
HANDPRINTS



Volume 4 Issue 1

Winter 2003

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Helping After Neonatal Death
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Giving What I've Received

By Belinda Spallas

It has been five years last December since I've lost my daughter, Lauren. I can't believe it has been that long. Most of the time now it's not as raw, but sometimes I see a little girl about the age my daughter should be, and it really hurts. My daughter was delivered by emergency cesarean four weeks early because she was breech and I was in early labor. We soon discovered that one of her organs had failed during her development and did not allow her other organs to fully develop. We were told that she could not survive. We were shocked and devastated but we knew we wanted to hold her. We spent a lot of time holding her, but later in my grief, I felt as though I didn't hold her enough. Grief is cruel that way. It brings up unfounded guilt. It also haunts you with question of why did this happen, but you never really know why. I received a pamphlet from HAND in the hospital and later made the call for support. I know it helped me so much to be able to go to meetings and just sit and listen. At first, my husband had to do all of the talking because I just fell apart. Later when I could talk, it was great to talk to the other parents because it was not like talking to anyone else. They really understood what I was feeling. I attended support group meetings two times a month for a year and it helped me through my darkest times.

Last year I called my area coordinator and told her that I wanted to volunteer because I had some spare time. I knew from the beginning, that when I was strong enough, I wanted to help. Now I volunteer as a telephone support person to bereaved parents in the East Bay Area. I call people that have called HAND and requested to talk to someone for further information and support. The parents I talk to have had a very recent loss, so I am pretty much on the front lines. When I make contact, I try to feel out what each person needs. Some people are calling for information on a support group, some want support online through our eGroups and some just really need to talk. Most often it is the mom that calls, so I always offer to spend time talking with the dad also. I don't feel like the fathers get enough support while grieving. I make sure I have some quiet time in my schedule to talk with these parents, so I can really listen. It seems to help when I share some of my story of how I lost my daughter. I want them to know that their loss of a baby is as important as any other loss. It is nice because my husband is willing to share and talk to grieving dads also. It's tough emotionally for me to hear their stories, but this is something I can do

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HAND

Helping After Neonatal Death is a non-profit 501(c)(3) organization that helps parents, their families, and their healthcare providers cope with the loss of a baby before, during, or after birth.

Business Contact Information:

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Central Valley
Santa Clara County
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(888) 908-HAND (4263)

Visit our Website:

<http://www.handonline.org>

HANDPRINTS

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to help. Sometimes other people call on behalf of bereaved parents and request information by mail. I know it is important to get information to grieving parents any way I can.

I personally get so much out of volunteering. I think people who have been helped should do something to give back. It is nice feeling to volunteer and I do it because I want to and not because someone is forcing me. I am glad that I'm able to help somebody else and give back what I've received. Volunteering also helps me remember my daughter and share her story. When I listen to other parents, I am reminded of special memories with Lauren. It keeps her fresh in my memory and validates that she was here and a part of this world. ❖

Alexandra Eliza

Silently you came into this world
"No baby's heartbeat," I was told
You were 38 weeks and 2 days
Peacefully sleeping
You were placed in my arms in a soft pink dress
I held and admired your beautiful lifeless body
Checked for all your toes and fingers, too
I kissed you gently and held you in my arms
You were all that we had wished for
I hope one day I will understand
Why you didn't get to stay.

by Rosalina Gonzales

HAND Invites You to Volunteer!

Volunteers run HAND and we would like to invite you to join us. Below are some of the current needs with a brief outline of what they entail. Please contact HAND if you'd like additional information or would like to volunteer your time. Training is provided!

- **Newsletter:** Writers are needed to contribute to the parent newsletter.
- **Phone Volunteers:** This is usually done by people who have experienced a pregnancy or infant loss. We have a special need for Spanish speaking volunteers.
- **Support Group Facilitators and Co-Facilitators:** Lead Facilitators usually have experienced a pregnancy or infant loss, but Co-facilitators can be trained volunteers.
- **Web Site Assistant:** Working with the Web Editor to write and develop new areas for the website.
- **Program Development:** Looking at how our services are structured (Training's, Outreach, Support Groups, etc. Some of these projects are short term... some are ongoing. ❖

WHAT'S NEW @ HAND

Please welcome Heidi Olson as our new President of HAND's Board of Directors, and graciously thank Craig Pampeyan for serving as our President in the year 2002. Thank you both for your continuing commitment to helping others and reaching out through HAND. What you do matters to so many! ❖

And now a message from the President...

On September 18, 1992, my son Jacob was born. Very loved, very wanted and already a very important part of our family. A beautiful boy with honey-blond hair, flawless skin and a face we'd always known. Apgars were read, 9 and 9. He was every mother's dream. He died in my arms nine days later...from complication of his treatment for a Group-B Strep-related infection.

I attended my first HAND meeting two weeks later. I was only just embarking on this long and painful journey but found solace, support and understanding within this organization. I found other families willing to listen and share. Parents who had experienced the same roller coaster of emotions and knew the same sense of loneliness and bottomless grief. Mother and fathers who were making the same painfully slow progress with the same setbacks. And volunteers reassuring me I was normal and that really, there was no timetable for recovery.

Over the years, I came to realize that if any good were to come of this – it would be up to me to make it happen. Jacob would depend on me for his immortality and, as his mother, I could make his life stand for something by growing from the experience and allowing his life to touch others through me.

I assumed the role of coordinator for the Alameda County chapter of HAND in 1994 and have participated in about every facet of the agency. Most of my work occurred in the hospital -- in labor and delivery, the emergency room and in pediatrics with parents who had just lost a child. I like to think of this work as a partnership I share with my son. Me, taking a parent's hand...Jake, taking a child's.

In January of 2003, I assumed the role of President of HAND's Board of Directors. I'm very excited about the opportunities this will present and am looking forward to recruiting and training other volunteers for whom HAND was also a meaningful and important part of their healing. There are so many ways to help HAND out - from one time fundraising BBQs (fun for the whole family!) to serving on the Board, to supporting HAND's services to grieving families so in need of our help.

HAND is an integral part of my life. I hope it will always be. If you're reading this, the agency has somehow touched your life as well. We are a small nonprofit organization that still holds fast to the ideology that brought us all together, the very thing I found at my first meeting, that kept me coming back and that made me want to give back what I had received: Acceptance, encouragement, information and support through the darkest period of my life – from others who understood my pain.

Please ...take a moment. Take two. Stop and reflect on what you found with HAND, what you didn't. What might you be able to offer? Any suggestions you may have that might help us improve? We want and need to hear from you! Heidi B. Olson, President, HAND ❖

Time Heals????

They say time will heal,
This hole in my heart,
How can that be true?
While we are apart?

A home for my baby,
Made safe, warm and strong,
My daughter, my angel,
We waited so long.

You grew in my heart,
I knew you so well,
They say time will heal,
I guess time will tell.

To hold you, to kiss you,
I would give anything,
Instead you're in heaven,
Hearing angels sing.

The hole in my heart,
Grows larger still,
This hole so painful,
They say time will heal.

By Anne Musial

To our
HAND volunteers:
Thanks
for making
a difference!

Kindness

Kindness is a language
We all can speak
Even the deaf can hear it
Even the blind can see it

Mother Teresa

About HAND...

Helping After Neonatal Death (HAND) is a California nonprofit corporation comprised of a dedicated group of parents and healthcare professionals. Our founder, Elaine Karas-Miller, was a Lamaze instructor. From her first Lamaze classes in 1981, two couples experienced neonatal deaths. The parents' grief and the lack of information or support available profoundly affected her. From this experience, HAND of Santa Clara County was founded and incorporated in 1981, and was granted 501(c)(3) status in 1984. HAND was formed as a grass-roots all-volunteer organization to meet the needs of grieving parents and to help them work through their profound grief in a healthy and supportive manner. We also work to increase the sensitivity of healthcare and mental health professionals who are involved in the death of a baby by helping them aid grieving parents more effectively and compassionately. HAND does not charge parents for our services.

In 2000, HAND of Santa Clara County merged with HAND of Alameda/Contra Costa County and established a service area in the Central Valley. At that time, we changed our legal name to Helping After Neonatal Death. Today, HAND continues to serve parents in the Northern California counties of Alameda, Contra Costa, Santa Clara, Stanislaus, and parts of San Benito and San Joaquin counties.

Much progress has been made in the past generation to improve prenatal care. Unfortunately, many babies still die each year. Some of these babies die in the early stages of pregnancy (miscarriage), some die in later stages (stillbirth), and others die just after birth (neonatal death). While the reasons for these deaths vary, the end result is that parents are left grieving the loss of a much-anticipated addition to their family. Parents experiencing the loss of a baby suffer tremendously, and often in silence. The death of a prenatal or neonatal baby is often not recognized for the loss which it is. Uninformed but well-meaning friends, family members, and healthcare and mental health providers can diminish the loss, add to their grief, or cause grief to be suppressed rather than handled in a healthy manner.

HAND's Mission is to be seen as the premiere provider of support services, information, and materials to parents and loved ones who have experienced neonatal death. Our Vision is to provide support services to every family who has experienced the loss of a baby. We strive to support all members of the community, independent of their economic or ethnic background.

HAND helps parents by providing information and peer support. Many parents benefit by sharing their experience with others. This interaction helps decrease their isolation, serves as a sounding board for their thoughts, and reassures them of the normal feelings of grief. HAND volunteers carry out our services, but are not professional psychotherapists and will recommend that anyone who needs additional support seek professional counseling. We provide these services:

- **Local Resource Libraries** containing materials about perinatal death including medical literature, statistics, books, and pamphlets which are all available for parents to borrow
- Copyrighted **publications**, written and published by HAND in both English and Spanish, are distributed nationally through hospitals and other support organizations, as well as provided directly to parents who contact HAND for support
- **24-hour x 365-day Telephone Support** provides parents with a supportive volunteer to talk with and, when necessary, crisis support. This program also provides information and a referral resource for parents and professionals
- **Peer Support Groups**, for grief and subsequent pregnancy support, offer regularly scheduled meetings in person or online through our **eGroups**. Parents can share their experiences, feelings, and talk with other parents who have had similar experiences

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- **Hospital Visitations** for parents in the hospital in the process of losing a baby, to provide on-the-spot comfort and guidance at a most critical point of need
- **Training** for volunteers interested in delivering phone support and peer support groups
- A **Web Site** (<http://www.handonline.org>) is maintained to provide on-line support information and information on our organization to parents and professionals with Internet access.
- **In-service Programs** for health providers educate and distribute information to support and care for parents who have experienced a neonatal death. Nurses, social workers, doctors, and office staff participate in these programs.
- **Handprints** is a **quarterly newsletter** published by HAND and distributed to parents, hospitals, and health providers as a source of regular information on bereavement issues and resources to our extended client population
- **Pregnancy Loss Awareness Month** is in October, and HAND sponsors a **Service of Remembrance** to provide parents with a forum to honor the memory of their lost babies

Over the past twenty years, HAND has relied on the dedication and generosity of our volunteers, who donate their time, money, equipment, and other resources to reach out and help other mothers and fathers in pain. Though not a requirement for participation, many of our current volunteers are themselves parents who have experienced first-hand the grief which accompanies a pregnancy or infant loss. It is only because of the courage and devotion of these volunteers that HAND continues to help bereaved families during their time of need. For nearly twenty years, parents looking for a way to honor the memory of their children, and acknowledge the support HAND provided them in their time of need, have stepped forward to volunteer their time and efforts to help newly bereaved parents through their grieving process. Volunteer opportunities range from occasional help to leadership roles, and training is available for volunteers interested in service delivery areas.

This newsletter is dedicated to all of our volunteers past, present, and future. Some of these volunteers and their roles are profiled in this newsletter as an example of areas where our volunteers contribute both in front and behind the scenes to support our parents in need. We appreciate them all. ❖

Invisible Wound

Life goes on all around me.
Others don't know, nor do they see.
My silent pain rages inside.
All I want to do is cry and hide.
Tears are falling like pouring rain, cold rivulets of icy pain.
My heart is empty and it feels so broke.
I try to talk, but I just choke.
This inner pain hurts so bad, as I think of all we could've had.
My empty arms ache to hold, but all that's felt is bitter cold.
But life goes on all around me.
Others don't know, nor do they see.

By Stephanie Marottek

*Parent Poems:*Babies, Babies Everywhere

Babies, babies everywhere,
Each time I see them I have to stop and stare.

I look at their hair and compare it to yours,
Straight or curly, it reminds me of you, of course.

Babies, babies everywhere,
Each time I see them I have to stop and stare.

I look at their parents and wonder, "Do they really care?"
I think, "This is not fair; why us and not them, the lucky pair?"

Babies, babies everywhere,
Each time I see them I have to stop and stare.

The pain is always more than I can bear,
Why must there be babies everywhere?

By Gina Glenn

Just a heartbeat

Just a heartbeat
Was all we prayed for

Just a heartbeat
Was all that was missing

Just a heartbeat
Silenced your cries

Just a heartbeat
Changed our joy to sorrow

Just a heartbeat
Turned our dreams into nightmares

Just a heartbeat
Separates us from you

Just a heartbeat
Until we meet again

By Paul Gee

Giving

I give myself to you
Little pieces at a time
A listening ear...a gentle hug

I give myself to you
Knowing you have nothing to give
But bitter tears...a breaking heart

I give myself to you
When you need it most
Guiding the way...comforting your fears

I give myself to you
Because someone once gave to me
Unconditional love...healing patience

I give myself to you
Hoping to make a difference
In your life...in mine

I give myself to you
Choosing to be a volunteer
Reaching out...helping others

By Darla Harmon ©2003
Dedicated to all Volunteers

Adriana

Adriana although I never knew you
I loved you from the start.
When the nurse put you in my arms
you were the most precious baby
that I ever saw.

I had so many plans for you and me.
The short five months that I carried you
I felt that I had already known you.
You were going to be my little girl, t
he little girl that I had dreamed of.
I wish I could go back and change
the time and day to the day that I first met you,
so I could tell you how much I love you.
Some said you looked like daddy
and some said mommy too!
But most of all I thought
you looked like you...I love you.

By Elaine Flores

From My Heart

Editor's Column

Finding Light In My Darkness

Every time I am with a newly bereaved parent, I am briefly pulled right back to day one of my own grief. It feels fresh and I still can't believe I survived such a tragedy. It also serves as a bucket of cold water, splashing over me, to remind me of why I want to help. Losing a child is so hard, and so few people have the skills to help a grieving couple, but no one should have to go through this terrible crisis alone!

Six months after my daughter died, I was in training to be a facilitator for an infant loss support group at Hospice of Modesto (before HAND came to Modesto). Although my experience of losing a terminally ill child was different than most parents who lost a child suddenly, there was such a great need for facilitators; that I was willing to give it a try. I immediately found the similarities that the damage losing a child does to a person, no matter if it was sudden or a prolonged death. Ten years later, I am still involved as a volunteer to support grieving parents. Now, I will admit that there are many other skills for which I'd rather be sought after; instead of sharing the loss of my daughter and the wisdom that comes with that. I didn't choose to be knowledgeable on infant loss; it chose me. That fact I can't change, but I can make something productive come out of my grief.

Early on in my volunteer career, I realized that I could not save the world from infant loss. I was only one person, and could only reach so many people. That is why I wanted to do this newsletter. It has nothing to do with news, and everything to do with reaching out to people that I could not ordinarily reach. For whatever reasons, not everyone can attend a support group. **Handprints** allows me to slip into your world and offer validation that you are not alone, information that you can use, but most of all, comfort for your weary soul. HAND has made it a priority to provide the **Handprints** newsletter to you for those very reasons and works hard to make it happen.

HAND is a very organized and well defined tool, just waiting to be used to help others. People volunteer with HAND for many reasons, to help others, to give back support that was received, self-fulfillment, in remembrance of a loved one, personal enrichment. But what I find most often, are people trying to make something right out of something in their life that is so wrong. So no matter what your skills or personal goals, there is a way to share your experience to lighten the load of others, and that should be a goal in life. Shouldn't it? *By Darla Harmon ❖*

It Was You

Our time together was so limited
 It was you who gave me so much joy when I became pregnant.
 It was your heart beating strong and fast in your pea-size body.
 It was your body intricately forming inside my womb.
 It was you craving glazed donuts, ice cream and root beer soda.
 It was you keeping me extra hot during heated summer days and warm during the cool evenings.
 It was you giving me pregnancy headaches, swollen hand/feel and a skin rash.
 It was your strong movements that caught my attention during the day and woke me at night.
 It was your hiccupping, kicking, and acrobatics in my womb that assured me you were thriving.
 It was you napping when I was in motion or driving.
 It was you recognizing my voice when I spoke to you.
 It was you who responded back when I rubbed my belly or when Kayla said, "Hello baby sister!"
 It was you, my precious one, who no longer had a heartbeat and stopped moving.
 It was you who was born so still and so beautiful to me.
 It was you who felt warm and cuddly in my arms.
 It was you, whom I held close to my chest and cried out from my heart,
 "I want you back, I want you back!"
 I have loved you all your life, Eryn

By Betsy Gee

Volunteers...In their own words

Craig Pampeyan:

After the loss of our daughter Emily in 1997, we began volunteering for HAND. At first, it was just another opportunity to be with the friends we had made through the support groups and help with small things that needed to get done (newsletter mailings, the Service of Remembrance). After a while, it became apparent that I could contribute to HAND in a much more significant way by helping on the business side so that most of the other volunteers could focus on service delivery and not fundraising. My volunteer service has covered many roles, including Secretary, Treasurer, and concluding my final term as President last December. Some of the other roles have included managing the mailing database for HAND, picking up and distributing the mail, and addressing legal issues such as copyright registration, articles of incorporation, and our relationship with State and Federal agencies.

Volunteering has been a way for me to give back to the community who helped us through our loss and health challenges with one of our subsequent children. It has also been a way to bring meaning, in some small way, to Emily's life by working toward building a sustainable organization that will be around for many years to help all parents in need. HAND was a significant part of our life during the first year of our grief, and in volunteering it has been a significant part of my life for the past 5 years. Though there have been ups and downs and times where it was hard to find the time to volunteer, I feel that the time that I have contributed to HAND is time I would have spent with my daughter, had she survived. I would be making time for her, so I make time for HAND.

Melissa Rodich-Washington:

I knew I wanted to volunteer after attending HAND meetings and knowing how much the organization helped me and my family I wanted to give back and help other parents. Every time I talk to a new parent I feel like I am honoring my little Hannah and helping in some way. Our little Hannah was born on March 19, 2000 at almost 21 weeks due to an incompetent cervix. Even though she was little she has taught us what is truly important in this world. I am married to a wonderfully supportive husband Vince who, together, we have found several special ways to remember our first daughter Hannah Grace every day. Vince has served on the HAND's Board of Directors. Our almost three year journey has come with many ups and downs, but together we always make it through the hard times. In May of 2002 we were blessed with a daughter, Lillian Grace, but we continue to honor Hannah's memory by volunteering.

Penny Garcia:

I have volunteered in a support group that dealt with the loss of a child. I was a co-facilitator with a very wonderful woman that had gone through an infant loss many years ago as well as the loss of an infant grandchild. I learned a great deal about the differences people have in the ways they handle grief as well as the similarities they share. I also did some phone support with one woman who said that she didn't have her husband's support in coming to group. I spent quite a bit of time on the phone listening as well as briefly sharing my story with her. She told me that I had helped her tremendously and that was a great feeling for me. My reason for doing it was I wanted to give back some of the support that I received when I was hurting so bad. After my loss I went on to have 2 children with the help of a wonderful doctor and the loving support of the pregnancy and infant loss volunteers at Hospice of Modesto. It was a very sad, scary time but I made it through and I look at my children today and see my little angel Jasmine shining in their eyes.

Martin Espinoza, Jr.:

It was the loss of two pregnancies (stillborn in both cases) that brought me to HAND. My wife and I became aware of HAND through the sensitive and caring counseling from volunteer Heidi Olson who was there for us right after we suffered our first loss. After witnessing how much HAND had helped us deal with our and other parent's losses, I wanted to give something back to this worthy cause. I am currently the Webmaster for HAND's web site, www.handonline.org. I've also helped with the HAND grief support meetings while living in Fremont. My wife and I have since been blessed with a daughter, named Rachel.

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Rachelle Diosdado:

My husband, Robert, and I lost our first child Andrew (born with Hypoplastic Left Heart Syndrome) in February of 1997. I am a registered nurse and began volunteering 3 years ago. I think I volunteer for the same reason everyone else does it. I do it to share Andrew's life with others. I hope I let people know how proud I am to be his mom and how happy his coming made us. My husband and I have had a subsequent child, a beautiful little boy named Sammy.

Robin Sotomayor:

After losing my first daughter, Kaela, to a full-term stillborn, I found myself at Community Hospice in Modesto. There they had a bereavement group. It helped me so much that 2 years later I came back as a volunteer facilitator. I had a need to help others that had gone through what I had and wanted to help them as those before had helped me. ❖

Together We'll Walk the Stepping Stones

Come; take my hand, the road is long.
 We must travel by stepping-stones.
 No, you're not alone; I'll go with you.
 I know the road well; I've been there.
 Don't fear the darkness, I'll be with you
 We must take one step at a time. But remember, we may have to stop awhile.
 It is a long way to the other side, and there are many obstacles.
 We have many stones to cross; some are bigger than others, shock, denial, anger to start.
 Then come guilt, despair, and loneliness.
 It's a hard road to travel, but it must be done.
 It's the only way, to reach the other side.
 Come, slip your hand in mine.
 What? Oh, yes, it's strong; I've held so many hands like yours.
 Yes, mine was one time small and weak like yours.
 Once, you see, I had to take someone's hand in order to take the first step.
 Oops! You've stumbled, go ahead and cry. Don't be ashamed, I understand.
 Let's wait here awhile and get your breath.
 When you're stronger we'll go on, one step at a time. There's no need to hurry.
 Say, it's nice to hear you laugh. Yes, I agree. The memories you shared are good.
 Look, we're half way there now, I can see the other side. It looks so warm and sunny.
 Oh, have you noticed, we're nearing the last stone and you're standing alone.
 And look, your hand, you've let go of mine. We've reached the other side.
 But wait, look back, someone is standing there.
 They are alone and want to cross the stepping-stones.
 I'd better go, they need my help.
 What? Are you sure? Why yes, go ahead.
 I'll wait, you know the way, you've been there.
 Yes, I agree, it's your turn my friend -
 To help someone else cross the stepping-stones.

By Barb Williams, TCF Idaho Falls, ID

HAND SUPPORT GROUP MEETINGS

Pregnancy and Infant Loss

Central Valley:

The first, third and fifth Sunday of the month. 7-9 pm.

Fremont:

The first and third Wednesday of the month. 7-9 pm

Pleasanton:

The second Thursday of each month. 7-8:30 pm

Santa Clara:

The first and third Thursday of the month. 7:30-9 pm.

Subsequent Pregnancy

Fremont:

The second Saturday of each month. 1:30-3:30 pm.

Santa Clara:

The second Thursday of each month. 7:30-9:30pm.

Subsequent Pregnancy Support Groups are available on an "as needed" basis. Please contact HAND for specific information on a group in your area.

For more information on any of the support groups, please call (408) 995-6102 or if you are calling outside the 408 area code, call toll-free (888) 908-HAND (4263)



On My Miscarriage

Endlessly it seems I dream.

I see your face.

The eyes that could have been.

The smile that should have been.

But you're gone, gone,

Left only to a mother's wistful memory and longing.

For a long while, I didn't allow myself to feel, to cry.

You were only 7 weeks...How could I dare to grieve

When other's losses were greater?

Yet the more I tried to rationalize your insignificance,

The more significant you became.

You came into my life for such a short time,

Yet your footprints linger in my heart.

Now I know I can never forget

My dear tiny one,

Your very significant presence

For just 7 weeks...

By Elaine Miller-Karas

Volunteer to Parent

What volunteer work do you do for HAND and why do you volunteer?

I just concluded my term as President, and have done mostly business roles for HAND — Secretary, Treasurer, grantwriting, database, mail, copyrights, and the like. I volunteer to contribute to an organization that has helped me and my family greatly, and to bring meaning to the loss of my daughter. My passion has been to build the foundation of the organization so that other volunteers can focus on service delivery without worrying about how to fund it or how to respond to State and Federal obligations. A friend likened this to building a memory garden or some other tangible monument, and, on reflection, I would agree. I volunteer to ensure that HAND will be around for a long time to support parents in need, just like my predecessors did to ensure that HAND was there for us.

– Craig

I help with the phones, inservices, and hospital visitations. I volunteer to give back in the memory of my son. I feel that I do something on a daily basis for my living children that is what I can do for my son.

– Carmen

Would you like to answer questions for the "Parent to Parent" Column?

Please contact Darla at handprints@handonline.org or (888) 908-HAND ❖

Donations Made By...

Thomas & Paula Book Jenna Kathryn Dale
 Georgine Boucher Hannah Grace West
 Bryan & Elizabeth Calhoun Madeline Lucille Calhoun
 Robert & Katherine Campbell Hope Therese Campbell
 Carlos & Sally Chavez Precious Angel Chavez
 Rito & Raquel Chavez Jasmine Raquel Chavez
 Cary & Megan Clark Tessa and Bridgit Clark
 Linda Cordano Cierra Linda Cordano
 Bud & Martina Cummings Tea Matty
 Keith Watson & Wendy Davidson Katherine Elizabeth Baldry Dole
 Art Gorman & Stephanie Ellis Cedar Jean Allisany
 Catherine Everson Baby Girl DiVerde
 Gerald & Margaret Gagle Garrett Hoffman
 Gregory & Stephanie Harrison Rachel Anne Harrison
 Paul & Betsy Gee Eryn Elizabeth & Rayna Belinda Gee
 John & Jean Heintzen Natalee Elizabeth Musial
 Randal & Shonna Helm Nathan Randal Helm
 Corey & Tina Johnson Connor Thomas Johnson
 David & Lia Katreeb Mathew William Katreeb and Andrew Diosdado
 Roshan Joyce & Lucy Vithayathil Arun Sebastian Joyce
 B.J. LaRock Jenner LaRock
 Jose & Jocelyn Leano Joseph Jonathan Leano, 6th birthday
 Lon & Jody Ledwith Monica Marion Ledwith
 Allen & Sharon Martin Claire Elizabeth, Isabelle Ruth and Colette Marion Martin
 Maris Meyerson in honor of RESOLVE
 John & Esther Mote Timothy James Mote
 Paul & Anne Musial Natalee Elizabeth Musial
 Loretta Pfaff honorarium for in-service
 Nino & Jackie Repetti Niccolo John Repetti
 Frank and Andrea Russell Alexandria Marie Russell
 Daniel & Erica Starks Savanna Oshun Holmes Starks
 Adolfo & Adela Voelker Abraham, Isaac and Jacob Voelker
 Vince & Melissa Washington Hannah Grace West
 Robert & Norma White Montana Lafayette White
 John & Jill Carr, Emil Jandourek, Janice Kelley, Pamela Poetsch, Subhajt Purkayastha,
 Robert & Susan Salutric, Walter & Eileen Sasaki, Dr. Theodore Zukin made donations in
 honor of HAND. **All donations are greatly appreciated!**

In Memory of...

RESOURCES

HAND of the Peninsula
 Post Office Box 3693
 Redwood City, CA 94064
 (650) 692-6655 crisis line
 (650) 367-6993 business office
Provides services to the San Mateo and Santa Cruz County areas.

Community Hospice, Inc.
 601 McHenry Avenue
 Modesto, CA 95350-5443
 (209) 577-0615
Provides support groups including "HUG" Hanging Up Grief - Childrens Support Group for ages 5-12.

Be sure to visit the Resource pages @ handonline.org for other grief-related support groups in Northern California.

Michael Miller Lucas

Two years have passed between us and still I hurt for you.
 Dreaming still of your small hands and the things they'll never do.
 Why didn't you stay my little one?
 So I could watch your romp and play and your little kisses know.
 I tuck your memory deep inside, but when I see little boys
 I think of all my dreams for you, and I ache for truck and toys.
 I ache for sticky fingers and scraped and skinned up knees.
 To see you running in the yard, your hair tossed in the breeze.
 Someday I'll know the reason yet right now I wonder why.
 And though I have my little girl for my little boy, I cry.
 Oh God, please give me comfort, on these days I can't get through.
 For when I awoke this morning my baby should be two.
 I miss him so...please hold him for this will always be his day
 And maybe he's more blessed than us to be with you today.

By Kay Kelsay

Subsequent Babies

Alyssa Renee Repetti
 May 8, 2002
 Nino & Jackie Repetti

Alexander Darius Pham
 January 3, 2003
 Pari and Hao Pham

Please note that the above parents have experienced a loss prior to the birth of these new babies.



Handprints Newsletter

Helping After Neonatal Death
Post Office Box 341
Los Gatos, CA 95031

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Handprints

Winter 2003

Handprints is a quarterly newsletter for bereaved parents. Contributions or donations made in memory of a special baby are always welcome and support HAND's mission to help grieving families.

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Donations made in memory of a baby will be acknowledged in the newsletter.

- Check if this is a renewal.
- Check if your address has changed.
- Check to discontinue receiving this newsletter.

HAND provides newly bereaved parents with this newsletter *free* for two years.

If you would like to subscribe, your donation is tax deductible. Please mail this form and your subscription/donation of \$20 or more to the address above.