonia Memorial Park
Carter's
Colton's Comfort
Joy Cannis Photography
Love's Foundation
Northside Hospital Atlanta Auxiliary
Northside Hospital Cherokee Auxiliary
Northside Hospital Forsyth Auxiliary

If you would like to make a donation to the H.E.A.R.T.strings Perinatal Bereavement Program, please go to our website at northsidepnl.com and click on the "donations" tab or call us at 404-851-8177. No donation is too large or too small. We are asked often to give guidance on items needed by the office.

New: We have an Amazon Wish List!

https://www.amazon.com/hz/wishlist/ls/3Q51AUIQOEY3H?ref_=wl_share

Memory Boxes

H.E.A.R.T.strings uses a simply decorated memory box for our families. If you would like to donate decorated memory boxes, a photo of our box is below. We use a standard white photo box, and the elephants can be found at Michaels, item number 10436438.

If you would like to add contents, we would love you to fill these boxes with anything that has helped you along your journey or something you think may help someone else.

Other items we are always in need of:

- Hand and foot mold kits
- Kleenex boxes or small, "pocket" sized Kleenex packs
- Preemie sized clothing for boys and girls
- Knitted or crocheted blankets in all sizes



Thank
You!

You can also support H.E.A.R.T.strings by linking your Kroger Plus card to our office. Please follow the link to get started:

kroger.com/account/enrollCommunityRewardsNow


**NORTHSIDE
HOSPITAL**
northside.com