

Support Group Meeting Schedule

UPCOMING MEETINGS:

All Meetings 7:30 – 9 p.m.
Davis Hospital Classroom 1

• **May 1** •

Topic – My Support Systems/Resources

• **June 5** •

Topic – Communication

• **July 3** •

Topic – Topic Cards

• **August 7** •

Topic – “Am I Normal?”

• **September 4** •

Topic – Subsequent Choices

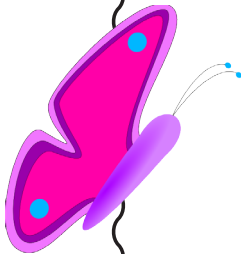
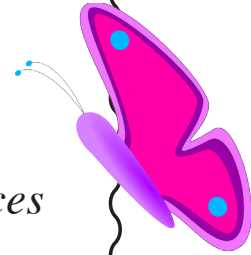
• **October 2** •

Topic – Grief and Marriage

If you wish, please bring a memory item
of your baby to share.

(Pictures, stuffed animal, poem, etc.)

For more information about support meetings,
please visit www.utahshare.org



BABIES WHO HAVE TOUCHED OUR *Hearts*

Alaya Grace Brisby
December 4, 2013 to
February 14, 2014

**Melrose Marie
Guzman**
February 22, 2014

Chance Merrill
March 4, 2014

Letha Hackford
March 6, 2014

**Nathan Douglas
Lawrence**
March 6, 2014

Cady Rose Wilson
March 7, 2014

**Dustin James
Rasmussen**
March 12, 2014

Wyatt
March 16, 2014

Joshua Lee Jackson
March 24, 2014

Kasen Jay Daich
April 3, 2014

Tuff J Clontz
April 2, 2014 to
April 3, 2014

Avery Marie Wong
April 13, 2014

Graycin Porter
April 22, 2014

Baby Johnson
April 22, 2014

William Chidester
April 24, 2014

NEWS & EVENTS

Please note the Race for Grief and Running With Angels events are local upcoming events but they are not sponsored by Utah Share.



10K, 5K run and 2 mile walk

May 26, 2014 at 8:00 a.m.
in West Bountiful, Utah

The Race for Grief was started by running coach Lora Erickson, aka the “Blonde Runner,” in memory of her angel daughter Samantha.

Erickson started the race as a way to honor her daughter’s memory as well as bring community members together to help others through the grieving process.

The event is not limited to those who have lost babies or children. Erickson would like to invite anyone who has ever lost someone (a husband, wife, parent, sister, brother or grandparent) to attend in the memory of their loved one.

“When you have lost someone, you never forget them,” Erickson wrote on www.raceforgrief.com. “This is a day to honor their memory and come together to celebrate their life no matter how long.”

This is the fourth Annual Race for Grief Event.

Visit www.raceforgrief.com for more information and to register.

**Running with Angels 5K Run/Walk
In support of Women’s and Children’s
Services Angel Watch program at
Utah Valley Regional Medical Center,
Orem Community Hospital, and
American Fork Hospital**

Saturday, May 17, 2014
Race begins at 8 a.m.
Thanksgiving Point Gardens,
Lehi, Utah

This run is inspired and hosted by author and inspirational speaker Pam Hansen. Read about Pam’s amazing story of turning personal tragedy into triumph in the book “Running with Angels”.

Come enjoy a run/walk through the beautiful gardens at Thanksgiving Point. Start/Finish line will be in the parking lot near the Children’s Garden entrance.

Registration includes T-shirt, water bottle, food and drinks at the finish, and giveaways.

Although times will be recorded and posted, medals will be given only for 1st, 2nd, and 3rd place overall.

All participants over the age of two should be registered and wearing a bib number.
Strollers are allowed.

For more information or to register visit:
www.runningwithangels.com
and click on race info.

Perhaps they are not the stars, but rather openings in heaven where the love of our lost loved ones pours through and shines down upon us to let us know they are happy.



The Sibling Connection

Experiencing the Death of a Sibling as a Child

The death of a brother or sister at any age profoundly changes the lives of surviving siblings. Research shows that it adversely affects surviving children's health, behavior, schoolwork, self-esteem, and development.

Surviving siblings may be troubled throughout life by a vulnerability to loss and painful upsurges of grief around the date when the sibling died. They may develop distorted beliefs about hospitals, doctors, and illness. Many bereaved siblings describe feeling sad, lonely, and different from their peers.

The impact of loss will be felt most by the brother or sister who shared the most "lifespace" with the one who died. Siblings who shared a room, who played together, and spent their spare time together are likely to be those most profoundly affected.

Many are troubled by guilt due to the ambivalent nature of the sibling relationship. Upon the death of the brother or sister, they remember forcibly all the fights and name-calling, seeing themselves in memory

as the bad child and the dead sibling as the good one. This split in self-concept results in the feeling that they are not good enough.

A child's experience of losing a



sibling depends partly on their understanding of death, which is associated with age and developmental level. These age ranges are approximate, and you (as a child) or your child (if you are a parent reading this) may have a broader understanding than those described here.

Infants suffer both from the absence of their loved sibling and from the grief of their caregivers. The grief stricken family members are not as attuned to the baby as they were prior to the loss. The household becomes less structured and their routines may change, routines that give young babies a feeling of safety and security.

Toddlers think of death as temporary and reversible. They say things like "Well if Susie is in heaven, we can send her letters, can't we?" They think in concrete terms (what they can see or touch) and may not comprehend why their beloved sibling is lying in a box, or why he or she isn't at home waiting for them when they come back from the funeral.

Toddlers grieving the loss of a sibling may regress to an earlier stage of development, for example, wetting the bed after they had already become toilet trained.

Experiencing the Death of a Sibling as a Child (continued from page 4)

Ages 6-8

Know more about death--they have seen dead birds and bugs, seen people die on television, and heard it talked about. They think of death as a scary thing that they can hide from, by hiding under the bed, for example. They say things like "When your hair gets white, you die, right?" In this age group, children associate death with ghosts and skeletons. They know what it is, but not that it is going to affect them personally. They may ask questions about the death over and over. It is as if they have to learn the lesson of death many times for it to sink in.

At these young ages, children engage in what is called "magical" thinking. They may believe, for example, that their anger can kill, and that they cause the events surrounding them. They are still the center of their own universe and may take the blame for the death. Adults bereaved in childhood have often suffered for years, believing that they were responsible for their sibling's death.

Ages 9-11

Children change at sometime around nine years to a more realistic understanding of death. They know that it cannot be reversed, that it is permanent, and that ev-



eryone dies. Parents may mistakenly assume that their child understands more at this age than they actually do.

It is crucial for adults to learn HOW children grieve. Research shows that bereaved children at this age "act out" their feelings by misbehaving and trying to get attention. Parents and others might get mad at the child because they are behaving this way, but in reality, this IS the child's way of mourning! Many adults look back on the way they behaved when a loved one was dying, and suffer more from guilt about their misbehavior than they do from the loss itself.

Ages 11-13

Like the younger group, these children do not always behave like adults when they lose a loved one--instead they may act out, or simply act as if nothing happened at all. They may fall asleep or want to go outside and play when everyone else is mourning. Again, they are mourning in their own way, a way that is associated with their age more than their level of caring for the deceased. Think about how difficult it is for you to accept, even with your adult resources. When a child first experiences a loss, they are just beginning to learn on a day-to-day basis, what exactly that loss feels like and what it means.





Birthdays In Memory Of



Happy Birthday
Caden Johnny Womack
born sleeping
April 22, 2012



Dennis Luke Gardner
May 5, 2012-September 19, 2012
Happy 2nd Birthday Lukie Bear.

We love you and
miss you every day.
Please continue to watch
over us and love us.
Love,
Daddy, Mommy,
Jewlia, Jazzy, Jada and Ry

Hayden Hoxsie Nys
June 16, 2009



Happy 5th Birthday Hayden!
We think about you every day.
We love you!
Mom, Dad, John, Elijah & Ella

Trevor Reiche
May 18, 2012



We all love you and miss you.
Love, Mommy, Daddy, Jordan,
Brendan, and Jayleigh.
Our sweet angel.

Happy Birthday
Kwynn Dallie Fowers
May 1, 2013 - September 26, 2013
Forever in our hearts!

We love and miss you so much!
Love,
Daddy (Daniel),
Mommy (Jennifer),
Wylie, Anastasia, &
Titan Fowers



Happy Birthday
Dylan Mason Lucas
May 20, 2013

THOSE WE LOVE
WE NEVER LOSE,
FOR ALWAYS THEY
WILL BE LOVED,
REMEMBERED AND
TREASURED
ALWAYS IN OUR
MEMORY.

Utah Share would like to thank...

Jenn Zollinger donation in memory of Zoey Brenlyn Zollinger



Sandi Hendry and Minky Coutoure



Ashley Parker donation in memory of Zoe Parker

White Rail Ward Young Women donation in memory of Benson Russell Engstrom

JaLynn Larsen donation in memory of JaLynn Blake Larsen

Heather Glen and her **Layton Relief Society group**

Angel Outfitters



Naomi Brower



Weber County 4H

Utah Share is a non-profit organization with 501(c)3 status, supported solely by private donations.

Monetary contributions are always appreciated and are tax deductible.

You can donate online via paypal or you may also mail donations to:

Utah Share, 1178 Homestead Ln. Fruit Heights, UT 84037

Your financial support helps more than 100 families each year. Thank you for making a difference.



Safe Arrivals



Todd and Sheri Zuech are very excited to announce the safe arrival of their rainbow baby

MaKayla May Zuech

April 11, 2014,

7lbs 1 oz 19 1/2 in. at 6:26 p.m.

Sister to Naquelle, Nevaeh and angel brother Trey

Canyon Rey Womack

born April 2nd 2014 to Sherlene and Micah Womack

Breckenridge Ledger Sube

Born March 13, 2014

He is watched over by

his angel sisters

Chloee and Bree-Elle Sube and welcomed by parents

Jake and Denise Sube and

big brother Tyson

Inspirational Messages

Calling Daddy From Heaven

I'm calling you, Daddy, from Heaven Because we are apart,
But the phone won't ring on earth today; In heaven we call heart to heart.

I just want to say, "I love you," And I think of you each day.
I hear you say you love me Each time you kneel to pray.

Sometimes I watch you working At a job you do so well. I tell all my friends in Heaven,
"That's my daddy, and ain't he swell!"

I'm working on a project To send you as a gift, And when you finally see it,
Your spirits will really lift.

I'm painting lots of colors All across the sky,
And after rain you'll see them And know we never die.

I'll also paint some flowers And send them down to you.
They'll look so fresh and pretty In the early morning dew.

But best of all, I'll take some notes Of all the things I love,
So you can read my journals When you meet me here above.

Your name will cover pages Of my moments to be shared;
You'll see how much you've meant to me
And how very much I cared.

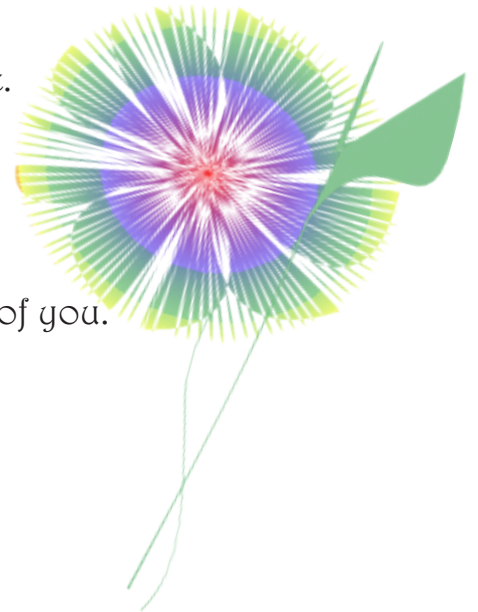
Then, I'll have story time with Jesus And he'll tell me stories of you.
I'll listen with a smile Of all the things you do.

He'll tell me of your kindness And the smile upon your face,
The way you make the world A really nicer place.

Of all the things I ever do, This will be the best;
I'll ask the Lord to Bless you, My very own request.

And tonight when you are resting From the day you've spent so well,
I'll whisper in your ears All I have to tell.

And as I hold you through the night, This is what I'll say,
"I'm proud to call you Daddy on this special Father's Day."



Inspirational Messages

What makes a Mother?

I thought of you and closed my eyes
And prayed to God today.
I asked what makes a Mother?
And I know I heard him say.
A Mother has a baby
This we know is true.
But God can you be a Mother
When your baby's not with you?
Yes, you can He replied
With confidence in His voice
I give many women babies
When they leave is not their choice.
Some I send for a lifetime
And others for a day.
And some I send to feel your womb
But there's no need to stay.
I just don't understand this, God
I want my baby here
He took a breath and cleared His throat
And then I saw a tear.
I wish I could show you
What your child is doing today.
If you could see your child smile
With other children and say
"We go to earth and learn our lessons
Of love and life and fear.
My Mommy loved me oh so much
I got to come straight here.
I feel so lucky to have a Mom
Who had so much love for me
I learned my lesson very quickly
My Mommy set me free.
I miss my Mommy oh so much
But I visit her each day.
When she goes to sleep
On her pillow's where I lay.
I stroke her hair and kiss her cheek
And whisper in her ear
'Mommy don't be sad today
I'm your baby and I'm here.'"
So you see my dear sweet one
Your children are OK
Your babies are here in My home
And this is where they'll stay.
They'll wait for you with me
Until your lesson is through
And on the day that you come home
They'll be at the gates for you.

"She died. I birthed her. I held her
body and said goodbye, but it was
not goodbye. It was an end, and a
beginning. I carry her with me still.
It is impossible for me to do
otherwise. This is not a choice. It
simply is."

- Beth Morey

Not Like You by Sheri Hess

I am a mother, though not like you.
You cradle your sweet baby in your arms,
Mine are empty, but I hold him in my heart.
You brush her soft curly hair,
and tie pretty pink bows just right.
A lock of his hair is tucked neatly in a book
You pick daisies and tie them in a chain
to wear around her neck
I cut lilacs and arrange them in a vase to set at
his grave.
You look forward to dreams and plans.
I hold on to memories.
I am a mother,
though not like you.
In Memory of Dakota Rain Hess



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Our Mission

The mission of Share Pregnancy and Infant Loss Support, Inc. is to serve those whose lives are touched by the tragic death of a baby through pregnancy loss, stillbirth or in the first few months of life.

The primary purpose is to provide support toward positive resolution of grief experienced at the time of, or following the death of a baby. This support encompasses emotional, physical, spiritual, and social healing, as well as sustaining the family unit.

The secondary purpose of Share is to provide information, education, and resources on the needs and rights of bereaved parents and siblings. The objective is to aid those in the community, including family, friends, employers, members of the congregation, caregivers, and others in their supportive role.

Find us on Facebook under "Utah Share"



touching lives... healing hearts... giving hope...
www.utahshare.org and www.utahshare.org/newsletter

Pregnancy & Infant Loss Support, Inc.

