



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

2016 Annual Letter

“You were carried for only a moment, but you are loved for a lifetime”

- *Unknown*

Dear HAND Families-

Helping After Neonatal Death is closing its 32nd 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 the Bay area. HAND relies entirely on your support, so grieving parents can receive our services for free.

Grieving Parents Need Our Help Though we would like to believe in a world in which infant loss doesn't happen and grieving families are not in need, that is not the case. Everyday more and more families are in need of a helping hand to support them at this difficult time. HAND currently runs grief group support meetings in the Los Gatos area; and fields support calls on a daily basis from grieving parents, families, friends and health providers. We provide local hospitals with materials to assist grieving parents and run two annual events celebrating the lives of the babies we have lost. All of these services are provided by our selfless volunteers who need your help. We were lucky enough to have 2 new volunteers join us in 2016, but we are always looking for ways to reach more families and provide more support for those who are grieving.

Service of Remembrance, October 2, 2016- HAND families joined together on a brisk Sunday afternoon to celebrate the memories of all the precious babies gone to soon. We moved SOR to a new location this year, and though we missed the beauty of Sanborn, this provided us with a great space to honor our loved ones. HAND families spent the afternoon reflecting upon their losses and gathering strength among those who understand the path we are walking.

HAND HOLIDAY CRAFT NIGHT, December 1, 2016- For the past few years we have held a Holiday Craft night, giving families another chance to come together. This is a wonderful family event allowing attendees to create a memento in honor of their children.

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: Kelly Symons
Secretary: Nancy Pierce
Treasurer: Patti Nakamura
Directors: Janice Kelley, Nadine Silverstein, Stephanie Vergara, Eddie Vergara, Diane White and Heidi Leaman

2016 Annual Letter, Page 2

“What HAND Means to Me”

We asked parents what HAND means to them, and here are some highlights:

- *“HAND gives us an extended group that understands all we have been through and makes us feel we are not alone in our pain.”*
- *“HAND is a support system for our whole family. The meetings allow us to share and remember our child.”*
- *“HAND has given us the best support from day one. The phone volunteers and group meetings have provided light in a dark time.”*

HAND and YOU

As the year closes and we look to 2017 you may be looking for a way to give back. HAND is always in need of new volunteers to help us continue to support those dealing with new and past losses. Sadly, this year we had to temporarily stop our support meetings in the Modesto and East Bay areas. We are looking for new meeting facilitators to help in those areas, as well as, some new phone volunteers. If you are interested in either of these roles please reach out to us at info@handonline.org. We would love the New Year to bring more volunteers to our HAND family.

Ways you can help support HAND’s mission:

- Volunteer time to support families in need. As mentioned we have various positions available for those looking to donate their time. Please contact us at info@handonline.org or 888-908-4263 if interested.
- Provide a financial contribution to make it possible to offer HAND’s services and materials at no charge to newly-bereaved families.
- Talk about HAND to others it 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,

| Kelly Symons | President, 2016
 | Forever remembering Hadley Avery Symons

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.