

Caring & Coping

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

A Publication of the Northside Hospital
H.E.A.R.T.strings Perinatal Bereavement Office



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Submissions to our newsletter and website are welcomed and much appreciated! Submissions may be e-mailed, mailed, or faxed to our office.

Save the Date!

The **2016 Atlanta Walk to Remember** will be held on Sunday, October 2 from 2 – 4 p.m. at the Northside Alpharetta Medical Campus (3400 Old Milton Parkway, Alpharetta 30005). Please check our website for registration information.

ATLANTA WALK TO REMEMBER

Sunday, October 2 from 2-4 p.m.

We are excited to announce the date and venue for this year's Atlanta Walk to Remember. We will be returning to the Northside Alpharetta campus in October. Please continue to check our website, www.northsidepnl.com, for registration information and sponsorship opportunities. The Walk is free and open to the public – please feel free to share with your community! *You can also find the Walk on Facebook at Atlanta Walk to Remember.*

Last year's Walk was a wonderful event, despite the rain, with our largest registration turnout ever. Once again, we will have guest speakers, memorial opportunities, and a balloon release. We will also have t-shirts and headbands for sale.

This year, as you register, you will have the opportunity to support future Walks purchasing a memorial sign or a sign with a personalized bracelet. All proceeds are used to keep the Walk free to everyone. The sponsorship levels are as follows:



Sample Sign

Butterfly Sponsor: Personalized sign with your baby's name (up to 3 names per sign): \$25. *Butterflies are recognized around the world as a symbol of transformation, hope and life.*

Elephant Circle Sponsor: Personalized sign with your baby's name (up to 3 names per sign) and a personalized silver bracelet (up to 3 names or choose "My Angel Baby"): \$50. *When a mother elephant loses her child, she lies next to him and all of the members of her tribe circle around her and lay their trunks on her. Not one of them moves until she is ready to stand and move forward. These amazing creatures show the world the meaning of community.*



Sample Bracelets



If you have never attended the Walk, we hope you will come out to join with other families in celebrating and remembering our babies. There is no greater comfort than in sharing time with others who understand, and joining together in a special ritual of remembrance.

Please mark your calendars & plan to join us!

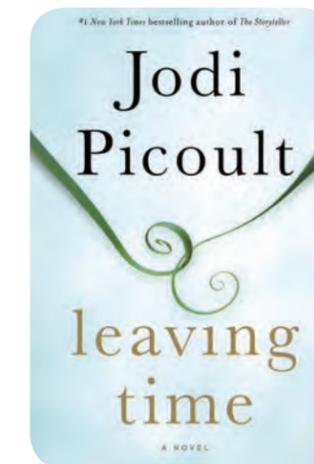


HEALING HEARTS BOOK CLUB

We want to hear from you.....let us know what books or websites are helpful to you. We will highlight a new book or two each newsletter.

This quarter's book selections are:

- **Love & Loss** by Karen Shipp. A guide to family healing after perinatal loss, written by Heartstrings volunteer, Karen Shipp. This guide includes blog entries written by perinatal loss families, as well as practical guidance for navigating loss.
- **Leaving Time** by Jodi Piccoult. While this is not a perinatal loss book, it is a book about love and loss and the bonds between mother and child.



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

YOU'VE GOT MAIL

Send us your email address! We are creating a database so that we can occasionally communicate with you about upcoming events and announcements. *We will NOT share this information publicly.* You will have the option to "opt out" at any time. Our goal is to help connect you to community events and resources. Send us an email to northsidepnl@gmail.com, and simply tell us you'd like to be added to the list.

RUN FOR Love

May 7, 2016



We were overjoyed to find out that we were expecting our third child. This baby was going to make our family complete. Typically I would wait until after the first trimester to let the world know but I was so excited and felt confident that all was ok. And it was...other than the typical first trimester nausea. So once the nausea subsided and the first trimester was complete, I felt like a pro. After all, this was the third time around.

I always enjoyed going to my routine checkups and having ultrasounds was always so exciting. At 19 weeks I had a routine ultrasound and the doctor said everything looked great. But the following week I was in premature labor. I was hospitalized for 4 days trying to save our baby.

On March 23, 2014 at 21 weeks, our third child, Love Speed, was born. It was too early for her to make an appearance into the world. She lived for a little over an hour and our lives were changed forever. Our family was incomplete and my heart was shattered. I could hardly function, hardly breathe at times. I was afraid to be around people that I knew. I took time off of work and the thought of returning was very scary. I felt very unsure of myself and life. Sleep was almost impossible. Everything was different. Several days after Love was born I told my husband that when I'm better and stronger I want to find a way to help other families who will also endure this unbearable pain caused by perinatal loss. I wanted

to find a way to let these families know that they are not alone and there are people and organizations that can help them through this painful time in their life.

3 months after Love's birth I created Love's Foundation. It's a 501 (c) 3 nonprofit that seeks to financially assist bereaved parents with making final arrangements for their beloved baby that has passed away do to premature birth, stillbirth, or complications at birth.

In an effort to raise funds for Love's Foundation I started the annual Run For Love 5k in Peachtree City. For me, planning the run is like planning Love's birthday party and the gift is giving back to the families in need. Aside from raising funds for Love's Foundation, my goal for the run is to celebrate Love's life and the lives of the other babies lost. In an effort



for the families to feel the love for their babies, every bereaved family takes home a balloon and a souvenir with their babies name on it.

The bereaved parents are always so thankful for this event because they are able to come together with other families that have experienced the same loss and celebrate the lives of their babies together. This is what one mother said after this year's run, "Jennifer, you have helped me heal as well as my girls and have helped us find a way to smile and have positive thoughts about Sally. We so enjoyed the birthday party for our daughters today. It brought smiles and tears, but more smiles and even laughs. Thank you for helping us find joy and peace in something that had been hard for us as a family! Baby Love has helped you bless us tremendously."

The financial assistance that Love's Foundation provides for the families is extremely gratifying for me as well. I am honored that Love's Foundation is able to play a small, but incredibly meaningful, role in the brief lives of the angel babies. The parents are always so appreciative and it makes my heart break and smile each time I am able to help.

It has been 2 years and 3 months now since Love's birth. There has not been a single day and hardly a moment that I did not think of her. I still struggle to understand why she was taken from me. Her brief stay was, by far, the most difficult life experience that I have ever had to deal with. However, Love's Foundation has, by far, brought the most gratification to my life. My Love is not here in the physical sense but her spirit lives on through me. I will continue to tell my story and she will continue to touch the lives of many.

Another bereaved parent once told me that one day I will smile when I think of Love. I thought to myself, there will never be anything to smile about concerning the passing of my daughter. Well, time passed and that parent was right. I smile every time I think about how she allows me to spread love, kindness and generosity to those who need it most. And I'm so thankful for my Love!



For more information & to register for the 2017 Run for Love, visit [Love's Foundation at LovesFoundation.org](http://LovesFoundation.org)



A PLACE TO REMEMBER

Canton Funeral Home & Cemetery at Macedonia Memorial Park

Earlier this year, the H.E.A.R.T.strings office dedicated a very special space for infant burial at Canton Funeral Home and Cemetery at Macedonia Memorial Park. Joseph Hickey, the owner, donated and landscaped the space, including choosing a beautiful statue as the centerpiece. He and his team desire to help families through the very difficult process of making final arrangements for their babies. Joseph tells us, "The area is beautiful, no other like it. Doing God's work through Northside Hospital's H.E.A.R.T.strings unit is a blessing to us; we strive to care for all of our families in their time of need! Providing these services is our way to give glory to God!" These plots are available to families at no cost, including interment. Joseph and his team work with families to provide a service (also at no cost) either in their Funeral Home or at the gravesite. He hopes that by providing a beautiful space, that families will find peace in their grieving process.

Recently, the Allen family chose this space for their beloved son. "When we walked into Macedonia, it didn't take long for us to realize that we found the perfect place to bury our sweet baby boy. Joseph (owner) was so empathetic, kind, and loving. He made us feel like family, and gave us VIP treatment.

The newly dedicated infant burial section is beautiful, with a gorgeous statue of the Virgin Mary. On the day of our son's service, we were not rushed, and was able to take as long as we needed. Joseph took care of everything, and we didn't have to worry about a thing. We will forever be indebted to him and his team for their professionalism and loving care. They will always have a special place in our hearts." ~ Diana Allen

The process of making final arrangements is different for every family, and there is no right or wrong decision. We hope that you all find peace in your journey.



SHARE YOUR STORY OR WRITE A "LOVE LETTER"...

Every single baby has a story and every single story has great meaning for those who take the time to read it or hear it. We welcome submissions from parents, grandparents, siblings, family members, and friends. Many parents find writing to or about their baby very cathartic. Feel free to write a letter to your baby or share your personal story. Your letter or story will impact someone and may offer hope and encouragement. It may make someone else feel less lonely. No writing experience is necessary. Items are welcome in English and in Spanish. You can submit items to us by email or by mail.



Our son Ian Matthew was born on Easter Sunday of 2016! We knew before he was born he may not survive due to a bladder outlet obstruction. We had 6 in utero surgeries to place stints in his bladder at Northside, which in true Boy fashion, Ian thought they were play toys and would pull them out! As we became known by name in the hospital, all the nurses and doctors would stop by to check on us! It all began when our team of doctors and nurses were simply put together each time, same anesthesiology and nurses were all the same each and every time, they began to call themselves the dream team! On March 27, I went into full blown labor, we were told Ian would not survive, he certainly did!! All 2 days' worth of labor! At 3:45am Ian was born by C-section. He was perfect in every way! As the nurses knew our story each one began to be silent and in awe of how much he looked like his dad, and how perfect

he actually looked! While the nurses and OR team began to slowly become silent I simply muttered the lord gives and the lord takes away. He took our son an hour later at 4:45 am. Each and every nurse we had, told us they had never seen a family handle death like ours; they simply felt peace and joy around us! We had numerous nurses, and staff at Northside come by and just visit to check on us. As we left the hospital we had nurses stopping us in the hallway to give goodbye hugs, nurses who missed us running to catch us before we left! You see the point is the Nurses at Northside and the H.E.A.R.T.strings nurses are not just nurses! In our eyes they were a blessing and a shoulder to lean on! Friendships made that last a lifetime! We were truly honored to have delivered our son and share him with all the nurses and we owe each and every one of them a heartfelt thank you!!

- Heather Burk

NORTHSIDE HOSPITAL MEMORIAL SERVICE

We are aware of how important it is to remember your baby and how healing rituals can be to the wounded hearts of those who grieve. For this reason, H.E.A.R.T.strings Perinatal Bereavement Office joins the Northside Hospital chaplains as they sponsor a memorial service on the first Sunday in May and the first Sunday in November to honor the memory of the babies for whom we have cared and who have died during the previous six months. Our service is a non-sectarian candle-lighting service with music, poems, and readings and is held at the Northside Hospital Atlanta campus.

This ceremony offers the opportunity to have a special time of dedication and reflection. Babies will be honored by having their names read during the service. Parents are encouraged to bring a flower to be incorporated into an arrangement as a part of the ceremony. A reception with refreshments will follow the ceremony.

If you have not received an invitation and would like to attend, please call (404) 851-8754.



HOSPITAL TOURS

Special “Re-Entry” Tours now Available by Appointment

We know that one of the hardest things facing you after you have suffered the loss of your baby is the thought of coming back into the hospital. Whether it is for your own appointments or to visit someone, the idea of stepping through those doors fills you with fear. If it would help to meet someone from our office to take you into the building and to re-visit areas where you may have stayed, we would be honored to do so. We can do as much or as little as you desire – you set the parameters. Contact us if you would like to set up a time.

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 PNL Office by email northsidepnl@gmail.com or by calling (404) 851-8177.

Thrilled to announce the safe arrival of our rainbow son, **Nadav Moshe Bronstein**, on April 11 2016 weighing 6 lb. 6 ounces. The whole family, including big brother Noam, is so proud and thankful! Kareen & Neil Bronstein



*Once you are real, you can't become unreal again. It lasts for always.
- Margery Williams, The Velveteen Rabbit*

RESOURCES 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 www.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, www.thelink.org/house_next_door. Local groups are available, call (770) 730-5858 for more information.

We now have a sibling grief coloring book!

If you would like for us to send you a copy, please call or email us. We have a great list of books for children experiencing a loss.

DEATH IS NOTHING AT ALL

Henry Scott Holland
Canon of St. Paul's Cathedral, London 1847-1918

“Death is nothing at all.
I have only slipped away into the next room.
I am I and you are you.
Whatever we were to each other that we are still.
Call me by my old familiar name
Speak to me in the easy way which you always used
Put no difference in your tone
Wear no forced air of solemnity or sorrow
Laugh, as we always laughed
At the little jokes we enjoyed together
Play, smile, think of me, pray for me
Let my name be ever the household word that it always was
Let it be spoken without effort
Without the ghost of a shadow on it
Life means all that it ever meant
It is the same as it ever was
There is absolute unbroken continuity.
What is death but a negligible accident?
Why should I be out of mind because I am out of sight?
I am waiting for you, for an interval,
Somewhere very near
Just around the corner.
All is well.
Nothing is past; nothing is lost
One brief moment and all will be as it was before
How we shall laugh at the trouble of parting when we meet again!”

*From a sermon on death delivered in St. Paul's Cathedral in 1910
while the body of King Edward VII was lying in state at Westminster.*

COME & JOIN US...

Caring & Coping Support Groups

this group is open to parents and grandparents who have lost a baby due to miscarriage, ectopic pregnancy, stillbirth, and newborn death. There is no charge to attend and reservations are not required. For directions, please go to our website at www.northsidepnl.com and click on the “support groups” tab.

New Groups

Forsyth group meets on the 4th Monday of the month at the Northside Forsyth Women's Center (1800 Northside Forsyth Blvd., Cumming 30041) in the Women's Center Conference Room.

Atlanta group meets on the 2nd Monday of every month from 7pm-9pm. We meet close to the Northside Atlanta campus at 1140 Hammond Drive, Bldg. J, Suite 1075 in the Northside Behavioral Health Building.

ANEW

This social and support group is 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(ies). This group meets monthly in various locations. There is a private Facebook group which has been created by the ANEW parents. If you would like to be added to the Facebook group, email us at northsidepnl@gmail.com. If your loss occurred some time ago, and you are interested in sharing your journey with newer moms, please contact us. For any additional information, just email or call 404-851-8177.

Rainbow PALS

(Pregnancy after Loss Support)

A social group especially for parents who are pregnant again after the loss of a baby or are considering a subsequent pregnancy after loss. We meet every 3-4 weeks in a social setting. Our mission is to celebrate these new pregnancies, while offering support for the anxiety, fear, and emotions that are present during pregnancy after loss. For more information, call us at 404-851-8177.

A Time to Heal

A yahoo group especially for parents who have made the painful decision to end a pregnancy due to maternal or fetal complications. This group does not meet in a formal setting, but there is a forum for email support among members who want to join. For more information or to be added to this group, please call us at 404-851-8177.



THANK YOU FOR YOUR SUPPORT!

We appreciate your donations. Much of the support the H.E.A.R.T.strings office provides to families relies on the generosity of donors like you.

H.E.A.R.T.strings Perinatal Bereavement Endowment Fund Donations:

Monetary Donations

- **In memory of Kenneth L. Allen, Jr**
Brittany Crenshaw
Maira Talik
- **In memory of Noah Hugh Harris**
Lena & Greg Harris
Friends and colleagues of Lena & Greg Harris
(listed in the Atlanta Walk to Remember Fund)
- **In memory of Asher Knox Martindale**
Lindsey Martindale
- **In memory of Eli Bennett Youngblood**
Brooks & Abby Youngblood

Gifts-In-Kind

- Knitted blanket in honor of Jackson, Aiden and Kara Yeager
- Handmade wraps and memory boxes from The Bonick family in memory of Baby Boy Bonick
- Handmade wraps, blankets and hats from Sheila Harris
- Small hospital gowns, hats and diapers from Teeny Tears
- Gowns, micro buntings, hats, books and memorial angels from To Dress An Angel
- Angel Blankets from Rosemarie Publicover
- Blankets in memory of Camille Eden Singleton from the Myles Singleton Foundation

Reagan Marie Teddy Bear Fund

- **In memory of Harper Sommers**
Megan Bascone

The Atlanta Walk To Remember Fund

• In memory of Noah Hugh Harris

Yolanda Anderson	Steve Goulas	Melissa Reed
Stacy Armistead	Nicole Harvey	Lisa Reid
Daniel Bauman	Lauren Hogan	Kate Richardson
Andy Blotner	Michael Hooper & Lindsey	Rusty Roberts
Bob Brown	Colven	Tracy Roberts
Christie Burgess	Paige Iaffaldano	Paulo Rodrigues
Evie Cashen	Lauren Jopling	Alison Schreiner
Norm Chait	Lauren Kime	Melissa Schulte
Sharon Choi	Kareema Knighten	Larry Schweber
Alison Clark	Emily Long	David Shackelford
Mary Beth Coccia	Kate Lange	Jeanine Skaats
Jennifer Condrat	Karni Levin	Tara Suess
Diana Crowell	Rebecca Mann	Kim Thompson
Peter Diffin	Paul Mathewson	Richard Topalian
Maxine Dillon	Lauren McHale	Kimo Trask
Allen Dunstan	Ruby Mendoza	Victoria Trombley
Shayna Farrell	Sean Mills	Mary Catherine Wallace
Allison Fillman	Taylor Morrison	Matt Wentlent
Howard Flusser	Mollie Moschberger	Leila White
Brandon George	Zack Noren	Jason Williams
Mackenzie Gibbs	Fran & Lisa Pessagno	Stephen Wolek
Cindy Giller	Suzanne Purcell	Allyn Woodward
Alex Gladden		

Thank
You!

YOUR GENEROSITY MAKES A TREMENDOUS DIFFERENCE IN OUR MISSION

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
- Decorated memory boxes
- Premie sized clothing for boys and girls
- Knitted or crocheted blankets in all sizes
- SD memory cards
- \$10 Starbucks cards for families to use



We also have a great new way to give back to the H.E.A.R.T.strings office by linking your Kroger Plus card to our office. Please follow the link to get started: <https://give.northside.com/kroger-plus-card-rewards>

VOLUNTEER SPOTLIGHT

Lakin Wright, Volunteer

My name is Lakin Wright. I am 17 years old and a rising senior at St. Pius X Catholic High School in Atlanta, GA. I am so thrilled to be volunteering at Northside Hospital this summer. I love to help people and have an interest in sciences, so I have always thought about pursuing a career in the medical field. I decided to apply to be a volunteer at Northside this summer in hopes of getting the opportunity to spend some time inside a hospital in order to see if I could actually see myself spending the rest of my life as a nurse. So far, volunteering at Northside has been one of the most informative experiences that I have ever had, and I could not be more grateful for being able to see the best nurses and doctors in the country in action. My dream is that one day I will be able to return to Northside Hospital as an employee.



“Perhaps they are not stars in the sky, but rather openings where our loved ones shine down to let us know they are happy.”

- Author Unknown



NORTHSIDE HOSPITAL

northside.com