

# Caring and Coping

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

## Candlelight and Stars Light Up the Night at the Atlanta Walk to Remember

Candles and glow sticks, special lighting and Chinese lanterns provided the magical setting for the fifteenth Atlanta Walk to Remember event. Almost 900 people gathered together on a cool Saturday evening at the Northside Alpharetta campus, as Melissa Petersen from the H.E.A.R.T.strings Perinatal Bereavement Office welcomed them home. "You may have noticed that this year's walk looks a little different. We really wanted to change things a little to commemorate the milestone of 15 years. What an accomplishment!" ...cont. to page 1



### For Your Calendar

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

January 13, 2020

February 10, 2020

March 9, 2020

April 13, 2020

#### **May 3, 2020**

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](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

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...cont. from cover

Fifteen years ago, three bereaved mothers came together and organized the first Atlanta Walk to Remember. It was a much smaller crowd. In fact, it was so small that they were able to provide a potluck lunch. Their mission was to bring awareness and community to a topic that, fifteen years ago, was not much talked about. I think that today we can stand here together and say for certain that they met their mission." She acknowledged the crowd, standing together as a community, and not alone. She referenced the many people who shared their stories to be a light to someone in need, and she highlighted the candles which will be lit in remembrance, and witnessed by all. "The idea of lighting candles dates back to the Old Testament and the book of Exodus where oil lamps were lit to "keep a flame burning eternally". History saw the use of an eternal flame placed at the grave of President John F. Kennedy so that all could remember him for generations to come. And on October 15, bereaved mothers and fathers around the world are invited to participate in the Wave of Light by lighting their candles at 7p.m. so that all of these precious children can be remembered. Our mission of remembrance and awareness is huge and it is special and we are so excited that you all join us today."

The candlelight and evening theme included songs such as Twinkle, Twinkle Little Star, Go Light Your World, This Little Light of Mine and, as the lanterns lifted to the sky, When You Wish Upon a Star. We gratefully thank Metro Music Therapy for their partnership at our event. Our parent speakers, Stacey and Joe Yeager, shared their journey since the loss of their twin sons, Jackson and Aiden, five years ago. Theirs was a message of support and hope for everyone, wherever they may be in their journey. Isabella Grossmueller, age 12 and a four-year veteran volunteer at the Walk, read the poem, "Star Light, Star Bright". The Reading of the Names was done by Diana Allen, Kimberly Keyes and Misty Smith. Families decorated luminary bags and wrote messages to precious little ones on the Chinese lanterns. Shameka and Jerrell Anderson led families on the Walk portion of the event as our banner holders.



“

What makes night within us may leave stars.

- Victor Hugo

”

This year's keepsake was a special candle jar, custom-decorated and personalized by Ondrea Wojtowicz. She donated many hours, and lots of love, to making these for our families. We are so grateful to her, and her family, for this support.

Once again, Joy Cannis donated her time to photograph our event and to tell the story of how this ritual of remembrance is so important in bringing people together to add light to the darkness and to our journeys. Her photographs will be on our website and on the Atlanta Walk to Remember Facebook page.

We gratefully thank all of our sponsors for their support which enables us to keep our event free, and open to the community. People came from six states, and all around the state of Georgia to celebrate and remember with us. We also thank the many individuals who donated to the Walk. All proceeds go towards future Walk to Remember events.

And finally, we acknowledge and thank our incredible volunteer committee, who provided creative input, guidance and support in the planning of this event. They checked people in at registration, manned the merchandise tent and memorial activities and so much more. They often miss out of much of the program, and find themselves scrambling to participate because they are so dedicated to welcoming and supporting attendees. We thank you, and we love you.

*Diana Allen, Shameka Anderson, Kayleigh Baxter, Lashelle Dobson, Kelli Griffin, Amber Grossmueller, Isabella Grossmueller, Kimberly Keyes, Lindsey Martindale, Amanda Moore, Brandy Mosely, Lanie Taylor Pontz, Holly Roth-Nunnally, Misty Smith, Shenell Watts and Ondrea Wojtowicz.*

## *Special Thank You to our Sponsors:*

***Northside Hospital Atlanta Auxiliary***

***Northside Hospital***

***Georgia Perinatal Consultants***

***Northside Hospital Cherokee Auxiliary***

***Pediatric Medical Group Neonatology  
Associates of Atlanta***

***Hope Thru Soap Mobile Shower Experience***

***Atlanta Women's Health Group***

***Nix & Black Automotive***

***Mom 365***



# Holidays and Grief

As you look ahead to the last months of the year, you may be filled with a sense of dread and fear. How do you prepare for the holidays when you are grieving? Will traditions help or not? How do you respond to social invitations? The general joy and festivity around you may leave you feeling alone and forgotten. For many mourners, the anticipation of the actual day is worse than when the day itself dawns; however, there are steps you can take to find balance during this season.

## Plan ahead, assess traditions and communicate your wishes:

- Have a way to remember your baby during the holidays. This can mean having a special candle on a table, note paper to invite others to write a remembrance for you or your baby, donating in memory of your baby (and sharing this activity with others as a way for them to support you).
- Think about the traditions your family has enjoyed, and decide whether to do them this time. Sometimes familiarity helps, and sometimes it doesn't. There is nothing wrong with changing or adding a new tradition. Maybe this year, Thanksgiving means a trip away on your own, forgoing the family meal. Or, maybe it means ordering your meal, rather than cooking it. Change the time of meals or present-opening. Make some changes if it feels comfortable.
- It is important to communicate your wishes to your family and friends. They will be unsure of how to support you, and worry that they will make things worse if they mention your baby or your baby's name. Remind them you are always thinking about your baby, and that it provides comfort to know that others are remembering your baby too. Consider inviting them into the remembrance rituals you are planning.
- Responding to "Happy Holidays!" and other holiday greetings can leave those in mourning at a loss for how to respond. Consider saying, "all the best to you and your family" or just "thank you". Write out what you want to say in response to people who ask how you are doing, and practice it so that you can deliver the response more smoothly.



Grief and love are conjoined, you don't get one without the other.  
All I can do is love her, and love the world, emulate her by living  
with daring and spirit and joy.

- Jandy Nelson, *Ellie's Way*



### Self-care:

- Being social might not seem appealing, but you may not need to avoid all invitations. Choose selectively, and have an exit strategy if you go to parties.
- Be good to yourself: focus on nutrition, rest, exercise. Examine your priorities and focus on doing things that are meaningful to you during this time, rather than things you “should” do.
- Do something good for someone else – it is a proven way to feel better. Feeling joy is not a betrayal, nor does it mean you have “forgotten” your sweet baby. Allow yourself time for sadness, as well as feeling joyfulness.

### Use your support system and organized grief support resources:

- Make sure that you have a shoulder to lean on to express your grief. This companion does not need to try to “fix” you, but simply listen and let you pour out your feelings.
- Access support groups and online resources for groups and printed materials.

*Remember, you are not alone. The holidays are challenging for many people, and for many reasons. We are thinking of you.*

## Something to share with family and friends:

*“So if someone you love is missing their little one this year, can I just make a recommendation for the greatest gift you can give them? It won’t cost much. It could cost nothing. But it will be something they will love and remember you fondly for.”*

### *The gift of using their baby’s name.*

Say it out loud.

Include it on a Christmas card. “Remembering \_\_\_\_\_ with you this Christmas.”

Give an ornament that has it on there.

Maybe a piece of jewelry with it engraved in beautiful letters.

ANYTHING.

I promise they will treasure it.”

*Excerpted from “Their names”, POSTED ON DECEMBER 2, 2013 BY EILEEN TULLY*

The following article is adapted, edited and printed by permission. The article is not specifically written for perinatal loss, but the spirit of the author's insight is helpful. <https://www.griefandsympathy.com/emotionsofgrief.html>

# Understanding the Emotions of Grief

*Written by Elizabeth Postle RN, HV, FWT*

**The emotions of grief can make us feel as if we are on a roller coaster. If we understand the mix of emotions that we may experience then it will be less frightening.**

In our everyday lives our moods change, they vary from very happy to very sad. From excited to anxious and worried, from contented to bored, fed-up and depressed. Emotions happen to everyone and vary almost hourly on a daily basis to everyone, everywhere. Our emotional reactions can go from the depths of despair to the heights of happiness. The scale of changes can be extreme.

**During the bereavement process, normal everyday mood swings reacting to all of the external problems of life still exist. On top of this you have to deal with the emotions of grief.**

For this reason the mood swings and emotions of grief can be likened to being on a roller coaster ride, there are so many fast highs and lows. You can experience such a frenzy of changed moods, that some people think they must be going mad.

**We also have our own personality traits coming into the equation.** Some people have anxiety issues over all life's everyday problems. Others appear to take the slings and arrows of life's misfortunes very calmly.

We all know people who are cool, calm and laid back, who accept everything that life throws at them with a stoic coping mechanism. Surprisingly these people can have a severe bereavement, as even though they are normally happy go lucky, it might be the first real test and really hit them hard. The first experience of how hard life can be is a tough lesson.

The shy, withdrawn personality may want to hide away and isolate themselves. Family and friends must be aware of this and try to involve them and draw them out. They need to be watched carefully.

Others panic and worry their way through life. The reaction of a worrier to the loss of a loved one can be extreme. Some people are so bereft that the only relief they get from the shock and pain is sleep. No way can they cope with the day to day trivia. Medical help may be needed and the funeral arrangements just pass them by in a fog.

**Accept the emotions of grief for what they are - just feelings.....**

Tears are never far away. Accept all these feelings for the adrenaline rushes and changes that they are. Try to keep calm. Take a few deep breaths and rationalize what is going on. Take time for yourself to calm down, or cry on a friend's shoulder when the going gets a bit tough.

We all have different approaches to life, therefore accept your own limitations, grieve in your own way and accept help when you need it. If it is a sudden death, or the first experience of the death of a loved one, the pain and hurt can be unbearable. Enduring a painful loss, getting through it, ultimately makes us stronger. Focus on getting through a day at a time.

**If you find that the lows are so pre-dominant that you feel depressed or suicidal then get urgent help from your doctor.**

You may find relaxation videos help, or meditation. Listen to some calming or uplifting music. A song that has always had happy memories or a calming influence. Read some poems or a favorite book to take you away from your problems for a while. Some people find the calm atmosphere of a church helps them to find peace. But whatever works for you, make time for yourself to work through the emotions you feel and get them under control.

### **Reactions to death and loss and the emotions of grief:**

Reactions vary depending on whether the event was sudden or after a long illness, how close the relationship was and the personality of the person grieving. But the emotions felt may include:

**Shock:** Numbness, disbelief, especially when it's a sudden death.

**Denial:** Many people go on as if nothing has happened and refuse to grieve. The bereavement process gets blocked and may cause problems later on in life.

**Guilt:** Could I have prevented the death? Could I have done more?

**Loss or emptiness:** Sometimes we feel the loss physically – our body no longer holds our baby and we feel empty. Sometimes there is an ache of empty arms and the feeling of “phantom kicks” – these can be common.

**Pain:** The loss can be severe and heartache is the term we often use to describe this feeling.

**Anger:** Anger – this loss is so unfair. Why me? Why do others, who sometimes don't want to be pregnant get to be and I don't? Anger can also exist towards others perceived at not understanding or providing adequate support.

**Jealousy and Hate:** People are surprised when they feel these emotions, as they may not have ever felt them before and feel bad that they can have such awful feelings. But it's quite normal. We don't actually hate the pregnant person in line in front of us, or the lady with the stroller. It just makes us feel the depth of our loss even more.

**Worry and anxiety:** How can I cope? Fear that you can't cope alone emotionally or socially. You may experience panic attacks. These can be frightening, but they will pass. Get help from your doctor if you are getting a lot of these.

### **Some positive emotions of grief - Gratitude and Happiness:**

#### ***Happiness***

Yes, I am really finishing with happiness. Because it is really possible to feel happiness when you are grieving. I want to quote from **Stephanie Ericsson's book “Companion through the Darkness – Inner dialogues on Grief”**. Stephanie had lost her husband while pregnant with their only child.

*“Gratitude: The feeling I have now for even the smallest progress, for my expectations are so low I am difficult to disappoint.” Stephanie Ericsson*

Go on – Risk being happy again, enjoying other family and friends' company. You will find it easier than you think once you allow yourself the freedom to do this.

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## Parent-to-Parent

*Someone came before you and she is still here today...*

*Melissa and Wayne McGill*

What a perfect title for a sequel this would be, as our journey necessitating the incorporation of this beloved book began on June 25, 2013 when we went to our 40 week appointment (the day before Rachel's due date) looking forward to hearing that we had dilated enough to be sent over to the hospital to prepare the journey to meeting our little girl, but unlike the countless other visits this time the heartbeat was absent and the ultrasound showed only stillness and silence. So, instead of happily heading over to the hospital to celebrate Rachel's birth we numbly made our way there to instead sit in the ever growing silence while we awaited our little girl's birth. It was during this time that we were able to begin discussing not only what we had just learned, but what we wanted to do going forward and the one thing that was immediately agreed upon was the fact that she was our daughter and was somebody even though she had never drawn a single breath and would not be forgotten by us or any future children that God might bless us with.

In the time just after we had celebrated (although tearfully) her going home to await us in Heaven and the first thing that we wanted to get done after securing her headstone was to assemble her things and get a shadow box created and on the wall prominently just outside of the nursery. We were truly blessed to be able to work with a very caring and talented associate who created the perfect memorial. Thirteen months later we welcomed our 2nd child, a little brother, to the world and when preparing for his arrival we decided that we wanted him to use his sister's nursery albeit with a new paint job. From day #1 we shared with him all about his older sister, the one who came before him. When we walked into and out of the nursery we had to pass by Rachel's shadow box and we would stop each time and show him and tell him about his sister's items contained within. In the ensuing months we no longer had to stop to show him as he would lean out and demand to stop and see his big sister's things. At first he indicated via a baby grump and then later with his own special way of saying Rachel.

At our first PALs meeting during our 2nd pregnancy Melissa Petersen gave us a copy of the book "Someone Came Before You". Each night after Jacob's arrival before bed we would read this book to him often inserting Rachel's name when reading the part about someone who came before him, because we wanted him to know from the very beginning that he had a very special older sister who became a part of our family before he was ever considered. We read the book regularly in the beginning of his life, and then as he grew older he started wanting other books to be read and for a period we didn't read it to him as often. But then out of the clear blue he began to ask for it to be read again more and more often which made our hearts rejoice all over again because like us he had not forgotten about the sister that he never got to meet.

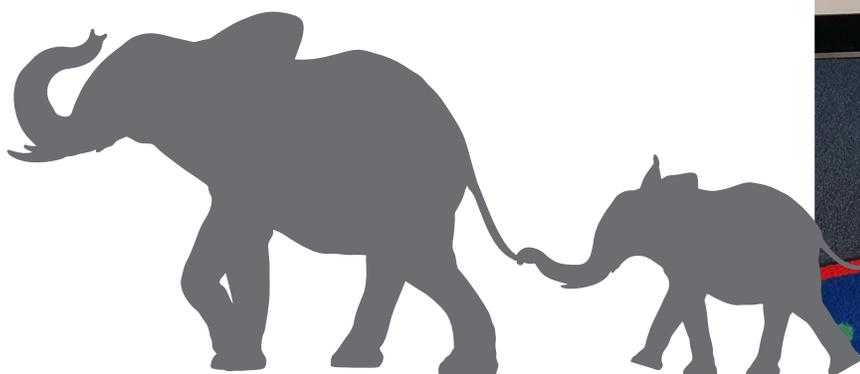
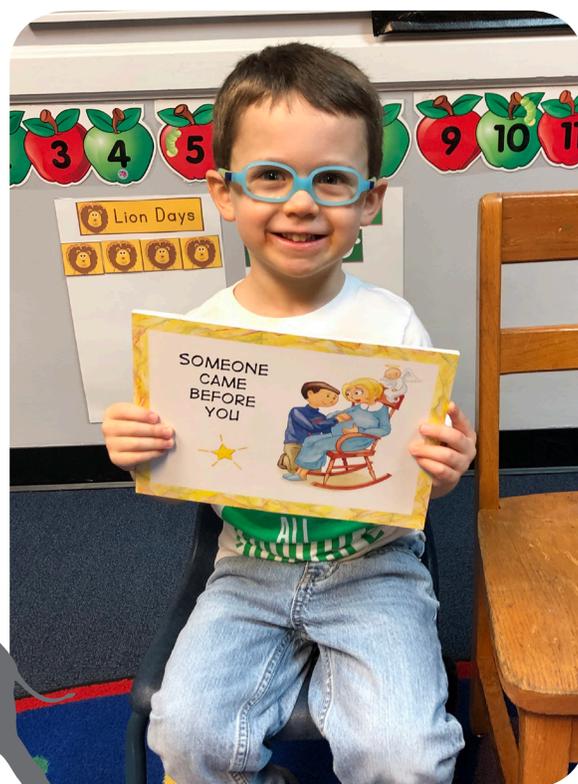
Jacob has been surrounded by his big sister's memory from day one. We have sought out ways to include her or her memory in almost everything we do including:

- We hang her special stocking (which Santa fills with a gift for the family) each Christmas,
- We include Rachel bear in each of our picture sessions (newborn, first birthday, Christmas cards, etc.).
- We include her name amongst the rest of the family on any correspondence (birthday, anniversary, or condolence card) that is sent out.
- We visit her "place" as often as the trip south is feasible and the boys helps us place new flowers there each time we visit.
- We also celebrate her birthday with special flowers and balloons which we take to her "place".
- She gets her own little Christmas tree set up at her "place" each year and boys love decorating and delivering it.
- Finally, we have shown the boys through actions that we share with others that we have THREE children one of whom is waiting to be our special gift upon our arrival in Heaven.

It truly warms our hearts each time we see this exhibited by her brothers proudly promoting that they have a big sister who is their own personal guardian angel watching over them every minute of every day.

Fast forward and Jacob is now 5 years old and during the previous year at his pre-school (4-year-old class) one of the shares that he was to take on his leadership day was his favorite book which he informed us was going to be "Someone Came Before You". When his leader day came he took the book and sat in front of his friends and told them that this was his favorite book because it was all about his big sister. At the end Jacob was given the opportunity to let his classmates look at and hold his book but he told them no because it was his special book.

Now she has a new little brother, Joshua (age 18 months) and we are repeating the process all over again with him as we want to ensure that he too knows all about the one who came before.



# Young Girls Make A Huge Impact!

We are so very grateful to these two girls with such big hearts for our families.

## Jennings Hooper

Earlier this year, 17-year-old Jennings Hooper, a senior at St. Pius X Catholic High School, began planning for her Girl Scout Gold Award. The Gold Award is the highest achievement in Girl Scouts, equivalent to the Eagle Scout designation in Boy Scouts. This award is awarded to fewer than 6% of Girl Scouts annually, with each recipient putting approximately 80 hours of work into their project.

The goals that a girl strives for in choosing her project is to make sure that the project is sustainable, impactful and perpetual, meaning that it will continue to impact others even after the project has been completed.

Jennings chose to help our Rainbow P.A.L.S. program for her project. She met with the H.E.A.R.T.strings team to learn more about the program, which provides support and gift packages for mothers who are pregnant again after experiencing a loss. The rainbow packages contain a book, a rainbow baby onesie, a rainbow baby knitted hat and a handmade knitted blanket. After our meeting, Jennings decided to focus on the blankets that are provided in the rainbow packages.

To get started, Jennings put the message out there to women in her church at Holy Spirit Catholic Church in Sandy Springs. She was looking for people who were interested in meeting in “knitting groups” to knit the blankets. It is her hopes that even new and inexperienced knitters can join and learn from those who are more experienced. Currently she has just under 30 knitters, many of whom plan to continue to knit blankets for the Rainbow P.A.L.S. program, adding perpetuity to this wonderful project. Her knitters come from Holy Spirit, All Saints, and Benson Senior Center. They are also neighbors and fellow Girl Scouts.

We are so proud of Jennings and so grateful to receive these beautiful and special blankets! For more information or to join a knitting group, please feel free to reach out to Jennings at [jhooper20@spxstudent.org](mailto:jhooper20@spxstudent.org).



## Abby Walker

When Abby’s family experienced the loss of her brothers Austin and Andrew, she knew that she wanted to find a way to honor them by giving back. She and her classmates at South Forsyth Middle school Beta Club collected items to donate to our office. Through their efforts, they were able to collect the following much needed items. We are so grateful to Abby and her classmates for their generous support for our families!

- 1 bag of girls clothes
- 1 bag of boys clothes
- Chick-fil-a & Starbucks gift cards
- Elephants for the memory boxes
- Camera card
- Kleenex
- White memory boxes
- Pink & blue ink pads



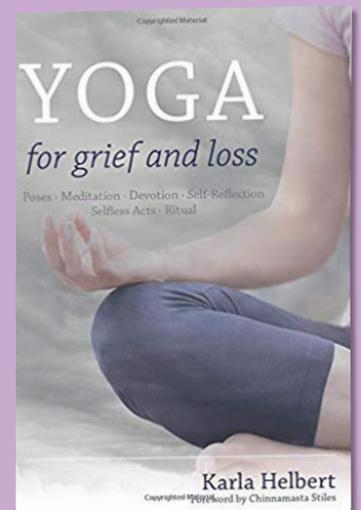
# Healing Hearts Book Club & Our Favorite Internet Resources

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

## *Yoga for Grief and Loss* by *Karla Helbert*

Just as grief is an experience that affects us physically, mentally, emotionally, cognitively, and spiritually, yoga sustains and strengthens us in all of those same areas. This book demonstrates how the principles and practices of yoga can help relieve symptoms of grief allowing those who have experienced loss to move toward wholeness, peace, and feelings of connection with loved ones who have died.

Exploring the six branches of yoga, the book shows how each branch can support us through grief in different ways whether it be the self-reflection of Jnana Yoga, the spiritual devotion of Bhakti Yoga, the meditation of Raja Yoga, or the physical postures of Hatha Yoga. We are shown how to begin and sustain a personal practice, both on and off the yoga mat, which helps us to cope with and move through grief on multiple levels. Expressive and experiential exercises are included to help explore each of the branches of yoga and find ways to put the tenets of each branch into real life practice



For an additional online resource, try The Yoga Sequence for a Healing Heart at [yogajournal.com](http://yogajournal.com).  
<https://www.yogajournal.com/practice/yoga-sequence-healing-heart#gid=ci0207568f-00052620&pid=heartbreak-bridge-pose-setu-bandha-sarvangasana>

## Website Resources

***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

***Pencil-portrait-drawing-artist.com/memorials*** – fine art portraits drawn from photos

***https://modernloss.com/tag/miscarriage-pregnancy-loss/*** – Modern Loss is a place to share the unspeakably taboo, unbelievably hilarious, and unexpectedly beautiful terrain of navigating your life after a death. Beginners welcome.

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# Ask the Expert Q&A

## **An End to “Closure” by Aimee Alexander, RN, BSN.**

*Aimee was the Perinatal Loss Clinician for H.E.A.R.T.strings for years. This article appeared in a previous edition of this newsletter.*

I really dislike the word “closure.” The word implies there is finality or an ending. We often set expectations that if we have reached “closure,” we are finished with a task and will not return to it. Closure may be appropriate for business deals and signing papers when buying houses, but I don’t believe it is appropriate when referring to relationships and feelings.

Grief follows no plan. Despite research articles and statistics, grieving doesn’t have time frames or limits. There may be a clear beginning (such as the moment you are told something is wrong), but there will never be an actual ending. This applies to the grief following the loss of a child, the loss of a job, the end of a marriage, or the loss of a pet.

Grief changes. Some days are better than others. Some moments leave us feeling more healed than others. The intensity, the pain, and isolation may ease, but the love and the memories never fade. At some point, many bereaved parents find a way to make meaning out of their loss. Does this mean they are “done” grieving? Are they “over” the fact that their child died? No! It’s all a part of the mourning process, a process that changes, expands, and evolves, but never disappears.

Why do people focus on the idea of “closure?” Some people find it helpful to have a goal or an end in sight. “I can do anything for a short time,” some say. It can be very overwhelming to hear that grief has no end or time frame. So, they see their grief process as eventually culminating in a sense of closure. However, reality is that the purpose of grieving is to remember and to create memories, not to forget. It’s about finding a new normal, about living with the loss, not about “getting over it.” It’s about revisiting our love and our sorrow at times and about using what we have learned about ourselves and from others to continue on in our lives in a changed and new way.

We may feel we have unfinished business. Once funeral arrangements are complete, a poem has been written, or a due date has passed, we might have a sense of relief. Perhaps you may feel that task is “closed” or completed. It can be difficult, however, if you had expected the completion of that aspect of your grief to bring “closure” to the entire process. It is important to mark the time passed and to see where you have been, but remember that it is not a measure of where you “should” be.

Sometimes we find strengths and gifts along the grief journey. We learn to cherish our loved ones more deeply. We re-evaluate our priorities. We help others who are grieving without the hesitation, fear, or awkwardness often felt by those who have not experienced it. We realize we can handle and survive the worst thing that can happen. It has been said that losing a parent is like losing the past. Losing a sibling is like losing the present. Losing a child is like losing your future. Because losing a child is like losing our future, we can never be completely “done” or “over it.” We shouldn’t be. Because we love, we grieve.

In the intense and all-consuming beginning of grief, it can be hard to imagine going on or ever being “normal” again. While you won’t be the same, you will eventually feel in control again. You will continue to live your life although it may be with a broken heart. You will not close chapters of your life but add new ones. Someone wrote that “Closure is not the end of grieving but is the beginning of the mourning process.” In that case, let’s put an “end” to closure as an ending point and redefine it as the beginning of our new lives. Lives touched by love and loss.

# 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. 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. Visit [katesclub.org](http://katesclub.org) for more information.

***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/children-teen-grief-support-groups](http://thelink.org/children-teen-grief-support-groups), local groups are available, call 770-730-5858 for more information.



The broken will always be able to love harder than most. Once you have been in the dark, you learn to appreciate everything that shines.

- Zachry K. Douglas



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

*The Hamilton Family*  
**Beau Nathaniel Hamilton**



*The Zeifman Family*  
Harrison Dean Zeifman



“

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

- Helen Keller

”

# 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 Natalie Grace Atkinson**  
Denise Atkinson
- **In memory of Arynn Brielle Banks**  
Victoria Bethel  
Katie & Justin Moore  
Thelbert & Lesley Snowden  
Big Tate & Wendy Williams
- **In memory of Hunter Hansotia**  
Marilyn and Phil Hansotia
- **In memory of Andrew James Jarrett**  
Jenni & Andrew Jarrett  
Jessica Wolff
- **In honor of Caroline O'Connor**  
Jenna McNally
- **In memory of Patrick Joseph O'Connor III**  
Zach Davis  
Lauren & Adam Novack  
The Simmons family  
Janet Welch
- **In memory of River Mae Pittman**  
Anne Anderson, Tek Marciniak, Mark Anderson & Keith Bucklew  
David & Debra Anderson  
Kevin Morgan  
Louise Robinson
- **In memory of Amelia Elisabeth Schmidt**  
Stuart Scott
- **South Forsyth Middle School**
- **In memory of Eli Bennet Youngblood**  
Abbey & Brooks Youngblood

## **Reagan Marie Teddy Bear Fund**

- **In honor of Reagan Marie Baima**  
William P. and LeAnne B. Martin Charitable Foundation
- **In memory of Ophelia Kate Colby**  
Debby & Joe Bennett

## **Atlanta Walk to Remember Fund**

We are grateful to the following Sponsors of the 2019 event:

### **Presenting Sponsor**

- Northside Hospital Atlanta Auxiliary

### **Platinum Sponsor**

- Georgia Perinatal Consultants
- Northside Hospital

### **Gold Sponsor**

- Hope Thru Soap
- Northside Cherokee Auxiliary
- Pediatric Medical Group/Neonatology Associates

### **Silver Sponsor**

- Atlanta Women's Health Group, P.C.

### **Bronze Sponsor**

- Dynamic Roof Solutions, Inc. • Mom365 Photography
- Nix and Black Automotive

### **Individual Donations to the Walk to Remember**

- Clifford W. Baseler
- Samantha Brinson
- Jarrod Brown, in memory of Arynn Brielle Banks
- Patty Bunt, in memory of Jackson Douglas Bunt
- Mayra Castillo
- ulie Champion
- Allison Cohen, in memory of Alayna Cohen
- Caroline Correnti
- David Cutlip, in memory of Ella Mosely
- Niki Cutlip, in memory of Ella Mosely
- Michele CutlipRicci, in memory of Ella Moseley
- Alyssa Elery
- Trinity Fitzpatrick, in memory of Charlotte Grace Fitzpatrick
- Tiffany Hubbad
- Hayley Lowe
- Melissa & Wayne McGill
- Kelly Mitchell, in memory of Sloane & Knox Mitchell
- Richard Patrick
- Misty Smith
- Lindsey Sparano, in memory of Luke
- Tina Walker
- Emily & Jonathan Winn
- Brooks & Abbey Youngblood, in memory of Eli Bennett Youngblood

## Gifts-In-Kind

- In memory of Wyatt Howard and in honor of Reagan Howard: blankets made by Leigh Barnhardt
- In memory of Eli Bennett Youngblood on his 5th angel birthday: blankets made by Karen Forestier and Connie Proco and tissues from Abbey & Brooks Youngblood and Chris Baumann, Eli's Grandmother.
- 15 small quilts, 1 knitted blanket and 16 knitted caps by the Georgia Chapter of Quilts for Kids
- In memory of Dawn Ann, water bottles and blankets from Kristina Thigpen and Dawn Ann's grandmother
- In memory of Molly Claire Hines and all of the Butterfly babies, care packages for Butterfly M.O.M.s (Missing Our Multiples).
- Premie blankets and hand/foot molds from the siblings of Claire Bryant
- Memory boxes from Chandria Conaway in memory of Makenzie Cheree Conaway
- Beautiful blankets from Frances Jackson of Big Canoe
- Crocheted blankets and hats from Connie Proco and the Needlework Club of the Village of Deaton Creek in memory of Eli Bennett Youngblood
- Rainbow Blankets donated by Northside Hospital Auxiliary
- Rainbow Blankets donated by In Stitches Episcopal Church & the Holy Spirit
- Beautiful box of Angel Gowns, booties, wraps and hats donated by Angels in Waiting 91:4
- Beautiful memory boxes and blankets in honor of Grace Emily Palmieri
- Precious metal clay from Emily Schuerman and the Pope family in memory of Lily Schuerman.
- Rainbow Blankets donated by Sarah Hendry
- Beautiful blankets in memory of Aiden and Jackson Yeager
- Beautiful blankets in honor of Reagan Howard and her mom, Lindsay, from Leigh Barnhardt

"Every day may not be good,  
but there's something good in  
every day."

– Alice Morse Earle



# 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  
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.

## 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
- SD memory cards



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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