

# Caring and Coping

## *It's Complicated: Grieving During a Global Pandemic*

Experiencing the loss of a baby is terrible at any time. The grief that parents experience is monumental. One thing that we know is that grief is directly affected by many factors, including the amount of support one has, the memories they are able to make during their brief moments with their babies, and the ability to express their grief to others. In a "normal" world, grief is difficult, unbearable at times.

Let's add a global pandemic to the equation. By adding the COVID-19 pandemic, we automatically subtract potential support from family and friends. We also subtract the possibility of certain rituals, which means that memories parents make with their babies are altered. Most importantly, we subtract the human touch. In this age of "social distance", we lose the ability to hug someone who needs it. We lose the ability to hand someone a tissue. We lose the ability to connect with our whole face. This is huge and monumental, in itself, and yields a very complicated grief process. But as we are doing our math and formulating our equation, it is important to remember that social distance does not have to equal emotional distance. Parents deserve the opportunity to talk about their children and to have family and friends to lean on. So, remember this as you navigate this isolating time.

As bereaved parents during this pandemic, you may:

- Feel extremely isolated. People experiencing loss sometimes feel isolated under normal circumstances, but during this time of COVID-19, people are at risk for feeling even more isolated. Parents are separated from family and friends and because of restrictions of group gatherings; in-person support groups may be suspended.
- Feel a lack of closure. This has definitely been a trying time. The absence of a bedside chaplain to perform a ritual or baptism or the restrictions on group gatherings for funeral services may lead parents to feel like they haven't yet said "goodbye".

### For Your Calendar

#### **Caring & Coping Support Group\***

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

August 10, 2020  
September 14, 2020  
October- No meeting, join us for the Atlanta Walk to Remember  
November 9, 2020  
December – no meeting

#### **October 4, 2 p.m.**

Atlanta Walk to Remember Virtual Event

#### **November 1, 2020**

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 [northsidepnl@gmail.com](mailto:northsidepnl@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:** [northsidepnl@gmail.com](mailto:northsidepnl@gmail.com)  
**Website:** [northsidepnl.com](http://northsidepnl.com)  
**Address:** 1000 Johnson Ferry Road NE  
Atlanta, GA 30342

## It's Complicated: Grieving During a Global Pandemic (continued)

- Feel like you have too much “down time”. Many people are working from home now or finding that their daily schedules are essentially erased. This lack of structure can lead to more time to think about everything and more time to focus on all that has happened.

There are some ways to cope and to endure this unpredictable time:

- Try to maintain connection with family and friends. Use FaceTime, phone calls, texts or small gatherings in the yard to connect emotionally to your support system. Most importantly, allow yourself grace. You have been through a terrible experience and you have survived (during a pandemic, I might add). You deserve the grace you allow yourself. Take advantage of any resources available from the H.E.A.R.T.strings office. If you need to, talk to a therapist.

- Plan a special ritual. This doesn't have to be elaborate....a simple release of a balloon or planting your favorite type of plant or creating a garden can be very therapeutic and meaningful.

- Find ways to make the “down time” special. Many people find that journaling is very cathartic and helps them to remember all of the special details about their baby. Find a craft that allows you to be creative. Bereaved parents experience a lot of sadness, especially during the first year. Try balancing your sadness with joy, meaning make the time to fit something that makes you happy into each day. You deserve to feel happiness. Remember that.

Several years ago, the Today Show's co-anchor, Hoda Kotb, addressed the graduates of Tulane University during their commencement ceremony. Having survived breast cancer and some other hardships in her life, she gave them several words of advice, one of which was the following: “If you survive anything in your life, who cares what it is, if you're still standing, you get four words: “You can't scare me.”

You are a parent who has survived a monumental loss and you, my friend, are still standing.



## 2020 Atlanta Walk to Remember

We are delighted to announce the date of this year's Atlanta Walk to Remember, our 16th year!

**NEW! Virtual Event this Year**  
**Sunday, October 4, 2020 at 2:00 p.m.**

The H.E.A.R.T.strings Perinatal Bereavement & Perinatal Palliative Care program of Northside Hospital invites you, your family and friends to join us for this year's Atlanta Walk to Remember, which will be held virtually on Sunday, October 4 at 2:00 p.m.

We understand that this announcement represents a very different program than you may be used to, but before you turn away, please know that we could not be more excited about our vision for this event, and that we are designing it with you in mind.

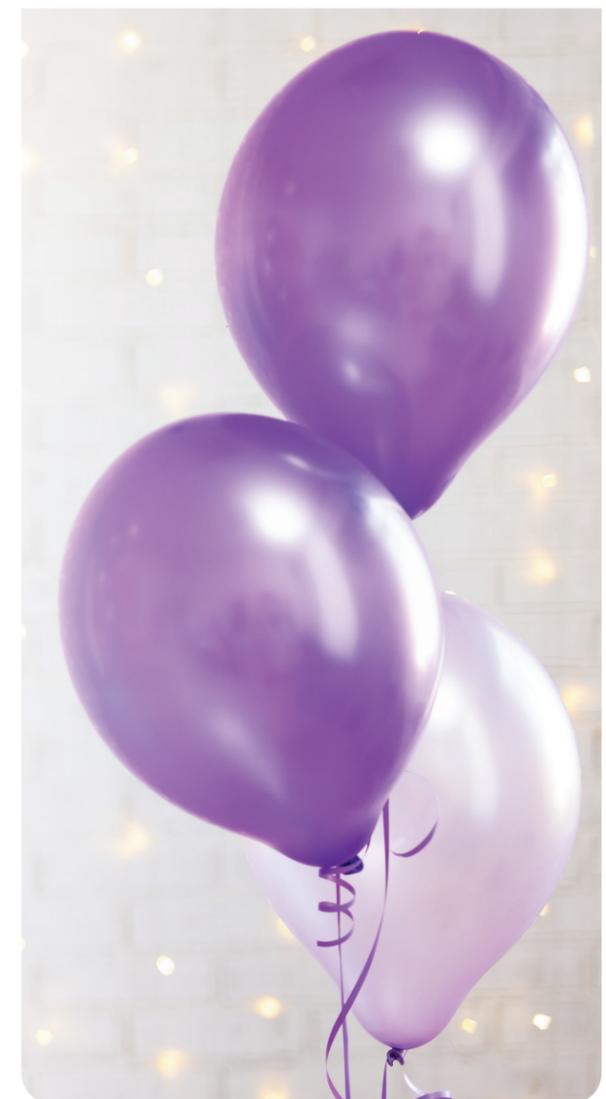
The Walk will include special music, story vignettes, releases and readings, and the listing of your babies' names. We will provide guidance and ideas for creating your own walks and releases in a social safe way. The virtual nature of this event will offer you a permanent remembrance for our community, which you may revisit as you need to.

More information will be coming via the following methods:

- Atlanta Walk to Remember Facebook page
- H.E.A.R.T.strings Perinatal Bereavement website, Atlanta Walk to Remember page
- H.E.A.R.T.strings email listserve:  
Email [northsidepnl@gmail.com](mailto:northsidepnl@gmail.com) to be added.

Registration will open later this summer.

*We know that this journey can be challenging. Coming together with this community in a ritual of remembrance can provide meaning and peace. We look forward to celebrating and remembering our babies together with you!*



## H.E.A.R.T.strings Brings Grace and Hope to the Andersons

In 2014, Shameka and Jerrell Anderson were a young, newly married couple pregnant with their first child, a daughter. This pregnancy was especially important to Jerrell Anderson and his parents. Jerrell is the youngest of three children, and was the first to get married and pregnant out of all his siblings.

On Tuesday, Sept. 30, 2014, the day of Shameka's due date, she visited her obstetrician at a private practice; she had carried her daughter to full 40 weeks. And during her preparation for labor and delivery, she learned her daughter had no heartbeat.

Her obstetrician recommended that she deliver Malea, her daughter, naturally, and sent her to Northside Hospital Atlanta, where he had practice privileges. And this prompted Anderson's relationship with H.E.A.R.T strings.

"My husband and I were very hurt," Shameka describes. "I was emotionally and physically exhausted, and so was my husband. Then, Melissa Petersen from H.E.A.R.T strings entered our room; she was a breath of fresh air. She introduced herself, and gifted us with a baby casket that was donated by another family. We then chose Canton Funeral Home and Cemetery at Macedonia Memorial Park to take care of Malea. They covered burial fees and the cost of a small ceremony. This gesture was very kind and helpful because we were in no state to think about burial services, and the fees would have come out of our pockets."

After delivering Malea, the Andersons kept in touch with Melissa. They joined the H.E.A.R.T strings mailing list, and attended their first memorial ceremony at Northside Hospital that following May of 2015.

"Our first Walk to Remember with H.E.A.R.T strings wasn't until October 2016," Shameka explains. "I knew I wasn't going to be ready to participate in the Walk until I delivered my rainbow baby, Kyla."

A rainbow baby is the child that is born after an infant loss. Kyla is now three years old, and the big sister to Kara, her 10 months old baby sister.

"After Malea, Jerrell and I wanted to name our children with names that had strong meanings to represent the blessing and success of these pregnancies," Shameka explains. "Kyla means victory, and her middle name is Grace. Kara means pure, and her middle name is Hope."

Ever since attending their first Walk to Remember, the Andersons have been very active participants in this event, and Shameka became part of the planning committee in 2018.

"My husband and I want to share our story, and encourage other families to share their stories. By sharing stories, we can provide solace and inclusivity to each other," Shameka exclaims. "Jerrell

and I are committed advocates of prenatal loss and mental health. We want to make sure families have the support to get through their losses, and that they have resources to commemorate their infants in a joyful way."



It's important to the Andersons that people recognize October as Pregnancy and Infant Loss Awareness Month, and not just Breast Cancer and Domestic Violence Awareness Month.

"We think of Malea as our small joy and the catalyst for my siblings' pregnancies," Jerrell describes. "After Malea was delivered, my siblings all got pregnant and had children back-to-back-to-back. My parents currently have five grandchildren! And now, we want to be the catalyst for increasing awareness about H.E.A.R.T.strings and bringing different organizations together to serve families in our community."

In the near future, the Andersons would like to give back to their community by starting a nonprofit that focuses on providing care for families that have experienced infant loss and helping them through their second pregnancies.

“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 ”

# Silent Delivery: My Perspective as an L&D Nurse

By Tina Amodeo, RN

As a labor and delivery nurse for the majority of my 28-year career, I have helped women during their most special times good and bad. It's during the worst of days, in labor and delivery, that I feel have been the most pivotal in my career. When a couple has just received the most heartbreaking news of their lives, it's hard to find the right words and say the right things that can help them in their time of need. What can you say to try to make this better? How can I find the words that will convey my deepest sadness for them? There truly are no words that convey the sadness we feel as nurses. During this time, we grieve with them and alongside them.

I was recently asked how many patients I have taken care of that had suffered a loss during pregnancy in my nursing career. The answer is, too many to count unfortunately. But I will never forget my first one. It happened so long ago and it has shaped me in more ways than I can count. I was training as a new nurse in Labor and Delivery and I had been a nurse in postpartum for over 3 years. I was excited and full of expectations. Happy to help bringing new life into this beautiful world until that one day it didn't.

I was working with my preceptor and we had a patient come to L&D for decreased fetal movement and 36 weeks pregnant. Another nurse put her on the monitor and quickly we all knew that "something" wasn't right. The nurse assigned to the patient called out for help and my charge nurse came in to assist. No one could find a heartbeat on the baby. The nurses came out of the room and called the MD on call immediately. He came to the bedside and confirmed what we all knew was true: the baby was gone. The tears and grief in that room came flooding out like an ocean wave. The worst possible scenario for this couple was now their reality. The next part of the patient's plan of care was to induce labor. When it came close to delivery time for this patient, the midwife was called. When she arrived at the nurse's station, she asked me (the newest team member) if I had ever experienced "this type of delivery" before. Of course my response was "no". I had really just started in L&D and this wasn't that common of an occurrence where I worked previously. The next part of this story is what changed me forever and for that, I am truly grateful. The midwife said to me "well come on, there is no better time than now". I said to her "no I'm good, I'm not prepared for this, I just started here". She kindly said to me, "honey you will never ever be prepared for this". So she pulled me into the room full of strangers. The patient was pushing and crying, and her closest family members were near the bedside. As delivery began, I will never forget how I was backed up against the wall in that delivery room trying to run but couldn't find a way out. Yes, my fight or flight response was taking over. As the baby delivered, all I noticed in the room was silence and then sobbing. But the sobbing wasn't coming from the mom and dad; it was coming from me, the new nurse in the background. I was so overcome with emotion that I had to sit down and try to catch my breath. I was crying harder than anyone else in the room. That was kind of embarrassing but the emotion of the situation just took me over. Yes, the mom and dad were crying but quietly and holding their precious baby that was so beautiful, quiet and still. It was a boy and I won't ever forget just how perfect he looked. He looked like he could just "wake up" and opened his eyes. But that was not to be so they just held him and spent time with him. After some time, I left the room after thanking this special couple for the honor of being present for their son's birth, and they thanked me too.

I left that room and went to the breakroom where I continued to sob and cry for what seemed like the next few hours. I could barely get myself back together. Later, I was in the hallway and a couple of the family members came over and asked if they could hug me. I felt like it was ok to say yes. They said that they wanted to comfort me since the delivery had been so upsetting to me. I told them I was a new nurse to the area, and then they thanked me for showing my emotions. They could feel I was grieving along with them. I had made a connection with them, through grief and that was more powerful than any words that could have been spoken.

From that moment on, I felt like my life had changed. I started growing into a better nurse and a better human being from that day forward. That night when I got home, I hugged my kids a little tighter because I valued life a little bit more than I did the night before.

At the end of the day, we all just want to help others and be there for those couples with loss that are grieving. What I've discovered over my years, as a nurse, is that being present, listening, letting them grieve and cry with them while holding their hands can be the most special gift of all. Sharing the experience with them and even crying with them lets them know that you are emotionally touched by their situation too and that's truly a huge bonding moment in life. There are times when, we all as nurses really don't feel like we are up to the task of taking care for these patients. However, I believe that in these moments, God has chosen us for this task and there is more to gain than to lose. There is no greater honor, for me, than to take care of their baby, take their pictures and arrange for keepsakes that they can treasure for the rest of their lives.



I can't tell you the number of times that I've been asked or approached by a grandparent or friend of someone who's just found out the devastating news that their baby is gone and saying "how can this happen?" or "I never thought that this was a possibility". No one ever thinks or expects that loss can happen but in pregnancy, it can be one of the most devastating losses of all. It's the loss of what was to be or could have been, the loss of the future, the loss of all your hopes and dreams for this child you've waited for.

The grief one endures after a loss during pregnancy is so unique that it can't really be treated the same as "normal grief". It's very difficult to say good-bye when you really never had the chance to say "hello". But really, you did. You felt their movement in your belly, you saw their beautiful face on ultrasound, you shared your body with this beautiful life for a short time and those are memories you can always cherish and love.

Thank you to every patient I have had the honor of caring for over the years and I appreciate all that you have taught me. You, as patients, have made me who I am today as a caregiver, L&D nurse, and now as a Perinatal Loss Clinician. Who knew all those years ago, that the silent delivery I was pulled into would have such a lasting effect on my life and career?

## Sawyer's Bench

A niche at Macedonia Memorial Park in Canton is the final resting place for the babies of many families who chose to allow Northside Hospital Cherokee to take care of their arrangements through Canton Funeral Home. Recently, Kim and Brian deMontfort celebrated the installation of a beautiful bench to provide a place for families to sit when they visit the space, and as a lasting memorial to their son, Sawyer.

*"We are Brian and Kim deMontfort. Our journey starts in 2016 when we became pregnant with our first (of what would be many) loss(es) in our journey. Since March 2016, we have created five angels in heaven. Each pregnancy ended for different reasons, at different times, but all resulted in the same heart-wrenching outcome. After two years of fertility, treatments we became pregnant for what we hoped would be our rainbow baby. His name is Sawyer, and he will always be our first son. At our 20-week check-up we found out that I was leaking Amniotic fluid and to make the pregnancy last I would need to be on strict bed rest until he could be delivered. On Halloween of 2019, we rushed to the hospital after some bleeding to eventually deliver our sweet baby boy. We held him for two hours before he left us. Just enough time for him to melt our hearts forever. When he passed, we wanted his name plastered on anything and everything we could get our hands on. He was cremated at Macedonia Memorial Park with other angels from Northside so he would never be alone. We wanted to commemorate his life, but also pay it forward to other parents with babies at Macedonia. We created a GoFundMe to raise funds to have a bench made at the memorial for all parents to have a place to sit when visiting their angels. We are so excited to finally see it come into fruition, and grateful to our friends and family for supporting us on this endeavor. My favorite part of the bench is having something with Sawyer's name on it. I visit the cemetery once a month to read a book to Sawyer. It gives me purpose for that one day every month, and allows me to still feel like a mom reading to her baby. My husband, Brian, will come with me and make silly voices for some of the characters. We will always be Sawyer's parents, and we are grateful for the support of H.E.A.R.T.strings and Macedonia Memorial Park for working with us through this journey."*

\*Note: For families cared for at Northside Cherokee, losses before May 2017 are in the Sosebee niche and losses after 2017 are in the H.E.A.R.T.strings niche (contact Canton Funeral Home for more information). Families who were cared for at Northside Forsyth can visit their babies at Sawnee View Memorial Gardens (contact McDonald & Sons for more information). Families who were cared for at Northside Atlanta can visit their babies at historic Stone Mountain Cemetery (contact Wages & Sons Funeral Home, Stone Mountain for more information).



# Parent-to-Parent

## Letters to You

Recently, we asked our community if they would share their guidance and what they have learned with other loss parents. Here are a couple of their responses.

Dear fellow loss mom,

I don't know if you've had a stillborn or a miscarriage or multiple losses, but honestly, it doesn't matter. They all absolutely suck. There's no rhyme or reason to what happened to you and the isolation we're now having to endure puts an extra layer onto the feelings you're already experiencing. I had my fourth miscarriage a few weeks ago during this pandemic. My normal coping strategies weren't a possibility- spending time with friends, extended family, and going to the botanical gardens. Some things I have found helpful right now are:

-I started meditating to help myself sleep at night- that is what I struggled with the most after my previous losses. It was helping a lot until last week where my sleeping trouble popped up again. I've decided to keep doing meditation because it helps with my overall emotions. I think it's worth a try for anyone who has suffered a loss. It helps calm your mind and help put a pause on ruminating thoughts.

-Journaling has also been very beneficial. I can write down everything I'm feeling without fear of someone judging me and also without fear of offending someone else.

-Physical activity- I started running after my second miscarriage. I set the goal of running in the Peachtree Road Race as something I could focus on and get my mind off my loss. After I finished the race last year, I kept running and it has been a great outlet especially since I've had two more losses since I started running.

-Lastly, putting yourself first as much as you can. I don't have any living children and right now, it is just my husband, myself, and our dog. I'm trying to do things each day to help myself feel better- I have a list in my phone of things I can do to help myself feel better if I start to feel down (reading, going for a walk, meditation, taking a hot bath) etc. I suggest making a list like this for yourself. I wish I had a magic wand to take away all of your pain but unfortunately this doesn't exist but please know you are not alone even though it may feel like it right now.

Sending you lots of love and peace,

Emily

Dear Mom,

Cry when it hurts and don't feel bad about it. Don't be ashamed. Don't feel like a curse or that you are cursed. Something happened to you, something unbearable, something unlikely, something like a nightmare. And it's ok to just feel awful about it. This is no small thing so don't just go through life as continued, because guess what? There is no to be continued, Now begins a new beginning, a new norm. I urge you that even when you are feeling your lowest and overwhelmed with grief, and you are looking at pictures of yourself with child, looking at pictures of your own lifeless child, thinking on all the plans you had pre and post-baby shower...DON'T STAY THERE! Call someone, a friend, create a tribe: the people that are sensitive to what you have gone through. Don't be afraid to set expectations with them and them with you. Give them an opportunity to be a friend to you and tell them how they can be a friend to you. How else will they know if you are hurting or not? The hardest thing to do is speak up, the most healing will occur when you do speak up. There are people who have gone through this, a community. Even if it is just to hear another person's story or just to cry and vent... You need that person!

And forget about time, it doesn't matter how much time has passed as long as you are intentional about your healing process. Notice, I said "your" healing process because for everyone it's different. My mistake was attempting to calculate how long this feeling will last and how long it would take me to grieve. Every year it's different, Mother's Day, birthday, baby shower day...different. If you can, prepare yourself... when that day comes to plan something or to just do nothing, tell someone when you feel that heaviness approaching, it's ok...if they love you, they will be there for you. Having the opportunity to express myself is what helped me, having all that broken-heartedness bottled up inside, became too much. Allow someone to help you carry the burden you feel. . .

With Love,

Shenell

Mother of a baby with wings, Sovereign (06/17/2017)

“Fill your paper with the breathings of your heart.”  
– William Wordsworth

## Ask the Expert Q&A

### Considering Conception: When Is the Right Time? By Melissa Petersen, RNC, MS, WHNP-BC

This is a common question among many families who have suffered the loss of a baby. There is no “right” answer. It really depends on your individual circumstances and your physical and mental healing. I know that, for me, I had this overwhelming notion that if I could get pregnant again before the date that I was due with the daughter I lost, that all would be ok. It took years for me to realize that a new pregnancy would not have healed me and would not have wiped away the pain I had from losing her. I am honestly glad that I didn’t get pregnant right away, even though I tried very hard. I needed that time for my heart to heal a bit. By the time I became pregnant again, 2 years later, I was at a place where I could separate my emotions better. I was still scared....pregnancy after loss is agonizing and seriously the scariest thing I have ever been through, but I could separate my love for my new baby from my love for my other baby.

#### **Physically, there are factors to consider:**

- Ask your doctor or midwife when it will be physically safe for you to begin trying to conceive again. This is very important, because getting pregnant again before you are physically healed can lead to complications.

- Also talk to your doctor or midwife about any recommended testing that should be done before TTC (trying to conceive) again. This is also important. Your doctor or midwife may be waiting on important lab results, autopsy results from your previous loss, or information from genetic studies. These results may help guide your care for your next pregnancy, so make sure any testing that was done has been reviewed by your doctor first.

While physical readiness is usually pretty quick, mental readiness is not. Your heart has been broken and needs time to heal. This recovery can be the most frustrating, because it takes time and comes in waves that have no rhyme or reason. Be very patient with yourself. Being emotionally prepared to handle a pregnancy after loss is going to be very important to you as you navigate the emotions of pregnancy.

- Talk to your partner. The two of you are together during this journey. Make sure you lean on each other as you make this next big decision on trying again.

- If you need to, talk to a therapist. The more you speak about your fears, worries, and grief, the better able you will be to handle your emotions.

- Give yourself grace! I can’t stress this enough. You are a mother who has been through a traumatic experience and are now considering putting your heart out there again. That takes courage. I think you are the most courageous person!

- Don’t listen to the advice of friends or other “mean wells”. They don’t know exactly how you feel. Even if they have been through something similar, they don’t know your EXACT feelings. Only you know that. Appreciate their support, but keep your important decisions between you and your partner.

- Do whatever you need to do to make TTC and a new pregnancy feel right to you. This may mean changing your provider. It may mean staying with the same provider. It may mean joining a support group of others who are either considering a pregnancy after loss, pregnant with their rainbow baby, or are parenting a child after loss. (Our own Rainbow P.A.L.S. program is wonderful!)

- Lastly, remember that you will have many emotions throughout your journey. You will never forget the baby that you lost. This new part of your story will not erase that baby from your heart, but will help your heart to expand with new love for your new little one.

Good luck and best wishes wherever you are on this journey.

## 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](http://northsidepnl.com/supportgatherings). You may also email us at [northsidepnl@gmail.com](mailto:northsidepnl@gmail.com) or call 404-851-8177.

#### **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**

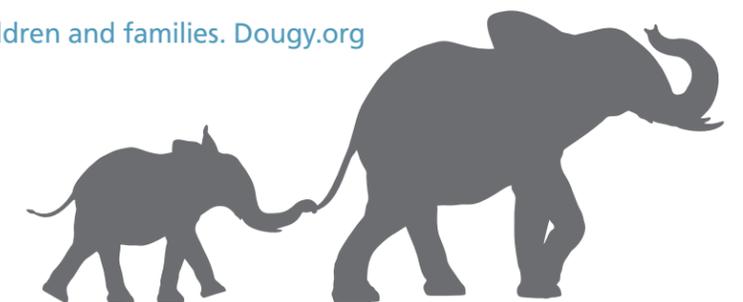
A local, non-profit organization that empowers children and teens after the death of a parent or sibling. For more information visit [katesclub.org](http://katesclub.org).

#### **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/house\\_next\\_door](http://thelink.org/house_next_door). 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](http://Dougy.org)

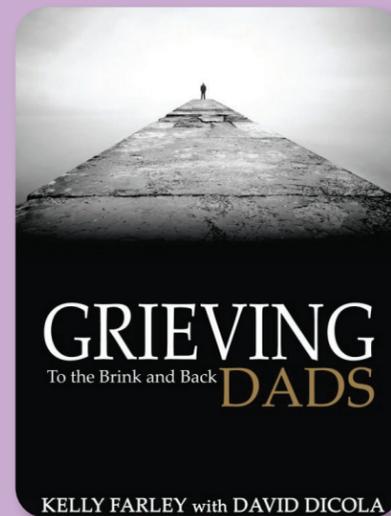


## Healing Hearts Book Club & Our Favorite Internet Resources

We want to hear from you...let us know what books or websites are helpful to you.  
This quarter's book selection is:

### ***Grieving Dads: To the Brink and Back*** ***by Kelly Farley with David Dicola***

This book is a collection of survival stories by men who have survived the worst possible loss and lived to tell the tale. They are real stories that pull no punches and are told with brutal honesty. Men that have shared their deepest and darkest moments. The core message of *Grieving Dads* is "you're not alone." It is a message that desperately needs to be delivered to grieving dads who often grieve in silence due to society's expectations.



### Internet Resources

***Chasing Rainbows Blog*** – [northsidepnl.blogspot.com](http://northsidepnl.blogspot.com) – Gentle support and connection to writers and resources in the perinatal loss community

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

***Pregnancyafterloss.com*** – support for pregnancy after the loss of a baby

***Still Standing Magazine*** (<https://stillstandingmag.com/>) – For all who are grieving child loss and infertility

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.”

- Fred Rogers

Grief is like glitter. You can throw a handful of it in the air, but when you try to clean it up, you will never get it all. Even long after the event, you will still find glitter tucked in the corners. It will always be there... somewhere.

– Author unknown

## 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](mailto:northsidepnl@gmail.com) or by calling **404-851-8177**. Please send us your photos in the highest possible resolution.

### *The Schmidt Family* **Miles Stuart Schmidt**

Keeli and Carl Schmidt would like to announce the birth of their second rainbow baby, Miles Stuart Schmidt. Miles was born on February 29, 2020 at Northside Hospital. He is welcomed by his big brother Teddy (2 years old), who was born one year after we lost our daughter Amelia at 39 weeks. We know his big sister in heaven is with us and loves her younger brothers.



# 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 Allison Clara  
Anonymous
- From Melissa Dietz
- In memory of Brody Cooper Emmert  
The Bennett Thrasher Foundation
- In memory of Graham and Kennedy Henderson  
Jessica Martin  
Erica Howell
- In memory of Molly Claire Hines  
Loren & Joanne Hartman
- In memory of Hannah Jayne Hoeflin  
The Ingrams  
Emiley Missler
- In memory of Bob Stewart Holsworth  
Nicole Stewart
- In memory of Sawyer Kelley  
Tyler Huhman  
The Tritt Animal Hospital Family
- In memory of Connor David McDonald  
Kathy & Reynold Danesi
- In memory of Bo Mosteller  
Dad & Alisa
- In memory of The Twins  
Toni Samuelu
- In memory of Jackson & Aiden Yeager  
Joe & Stacey Yeager
- In memory of Eli Bennett Youngblood  
Christine & Donald Baumann  
Brooks & Abbey Youngblood

## **Reagan Marie Teddy Bear Fund**

- From William P. Martin
- In memory of Harper Ruth Sommers  
Megan Bascone

## **Atlanta Walk to Remember Fund**

- In memory of Eli Bennett Youngblood  
Brooks & Abbey Youngblood

## **Gifts-In-Kind**

- Knitted hats and headbands donated by Myna Sanders
- Rainbow blankets and hats donated by the Northside Hospital Forsyth Auxiliary
- Tiny blankets and preemie clothing from Sugar Hill UMC in memory of Beckett Bonick
- Crocheted blankets donated by Lydia Sparger
- Quilts, blankets & hats donated by the Georgia Chapter of Quilts for Kids
- Layette sets from Holy Sews
- Baby clothes and baby blankets donated by Amanda Callahan in memory of Nathaniel Edwin Edmondson
- Knitted and crocheted blankets from the Village of Deaton Creek Knitters and Crocheters
- Crocheted blankets donated by Sarah Hendry
- Knitted blankets in honor of Lindsay, Randy and Reagan Howard, from Leigh Barnhardt
- Crocheted/knitted blankets and hats in memory of Eli Bennett Youngblood
- Crocheted and knitted blankets from Connie Proco in memory of Eli Bennett Youngblood
- Flannel blankets from Patty and Yana Hurst

# 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  
Northside Hospital Atlanta Auxiliary  
Northside Hospital Cherokee Auxiliary  
Northside Hospital Forsyth Auxiliary  
Reynolds + Lane Bows for Little Babes

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](http://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](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](http://kroger.com/account/enrollCommunityRewardsNow)

  
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HOSPITAL**  
[northside.com](http://northside.com)