



Helping After Neonatal Death
 Post Office Box 341
 Los Gatos, California 95031-0341

(888) 908-4263
www.handonline.org
info@handonline.org
www.facebook.com/handonline

2013 Annual Letter

“There is, I am convinced, no picture that conveys in all its dreadfulness, a vision of sorrow, despairing, remediless, supreme. If I could paint such a picture, the canvas would show only a woman looking down at her empty arms.” -Charlotte Bronte

Helping After Neonatal Death is closing its 29th year providing grief support services to families who have lost a child before, during, or shortly after birth. HAND is run exclusively by volunteers – all bereaved parents – in Northern California and the Central Valley. HAND relies entirely on your support so grieving parents can receive our services for free.

Grieving Parents Need Our Help

According to a July 2013 study by the Center for Disease Control and Prevention, in the United States annually there are 600,000 miscarriages, 26,000 still births, and 18,000 infants who die before their first birthday. HAND alone received over 100 calls for help this year.

Particularly around holiday times, grieving parents may dread the happiness and celebration that occurs because they may not feel the same joy and anticipation others do in preparing for these special days. Holidays may magnify the void left in their life when their child died. HAND offers help through various services for parents by other parents, professionals, and supportive volunteers.

Service of Remembrance, October 13, 2013

On a beautiful sunny Sunday afternoon at Sanborn Park in Saratoga, CA, HAND hosted its annual Service of Remembrance to celebrate the memories of our precious babies. The service had music, poetry readings, and a potluck meal afterward where parents could reconnect with old friends or make new ones with families who have experienced the loss of a baby. Pictures follow on the next page.

“What HAND Means to Me”

We asked parents what HAND means to them, and here are some of their thoughts:

- *My son died almost 3 years ago. I was blessed to have so much support and love. I know there are many who are not as rich in support. This is our first Service of Remembrance. We hope to come each year so that our surviving twin will remember he has a brother.*
- *HAND has helped me know that I am not alone, that my child has friends to play with in heaven, that this is not a grief I bear alone. Thank you!!!*
- *We really appreciate HAND. We come as a family to support my sister-in-law and others. It was a really good outcome this year.*

Continued on next page...

Serving parents and healthcare providers since 1983

- I would like learn more about volunteer opportunities at HAND, please contact me
- I would like to continue to receive information from HAND
- Please remove me from your mailing list

Provide us with any updates to your information:

Name _____

Organization _____

Address _____

City / State / Zip _____

E-mail _____

Home Phone _____

Work Phone _____

Cell Phone _____



Mission: To help parents, their families, and their healthcare providers cope with the loss of a baby before, during, or after birth
Services: Peer support groups, Telephone support, Hospital visitation, Lending library, Website, Social Media, Community education, Publications, Service of Remembrance

President: David Haan
Secretary: Eddie Vergara
Treasurer: Patti Nakamura
Alameda/Contra Costa Area: Kelly Symons
Central Valley Area: Ami Mishler
Directors: Shirley Choy-Marshall, Janice Kelley, Nadine Silverstein, Stephanie Vergara

2013 Annual Letter, Page 2



HAND's Annual Service of Remembrance, October 13, 2013

How You Can Help

If HAND has positively affected you, giving back can be a powerful way to remember your own lost little one(s). These are some of the ways you can help support HAND's mission:

- Volunteering time to support families in need. We currently have need for south bay and east bay phone volunteers, south bay grief meeting co-facilitators, east bay grief meeting facilitator, social media volunteers, and more. Please contact us at volunteer@handonline.org or 888-908-4263 if interested.
- Providing a financial contribution to make it possible for HAND's to offer services and materials at no charge to newly-bereaved families.
- Talking about HAND to others, which can be especially helpful, reminding people that pregnancy and infant loss is common, and that HAND is available to help.

I wish you all a safe and happy holiday season.

Sincerely,

David Haan | President, 2013
Forever remembering Samantha Michelle and Katherine Hope Haan

Serving parents and healthcare providers since 1983

YES, I want to continue to support HAND's important work!

Donate online at www.handonline.org, or...

Mail a check or money order payable to: HAND, P.O. Box 341, Los Gatos, CA 95031-0341

\$500 \$250 \$100 \$50 Other: _____

My company has an applicable gift matching program (please include appropriate paperwork)

Donation is in honor/memory of: _____ Born/Died: _____

I am donating on behalf of another family; please send a gift acknowledgement to:

Name _____

Address _____

City/State/Zip _____

HAND is a California 501(c)(3) nonprofit organization. All contributions are tax deductible.