



Helping After Neonatal Death
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2018 Annual Letter

“Grief is like the ocean; it comes in waves ebbing and flowing. Sometimes the water is calm and sometimes it is overwhelming. All we can do is learn to swim”

- Vicki Harrison

Dear HAND Families-

Helping After Neonatal Death is closing its 35th 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

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

Service of Remembrance, October 7, 2018

HAND families gathered again on a beautiful Sunday afternoon at The Quinlan Center in Cupertino, to celebrate the memories of our precious babies. This gathering allows families to honor their child(ren) and to reconnect with old friends or make new ones with families who have experienced the loss of a baby.

Holiday Craft Night, December 6, 2018

We hosted a family craft night in December. The holidays can pose a harder time for those who are grieving. Our annual craft night gives families a time during the holiday season to join together and comfort one another.

“What HAND Means to Me”

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

- *My baby’s death is still really fresh and the only support I have had is a phone call with a HAND volunteer. She was very helpful. I am still struggling, but I hope to use HAND more in the future to help me through my pain.*
- *HAND is an awesome group of people who share a common life experience- being there to help, support and love.*
- *HAND has been a great support and resource. It has been helpful to meet families with similar experience and to have a place to talk about our daughter.*

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, Quarterly newsletter, Lending library, Website, Social Media, Community education, Publications, Service of Remembrance

President: Kelly Symons
Secretary: Nancy Pierce
Treasurer: Matt Symons
Directors: Janice Kelley, Heidi Leaman, Nadine Silverstein, Stephanie Vergara

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HAND and You

As we close 2018 we give thanks to our wonderful volunteers. If you are looking for a way to give back to HAND we are always in need of volunteers. We have not been able to resume our support groups in the Central Valley or East Bay as we had hoped to in 2018. We are also always in need of phone volunteer to field calls from bereaved families Please reach out to us at info@handonline.org.

These are some of the way you can help support HAND's mission:

- Volunteer time to support to families in need. There are small and big ways to help others, 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 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 2019.

Sincerely,

Kelly Symons, HAND President, 2018

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.