

Caring and Coping

Walk With Us by Candlelight

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This year we will celebrate the 15th anniversary of the Atlanta Walk to Remember! We hope you will join us for a special time of remembrance and celebration...by candlelight. The event will be held on Saturday, October 5 starting at approximately 4:30 p.m.* (times may be adjusted depending upon sunset). We will begin with our walk while it is still light. Activities will include decorating luminaries and releasing lanterns, and we will have special music and lighting. Follow Atlanta Walk to Remember on Facebook, and our website (northsidepnl.com) for updates and registration information. To receive email updates, contact us to be added to our email list (we do not share this information). Last year, over 900 attended our Walk as we recognized October as National Pregnancy and Infant Loss Awareness month. We hope you will join us!



For Your Calendar

Caring & Coping Support Group

April 8, 2019

June 10, 2019

July 8, 2019

August 12, 2019

May 5, 2019

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

For memorial service information,
call 404-851-8754

Hospital Tours

Special "Re-Entry" Tours Available by Appointment. If you would prefer, H.E.A.R.T.strings would be honored to guide you, revisiting as much or as little of the hospital as you desire. 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 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

Email: northsidepnl@gmail.com

Website: northsidepnl.com

Address: 1000 Johnson Ferry Road NE
Atlanta, GA 30342

Hope for Hallie Fund Supports H.E.A.R.T.strings

In December 2011, Chris and Katie Green gave birth to their third daughter. Her name was Hallie and she was born with a condition called Triploidy. Triploidy is a genetic condition where each chromosome pair has a 3rd chromosome, leading to various anomalies that are life-limiting. The Greens knew that their time with Hallie would be very short. They chose Northside Hospital because of the H.E.A.R.T.strings Perinatal Palliative Care Program. Over the course of several months, they met with the palliative care team and formulated a plan based on their wishes for their time with Hallie.

Hallie's birth and the days that she lived here at Northside Hospital, as well as the short time she lived at home in hospice care, were all documented by photographs. Hallie's dad, Chris, loves photography and took many pictures: Hallie's bath, her first bottle, Hallie with her sisters, Hallie with Santa Claus just before she passed away. These pictures tell her story. They tell the story of a beautiful, tiny life that was short but powerful. These pictures are a legacy for Hallie's older sisters and her two new younger sisters. They are a wonderful reminder of the place she has in their family and in their hearts.

During the Green's pregnancy, a fund called *Hope for Hallie* had been created and ever since, the Greens have been looking for the perfect way to use those funds. Their answer came from the inspiration their pictures provided. They decided to donate two Canon SLR cameras to the H.E.A.R.T.strings Perinatal Bereavement Office. One will be used at the Northside Atlanta campus and the other at our Cherokee campus, providing better quality photographs for all families.

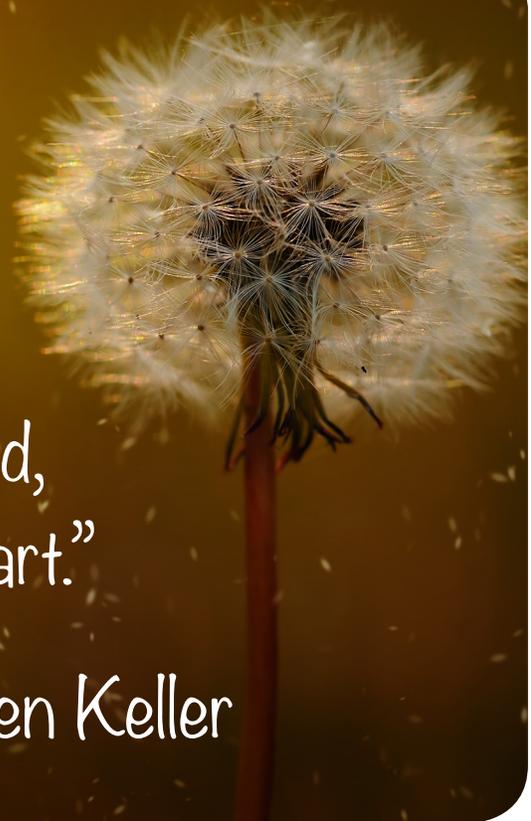
Every single baby has a huge story, no matter the length of time they are here. Hallie is forever a member of our special H.E.A.R.T.strings family and we are so honored that her family chose to give the gift of these cameras to us.





“The best and most beautiful things in the world cannot be seen nor even touched, but just felt in the heart.”

-Helen Keller



Looking Ahead to Mother's Day and Father's Day

You may be wondering if you are still considered a mom or a dad after your baby has died. The answer is, yes. But Mother's Day and Father's Day can often be very difficult to face. Even your closest family and friends may overlook you during these celebrations. In fact, there may be some who will think you are not accepting the loss of your baby if you want to celebrate these "holidays" in some way. So, what should you do? Follow your heart. Let people know what you want (or don't want). By sharing your feelings and wishes with others, you allow them an opportunity to provide you with the support and recognition that you deserve and that is meaningful to you.

Here are some suggestions provided by parents:

- First and foremost, acknowledge that you are a mother and that you are a father. You were the best mother possible to your baby before he/she died. You may not have a baby to hold today, but you always have your baby in your heart. Don't forget that. Your baby is always a part of you.
- Let people know how you prefer to spend your special day. Do you want to spend time with family or friends? Do you prefer to be home alone?
- Consider visiting your baby's gravesite, or a special park. Read a story or poem to him or her. Meditate or sing a song.
- Plant flowers or a tree in memory of your baby.
- If you attend a religious service that recognizes mothers on Mother's Day (or fathers on Father's Day), let the clergy know that you would like to be included.
- Let others know if you would appreciate receiving flowers, jewelry or another token in memory of your baby.
- Ask others to make a donation to your favorite charity in honor of you and in memory of your baby on this special day.
- Write a letter to your baby to express your love and thank him or her for making you a mom or dad.
- Release a balloon with an attached message to your baby.
- Wear a flower or piece of jewelry that has special meaning in honor of your baby.
- Finally, be easy on yourself. Losing a baby is a gut-wrenching, life-altering experience. Do whatever you can to make the day easier for yourself.

On these days and always, H.E.A.R.T.strings is here for you.



The mention of my child's name may bring tears to my eyes, but it never fails to bring music to my ears. If you really are my friend, let me hear the beautiful music of my child's name. It soothes my broken heart, and sings to my soul.

- Author Unknown



Pregnancy After Loss Awareness Day – March 20

We could not be more proud to tell you that H.E.A.R.T.strings has written and obtained an official proclamation from the Governor's office of the State of Georgia designating March 20 as Pregnancy After Loss Awareness Day! March 20 happens to be the first day of spring, a season filled with hope and renewal. We were honored to have Stephanie Aponte, Director of Constituent Services for the Governor's office, present the proclamation to us. This action supports our community by increasing awareness and understanding for families who have suffered loss and providing support as they navigate through the anxiety and fear that surrounds pregnancy after loss. If you are seeking support, please contact our office for more information about our Rainbow P.A.L.S. (Pregnancy After Loss Support) group.



Website Update – Check out our new look!

We recently completed an update of our website, northsidepn.com. Our goal is to provide people with support, resources and a connection to others in the community. We welcome your feedback, and encourage you to share it with your circles.

Parent-to-Parent

Rhys' Orange Balloon by Patty Spengler

“What is your favorite color, buddy?” I asked our sleeping angel, Rhys, while holding him in my arms. After a moment, Kevin and I looked up at each other and said, “Orange,” at the same time. It was as though he had answered us aloud, and so orange became Rhys’ color.

One of the hardest parts about grieving the loss of a baby is the fear that everyone will forget he existed; that his memory will fade away, and everyone will move on. Our job as bereaved parents is to ensure that does not happen.

I struggled with how to do that. We had some family get-togethers, and I just felt like something was missing—like there was a Rhys-sized hole there that it seemed only I could feel.

Just before one of our son’s birthday in November, I finally figured out what I needed to do. We would have a single orange helium balloon. I would put it in a spot that was obvious but still out of the way. It was perfect! We had something tangible to remember Rhys.

I enjoyed being able to look over and think of Rhys. I loved watching other family members interact with the balloon as they walked by—some gave it a kiss or a tug, some just smiled and said, “Hi, Rhys.” We were able to take a family picture with all my boys represented.

Since that birthday, we have had an orange balloon at every family celebration. It is such a “normal” part of the gathering that everyone expects it and smiles when they see it. It is balm for my soul.



“

To live in hearts
we leave behind is
not to die.

..... -Thomas Campbell

”

Ask the Expert Q & A

Handling Questions About Children by Amanda Wallace, MDiv

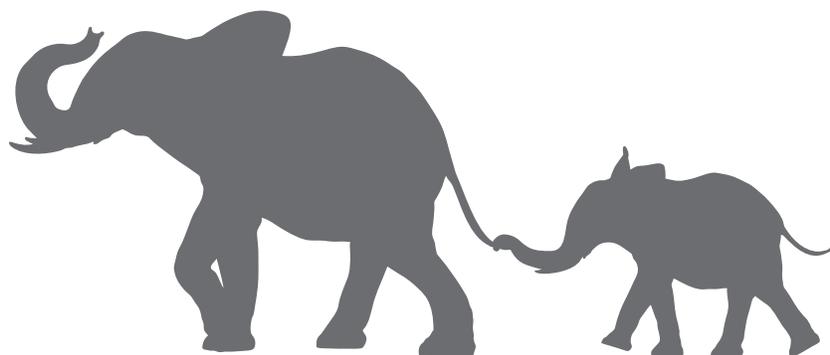
For women of childbearing age, a question often asked by strangers is, "Do you have children?" Or maybe another shopper notices your three-year-old behaving "oh-so-nicely" in the very long check-out line at the Target Starbucks counter, and may ask, "How many children do you have?"

First of all, it makes me chuckle a little bit to think about why strangers ask these types of questions or make the remarks they do. These are relationships that start and stop in a matter of just minutes. The truth is that these strangers – like every human being – longs to connect with others. Sometimes others are more interested in reaching out to someone else, rather than actually receiving an actual answer to their inquiry. Aside from the reality that the fast check lines in our society do not offer enough time for the details and depth of our stories, the connection that human beings long for are complex. Nevertheless, we do have answers to these questions...and we have stories that we deeply long to share.

But who and when and even how we share our most special stories are in our control. As we approach holidays where parenthood is celebrated and the curiosity about how many children one has may be more frequent, set some time aside to consider what is that you are willing to share as you walk through this season of your life. What you share now with strangers may be different than what you were willing to share this time last year. If you are a new 'rainbow mom' this year, the question and answer may be unexpectedly different than what it would have ever been before.

There are no rules about what the right answer is. If you have experienced the painful loss of a child and this kind of question comes your way, you certainly can say, "Why yes, I have the privilege of a being a mom to a sweet baby girl." From there, it is up to you whether or not you choose to share any further details about this baby. Your answer may be plain and simply, "No." And that's okay, because even if no one else knows, you at least know there is a story and you can reserve to share it with someone that has the time and privilege to hear those sweet and tender details.

If you have experienced the loss of a baby, you deserve celebration and gratitude the same as other moms. This year, it may not be "happy" Mother's Day and there may not be that perfectly fitting message in a greeting card for someone to send to you, but it does not change the fact that you are mother, you have a story and we celebrate you.



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/support-groups--gatherings.html](https://www.northsidepnl.com/support-groups--gatherings.html). You may also email us at 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.

Call for more information, or go to our website and complete the interest form:

<https://www.northsidepnl.com/companions-peer-to-peer-mentoring.html>



Support Groups for Siblings

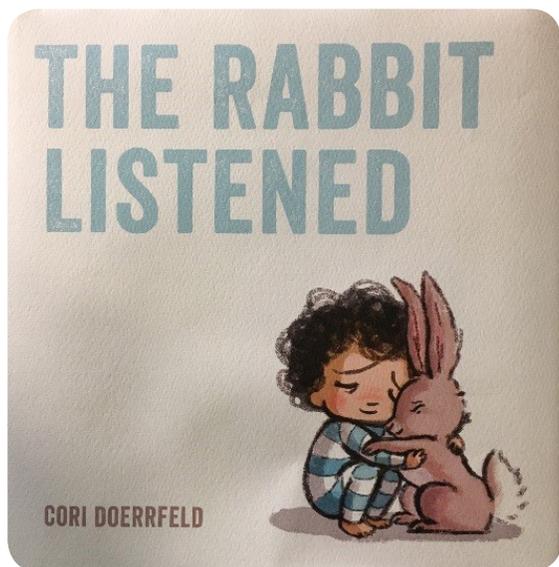
Kate's Club - a non-profit organization that empowers children and teens after the death of a parent or sibling. For more information visit katesclub.org.

The Link Counseling Center - a 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. Local groups are available, call 770-730-5858 for more information.

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:

The Rabbit Listened by Cori Doerrfeld



When something sad happens to Taylor, all the animals think they know how to help. One by one they come, but nothing they say makes Taylor feel better. Until the rabbit arrives...and the rabbit knows just what to do. With its spare, poignant text and irresistibly sweet illustrations, *The Rabbit Listened* is about healing heartaches big and small, and taking the time to listen. This book is wonderful for all ages.

Website Resources

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

Facesofloss.com – A place for women to come together to share stories of miscarriage, stillbirth and infant loss

Benotafraid.net – Catholic services providing support for parents carrying to term following a prenatal diagnosis

Rainbows on the Horizon

This space is dedicated to the babies born after the heartache of loss, our Rainbows. 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 northsidepn@gmail.com or by calling 404-851-8177. Please send us your photos in the highest possible resolution.

Ayden Lee Bennett was born on January 17, 2019



Ayden Lee Bennett



James Theodore Riddick

The Riddick Family is thrilled to announce the arrival of our rainbow baby James Theodore Riddick. He joined us on March 28, 2018, weighing 8 pounds and 20 inches long. He was guided into life by his angel brother Theodore Charles. We consider ourselves immensely blessed and know that his big brother watches over us all.

- The Riddick Family

Shane Logan Michaels

7 lbs., 15 oz.

21 1/2 inches long

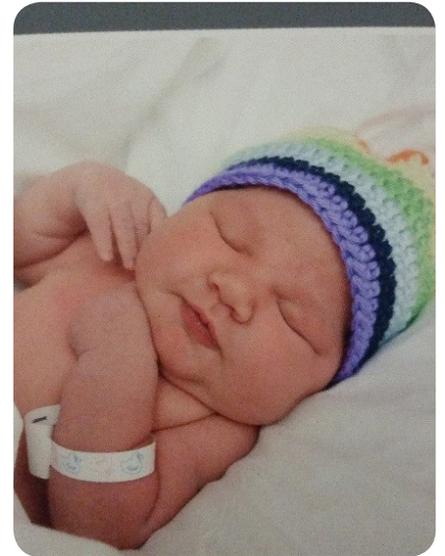
Born 2-24-19 at 8:56 p.m.

Dad - Loren Michaels

Mom - Brooke Michaels



We are pleased to announce the arrival of our rainbow baby, Cheyenne Hayden Dobson, on December 20, 2018. Her older brother, Colton, was born sleeping in 2014 followed by the birth of our first rainbow, Cora, in 2015 and after three miscarriages we are blessed to welcome, Cheyenne, our second rainbow baby. We are so proud of our two girls handpicked by their siblings in heaven!
- Jeremy and Lashelle Dobson



Cheyenne Hayden Dobson



Grant Jackson Galloway

The Galloway family is excited to announce the arrival of our rainbow baby, Grant Jackson Galloway, born on February 24, 2019 weighing in at 7 pounds, 4 ounces. He was handpicked by his brother in heaven, Cooper Sam Galloway. We are so blessed to have him here in our lives and enjoy being his mommy and daddy! We love him with all our hearts!
-Graham and Sydney Galloway



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.

Donations Report for 2018

Families often search for ways to remember their precious babies, and we are grateful that so many have chosen to do this by supporting H.E.A.R.T.strings. Our donors also include members of our staff, our Northside family. We are so thrilled to tell you that financial donations to our funds for 2018 totaled over \$45,000! These donations help us to support families we serve, both in the Atlanta area and beyond, with precious keepsakes and resources, to provide training to staff so that we may continuously improve how we take care of patients, to ensure that our annual Atlanta Walk to Remember event remains free and open to the public, and much more. In addition to these generous financial donations, many of you have sent us keepsake jewelry, precious metal clay, blankets, clay mold kits, white memory boxes, and clothing. As you know, receiving gifts from this incredible community is often the first time families understand and feel that they are not alone. From the bottom of our hearts, we thank you.

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

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

- **From David Backus**
- **In memory of Evelyn Berkenkamp**
Amy Auten
- **In memory of Abby, Morgan, Lexi, and baby boy Billeter**
Elizabeth and Kim Billeter
- **From Kelley L. Bush**
- **In memory of Harrison Bryan Brinson**
Staci Brinson
James Emerson
- **In memory of Vivian Byrd**
Kristoff, Kelly, Ava and Liam Byrd
- **In memory of Johnny Maxwell Carver**
Denise Carver
- **From Janna Coates**
- **In memory of Nolan William Gates**
Kathleen Ferster
- **In memory of Hunter Hansotia**
Nicole and Eric Hansotia
- **In memory of Hope Isabella Henderson**
Andy and Lisa Goddard
- **From Homrich Berg, Inc.**

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

- **From Dana Hudson**
- **In memory of Connor Marshall Johnson**
Brent and Ann Marie Lingerfelt
- **In memory of Matthew Daniel Kennedy**
Tim and Christel Kennedy
- **In memory of Connor David McDonald**
Kathy and Reynold Danesi
- **In memory of Jackson McKeon**
Tracey McKeon
- **In memory of Matthew McLaren Morrison**
Kathleen Morrison
Katie Spencer
- **In memory of Joseph, Patrick and Frances Murphy**
Shane and Rachel Murphy
- **In memory of Grady Scott Mullennix**
Robert Wiggins
- **In memory of Liam Nulty**
Stacia Burns
Yvonne Foote
- **In memory of Theodore Charles Riddick**
Ben and Mary Catherine Riddick
- **In memory of Catherine Grace Schaffer**
Amy Oldt
- **In memory of Amelia Elisabeth Schmidt**
Don & Kathy Schmidt
- **In memory of Anastasia Rose Sherrane**
Maribel Minott
- **In memory of Avery and Reese Slade**
Karla Slade
- **In memory of Alyssa Smith**
Shirlene Smith
- **In memory of Kaylee Adelaide Smith**
Misty Smith
- **In memory of Kathryn Grace Soltis**
Ainsley Santa Barbara
- **In memory of Aidan Michael Truelove**
Tracy Aaron
- **In memory of Jackson & Aiden Yeager**
Stacey Yeager
- **In memory of Eli Bennett Youngblood**
Brooks and Abby Youngblood

Reagan Marie Teddy Bear Fund

- **In memory of Lainey Helbing**
Thomas P. Cramer
- **In memory of Matthew Morrison**
Holly Morrison
- **In memory of Lily Rotell**
Jo Ellen Hooker
- **In memory of Liam Joseph Nulty**
Stacia Burns

Gifts-In-Kind

- The Reffitt family in memory of Brooklyn Rayne Reffitt: white memory boxes, blankets and tissues
- Julie & Brian Stifel in memory of Emma Eiliyah Stifel: clothing for micro-preemies
- Gloria Stanley: knit blankets
- Chris & Katie Green in memory of Hallie Green: 2 Canon Rebel T7i cameras, SD cards, camera bags and Canon editing software
- Chandria Conaway in memory of Makenzie Cheree Conaway: white memory boxes, clothing and blankets
- Ramona Hill: knit wraps
- Mike McWithey: Caring for Yourself Postpartum brochures from Customized Communications
- Georgia Chapter of Quilts for Kids: 10 small quilts and 5 knitted quilts
- Leigh Barnhardt: crocheted blankets
- Judi Armstrong: Handmade wraps
- In memory of Matthew Graham Henderson and Kennedy Grace Henderson: donation of 250 copies of the book *Wherever You Are My Love Will Find You* by Nancy Tillman

Atlanta Walk to Remember Fund

Julie Abare	Brandy Davison	Gail Neel
Carla Adame	Krynica Drake	Lori M. Ogden
Julie Admassu	Alyssa Elery	Jessica Oster
Diana & Ken Allen	Melissa Faglier	Sharmeen Patil
Heather Allen	Kathleen Ferster	Lanie & Evan Pontz
Diana Amarra	Katie Flanigan	Janelle Pryor
Jessica Anderson	Carrie Gantt	Jill Reffit
Layla Rose Anguiano Salinas	Lauren Garrett	Jennifer Richter
Kristin Ayal	Leah Gates	Cindy Sanders
Jennifer Barnhard	Diana Giacchino	Gail Schaffer
Glenda Barta	Mauri Haviv	Keeli Schmidt
Chris L. Baumann	Anne T. Hebeisen	Brenna Self
Calie Bates	Kelly & John Henderson	Karla Slade
Danny Baute	Jerry and Glenda Hendrix	Ashley Smith
Angela Bennett	Erica Herrin	Misty Smith
Claudia Blake	Jennifer S. Hill	Terrance & Carmanita Smith
Jessie Bohannon	Shawnya Hill	Shannon Sommers
Nicole Brooks	Mary Hubbard	Stephanie Stefancik
Doug and Patty Bunt	Lauren Irvin	Sharonda Sterling
Angelique Burke-Dixon	Natalie Johnson	Marcy D. Stogner
Myra Castillo	Linda Julia	Richard Stone
Kim Childers	Teresa A. Kendrick	Alyssa Sudduth
Teresa Chapin	Katherine N. Kerstan	Melissa Voyles
Allison Cohen	Kimberly & Percy Keyes	Jacquelyn Walker
LaTiana Coleman	Ann Marie Lingerfelt	Chanelle Warren
Janie B. Collins	Linda L. Logan	Renee Whelan
Michelle Connors	Lindsey Martindale	Lorena Wiggins
Lisa Cowart	Jeanne Ann McDaniel	Natalie Yamaato
Kimberly Crittenden	Melissa McGill	Brooks Youngblood
Michelle & Bill Crumbley	Marci Mize	Yvette Zamboni
Julie Daniels	Mark & Elle Montgomery	
Matthew Davidson	Emily Munn	

Northside Hospital Employee Giving

We are grateful to the following employees who donated to the H.E.A.R.T.strings program in 2018.

Molly Alexander-Murtaza

Caroline O. Arrant

Kayleigh A. Barnes

Connie M. Bass

Migdalia I. Batista

Erin S. Blakeslee

Adam C. Bledsoe

Leah Booth

Josie Bowers

Damaris Boykins

Katherine R. Bridges

Melody D. Brooker

Kimberly D. Brown

Ginger A. Cantrell

Jessica E. Carr

Kristen M. Chastain

Tisha L. Coleman

Caroline E. Correnti

Nancy A. Crawford

Dari-Lee P. David

Casey Davis

Elaine L. Deans

Sarah N. Dillemath

Jamie L. Dobson

Janis L. Dubow

Angela D. Ellis

Denise E. Ellis

Glenda A. Emerick

Dymond S. Epps

Sherri A. Fludd

Natalie B. Fowler

Robyn K. Freedman

Jennifer Meriam Freeman

Margaret H. Garrison

Megan M. Gerdes

Erin Gosnell

Max Green

Ciera S. Gregory

Sandra W. Grizzard

Charlotte Harris

Angela M. Hopson

Anginette Johnson-Butler

Angela A. Jones

Jessica A. Justice

Hannah D. Keeter

Sueann B. Kelley

Nadia L. Kendrick

Ashley Kennedy

Rachel A. Kirby

Amy M. Knowlton

Ashley F. Lenox

Donna Lowe

Kristy L. Maggard

Brandi R. McGuire

Ainsley E. McMekin

Maya B. Mendez

Germine Muradian

Kimberly A. Murillo

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Anita Norris

Megan J. Novak

Karen L. Odom

Rebecca Orth

Mary E. Parker

Manisha N. Patel

Melissa Petersen

Ashley L. Petit

Melissa N. Purcell

Melissa Rainey

Elizabeth J. Ray

Rebecca Riney

Quatina L. Rivers

Colette M. Rogers

Susan E. Roper

Michelle R. Rowan

Melissa Sanders

Carol Shutley

Cheryl A. Silvers

Gidget Simmons

Jordany Simon

Ellen Spruell

Janie B. Steckenrider

Tiffany Stevens

Gina M. Thomas

Alexandria Wagoner

Kendra L. Waters

Charla R. Weatherby

Jennifer L. Whitfield

Kathy G. Williams

Heather R. Wooten

Ginny Wurttemberg

Melanie R. Wynn

Darlana B. Young

And 35 anonymous donors

Your generosity makes a tremendous difference in our mission!

Our Partners

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-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 northsidepn.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.

We are always in need of:

- Hand and foot mold kits
- Kleenex boxes or small, "pocket" sized Kleenex packs
- Premie sized clothing for boys and girls
- Knitted or crocheted blankets in all sizes
- SD memory cards
- \$10 Starbucks cards for families to use



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: <https://www.kroger.com/account/enrollCommunityRewardsNow/>

Thank
You!



NORTHSIDE HOSPITAL

northside.com