

## Support Group Meeting Schedule

### UPCOMING MEETINGS:

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

• **May 7** •

Topic -

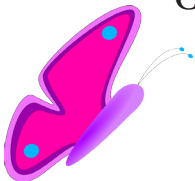
*How Loss Changes You*



• **June 4** •

Topic -

*Grief and Anger*



• **July 2** •

Topic -

*Friends and Family*

• **August 6** •

Topic -

*Subsequent Pregnancy*

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](http://www.utahshare.org)

## BABIES WHO HAVE TOUCHED OUR *Hearts*

**Daymien Stuart Gordon**

February 22, 2015

**Takulua Iherani Jonaias Hanisi**

February 23, 2015

**Elliana Jealynn Mitchell**

October 24, 2014 -  
February 28, 2015

**Kaveri Genevieve Hale**

February 19, 2015 - March 8, 2015

**Carolyn Esther Lloyd**

March 13, 2015

**Owen Scott McLachlan**

March 14, 2015

**Jack Patrick Rogers**

March 24, 2015

**Ruby Klein**

April 9, 2015

**Baby Girl Kohles**

April 10, 2015 - April 16, 2015

**Fedelico Justice Montoya**

April 21, 2015

*Due to limited resources, Utah Share only mails out a hard-copy newsletter to parents who experienced a recent loss. For the next edition of the bi-monthly newsletter, visit [www.utahshare.org/newsletter](http://www.utahshare.org/newsletter) to view the online version or download and print off a copy.*

# Teaching Others About Our Grief

By Sandy Fox

Author of "I Have No Intention of Saying Good-Bye"

January 4, 2007 by The Grief Blog

We cannot expect others to understand how we feel after the death of a child, especially if they have never gone through it. Sometimes we get angry at how friends or relatives react and respond to us. They don't know what to say or how to say it and often they say it wrong, not meaning to be cruel, but not knowing any better.

We have a choice. We can be bitter and resentful to others or we can help them understand and be part of our grief journey. What follows are what I call "10 Grief Lessons for Others." By sharing these lessons with those close to you, a new level of understanding between you and others can help you down that long difficult road to recovery.

1. **BE THERE FOR ME.** If you are my friend, reach out, talk to me, hold my hand, hug me. Know that even though we may say we are all right, we will never be all right again.
2. **WE ARE DIFFERENT.** Understand that what has happened will change us forever and if you are my friend, you will accept me for what I have become, for who I am now, a person with different goals and different priorities. What was once important to me may no longer have any meaning.
3. **BE A GOOD LISTENER.** We want above all else to talk about our children. To us, they will always be alive in our hearts, and we don't want others to forget them either. Don't be afraid to mention their names in our conversations. They were real people at one time, even though they are no longer with us. They had hopes and dreams we'd still like to share with others. Please don't pretend they never existed.
4. **NO ONE ELSE KNOWS HOW I FEEL.** We all grieve differently, even husbands and wives. Please don't tell me you know how I feel. You don't. Rather than asking me, "How are you feeling?" ask me "What are you feeling?" I can probably give you a more honest answer.
5. **I MAY GRIEVE FOR A VERY LONG TIME.** There is no set time limit to my grief. It may take me two years; it may take me five years. I have to do what is comfortable for me. Be patient. I will do the best I can in whatever amount of time it takes.
6. **KEEP IN TOUCH.** Call me once in a while. I promise to do the same. Invite me to lunch or to a movie. I will eventually go, because I will eventually feel better. Don't give up on me and don't forget me. I am trying to do the best I can right now.
7. **I MAY CRY AT TIMES IN FRONT OF YOU.** Please don't be embarrassed, and I won't be either. Besides being a natural emotion, crying is also a cleansing emotion. By crying I can relieve a lot of anger, frustration, guilt and stress. And best of all, I feel much better after a good cry.
8. **I PUT A MASK ON FOR THE PUBLIC.** Don't assume just because I am functioning during the day that I am "over it." I will never get "over it." I try to function normally because I have no other choice. You should see me when the day is over, and I am in the privacy of my own home and free to let my emotions out. My day mask comes off and I am just a mother, aching for her child.
9. **SOME DAYS MAY BE OVERWHELMING.** The slightest thing can trigger a bad time. It can be a song, a place I go, a holiday, a wedding or even smells or sounds. If I break down and start crying or seem to be in another world, it is because I am thinking of my child and longing for what I will never have again.
10. **LET ME DO WHATEVER MAKES ME HAPPY.** Don't think me strange if I want to go to the cemetery a lot, if I want to buy a brick in honor of my child in every new building in town, or if I want to try to get new laws passed to keep this world safe for our children.

## *Inspirational Messages*

### Hi Mommy

It's me, your little Angel  
Just checking in with you.  
I know you're sad  
because I'm gone,  
and Mommy I'm sad too.  
It's beautiful here,  
wherever I am,  
there's such a lovely view.  
But mostly when I'm sitting here  
I'm looking down at you  
I see all your feelings,  
everyday when I look down,  
I love to see you smile  
and I know sometimes you frown  
But guess what?  
I have a job to do.  
God saved it for your little girl.  
I get to watch over you  
and protect you from the world.  
So though you cannot see me  
and I know it's hard on you,  
You'll surely see the benefits  
of the job God has me do.

Author unknown

### DADDY

DON'T CRY FOR ME DADDY  
I AM RIGHT HERE  
ALTHOUGH YOU CAN'T SEE ME  
I SEE YOUR TEARS  
I VISIT YOU OFTEN  
GO TO WORK WITH YOU EACH DAY  
AND WHEN IT'S TIME TO CLOSE YOUR EYES  
ON YOUR PILLOWS WHERE I LAY  
I HOLD YOUR HAND AND STROKE YOUR HAIR  
AND WHISPER IN YOUR EAR  
IF YOU'RE SAD TODAY DADDY  
REMEMBER I AM HERE  
GOD TOOK ME HOME  
THIS WE KNOW IS TRUE  
BUT YOU WILL ALWAYS BE MY DADDY  
EVEN THOUGH I'M NOT WITH YOU  
I AM DADDY'S LITTLE GIRL  
WE WILL NEVER BE APART  
FOR EVERY TIME YOU THINK OF ME  
PLEASE KNOW I'M IN YOUR HEART.  
I LOVE YOU DADDY!  
YOUR BABY GIRL  
(AUTHOR UNKNOWN)

THE BEST AND MOST  
BEAUTIFUL THINGS IN THE  
WORLD CANNOT BE SEEN,  
NOT TOUCHED, BUT ARE FELT  
IN THE HEART.



~HELEN KELLER



## Birthdays In Memory Of



June 16th

Happy 6th Birthday Hayden Hoxsie Nys!

I love you forever and always!

Mom

Happy birthday Trevor.

May 18 2012

We all love and miss you.

Love mommy, daddy,

Jordan, Brendan, and Jayleigh.

*Utah Share would like to thank...*

**Erica Baron**

donation in memory of  
'Aulani Baron

**Sarah Webster**

donation in memory of  
Gracie Webster

**Feed Dogs Quilt Guild and**

**Sarah Naegle**

donation in memory of  
Ryan Naegle

**Sherrie and Keven Clemens**

donation in memory of  
Luca Deon Clemens

**Ryan and Heidi James**

donation in memory of  
Luca Deon Clemens

**Travis and Natalie Clemens**

donation in memory of  
Luca Deon Clemens

**Ross and Norma Kennedy**

donation in memory of  
Luca Deon Clemens.

**Debbie Cutler**

donation in memory of  
Luca Deon Clemens.

**Janica Cheney**

donation in memory of  
Jace Paul Melefsky

**Lainie Elmer**

donation in memory of  
Joey Paige Elmer

**Twin Stitchers**

donation in memory of  
Ester Rose Davis

**Carina Modesitt**

donation in memory of  
Dustin James Rasmussen

**Melissa Russell**

donation in memory of  
Abigail Noelle Russell

**Sharon Johnson**

*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.*



## Want to Give Back? Here Are Some Tips For Donating

As an organization, Utah Share relies on your donations to help meet the needs of the families we serve. We take a variety of donations, ranging from stamps and mail cards, to blankets and clothing for hospitals packets.

Our needs are always changing, based on the number of losses we are called to attend, particularly when it comes to clothing and blanket donations.

While we are always happy to accept your donation, a few things will help us maintain an adequate stock of supplies without having to store items long-term before they are needed.

- Before planning a donation, always check our donation page at [www.utahshare.org/donate](http://www.utahshare.org/donate) to see a list of current needs. You can also contact our donation coordinator, Jenn Zollinger, at 801-690-6057 or [jenn@utahshare.org](mailto:jenn@utahshare.org) with questions on what items can be used.
- When it comes to clothing items, please cap your donation at 25 items (or 25 sets, if making complete packets). This will enable more people to donate without creating back stock that will sit for years unneeded. We use more x-small/small sizes than large, so take that into account when planning your quantities.
- When possible, donate clothing items in sets (matching gown and blanket). While single items are also appreciated, sets are easier to organize in our donations. When donating single items, basic colors and patterns are easier to match up when making packets. We always have hats in stock to match any sets that we receive.
- Consider picking up an extra box of Ziploc bags



Clothing packets donated in memory of Letha Hackford.

or a book of stamps the next time you are at the store. Those are two items we are always using.

- Monetary donations are always welcome (via check or PayPal at [www.utahshare.org/donate](http://www.utahshare.org/donate)) and help fund items such as the alginate we use to take hand and foot impressions in the hospital and the chemicals that we use to create the keepsake molds we provide to families.

Thank you for helping us continue to meet the needs of families in Weber and Davis Counties! If you would like to make an immediate donation of items that we are not currently accepting, there are three additional Share chapters in Utah that might be in need. Their contact information can be found on our website.



### Submit Your Logo Design for the Annual Walk to Remember

Each year in October Utah Share holds a “Walk to Remember.” We are now accepting submissions for the logo for the t-shirts/hoodies. Please submit designs to: [shenara@utahshare.org](mailto:shenara@utahshare.org)

For past designs please see photos on our Utah Share Facebook Group. All submissions will be considered. Please submit your design before July 11, 2015. Thanks for all of your support. We look forward to seeing you in October!

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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"



www.utahshare.org and www.utaishare.org/newsletter

