

**Sharing Parents** is a Sacramento based non-profit organization devoted to supporting parents who have experienced the loss of a baby from the time of conception through early infancy.

**Our Purpose** is to provide a safe environment where grieving parents with similar experiences can come together and share their feelings about the loss and the love of their babies. Our meetings are also a place where parents express the love they have for their baby in their compassion for others, where they can give and receive emotional support by sharing common experiences and learn about the natural grief process while working through and resolving their loss.

**We Offer** a variety of meetings and support services that are designed to help parents throughout the different stages of their grief. There is never a fee to attend our meetings.

**Our Meeting Place**

Mercy Women's Center  
 650 Howe Avenue, Ste #530  
 Sacramento, CA 95825

**Our Mailing Address  
 & Phone Number**

Sharing Parents  
 P.O. Box 19538  
 Sacramento, CA 95819-0538  
 (916) 424-5150

**Upcoming Meetings**

August 8, 2010: Guest Speaker  
 September 12, 2010: Family & Friends  
 October 10, 2010: No meeting – Annual Memorial Ceremony  
 (All Volunteers)  
 November 14, 2010: Permission to Grieve / Father's Group discussion  
 December 12, 2010: Handling the Holidays

**Subsequent Pregnancy Meetings**

August 23, 2010 (7-9pm) Subsequent Pregnancy  
 September 27, 2010 (7-9pm) Subsequent Pregnancy  
 October 25, 2010 (7-9pm) Subsequent Pregnancy  
 November 22, 2010 (7-9pm) Subsequent Pregnancy  
 December No Subsequent Pregnancy Meeting

**Inside this issue:**

Message from  
 the President.....2  
 Guest Speaker info.....3  
 Remembering Our Babies...5  
 Sibling Support.....6  
 March of Dimes Walk.....7  
 Grieving Dads.....8  
 Safe Arrivals.....9  
 Love Gifts.....10  
 Butterfly Order Form.....11

**SAVE THE DATE**

*Sharing Parents of Sacramento  
 24th Annual October Memorial  
 Sunday, October 10, 2010 @ 3pm  
 McKinley Park Rose Garden  
 3330 McKinley Blvd, Sacramento, CA 95816  
 Special Time of Reflection ♥ Candle Ceremony ♥ Butterfly Release*

*Butterfly Order Forms & more information available in this issue.*

## Message From The President

**2010**

### **Sharing Parents Volunteers**

**President**

Kelly Joppa

**Vice President**

Kristie Avila

**Secretary**

Joanna Hurtt

**Treasurer**

Daryle Lozano

**Short Term Grief Coordinator**

Molly Lawrence

**Pregnancy Interruption  
Coordinator**

Amy Bourke

**Listening Line Coordinator**

Molly Lawrence

**Listening Line Volunteers**

Kristie Avila & Joanna Hurtt

**Oct. Memorial Coordinator**

Noel Lehman & Stacey Hisey

**Community Outreach**

Kelly Joppa

**Event/Fundraiser Coordinator**

Heidi Lozano

**Librarian**

Rebecca Erickson

**Newsletter Team**

Mia Omega & Brion Maciel

**Newsletter Assistant**

Heidi Lozano

**Newsletter Editor**

Heidi Lozano

**Webmaster**

Ken Hisey

**Volunteer Parents**

Eric Joppa, Deanna Lockhart,  
Shannon Anderson,  
Laura McHugh, Kristin Lunardi,  
Jamie Rose,  
Meghann & Phillip Hurt,  
Jennifer & Ryan Stiltz,  
Suzie & Brion Maciel,  
Michelle & Chris Peters,  
Lynne & Neil Genzel

The past three months have been an exciting time of celebration for the Sharing Parents volunteers. Three of our volunteer families have welcomed the safe arrivals of precious subsequent children. When I think of the tiny noses, feet and hands of Colin, Felix and Leah my heart is full of joy. It has been such a blessing to have walked with the Hurts and Genzels through the of loss their sons a few years ago and then experiences the stories of their pregnancies, births and now the sweet tales of their new little babies.

These babies are special in so many ways. Not only are they a beautiful statement of life; but also they show us the love and devotion that their parents made in taking each day of their pregnancies as a gift. Only after the loss of a child do you learn to be grateful for morning sickness, backaches, and NST appointments. We know that being pregnant does not guarantee having a baby. We learn to hear their tiny endless cries as the sweetest sound on earth and somehow view mid-night feedings as a special quiet time rather than an inconvenience. It is in these moments that we realize that our lost children do teach us about life and living.

Both my husband and I have shared with each other that when our daughter, Leah (born 6.29.10), sleeps we can see the angel sister Madison in her chin, mouth and eyes. At first, I felt awkward and unsure of what to think. However, after studying her tiny profile I found comfort in knowing that my heart still longs for Madison and that the beauty of her face is truly eternally embedded in my mind. As time goes on, my heart holds a special place for each of my children ... but Madison will always be my 1st love and little girl.

Please be sure to mark your calendars and save the date for the Sharing Parents annual October Memorial that will be held on October 10th at the McKinley Park Rose Garden. Bring your memories and tears. Bring your families and teach your children about the little life that did exist, but was taken too soon and now he/she now lives in your heart making you the parent/person you are today.

Thank you for your continued support of Sharing Parents. I wish you a special time of reading while you take a moment out to reflect on your baby and the impact their love made on your life.

Sincerely,  
Kelly Joppa  
"Madison's Mommy"  
Sharing Parents 2010 President

**Sharing Parents of Sacramento**  
**Special Guest Speaker – Mary S. Reigel MS. LMFT**  
**August 8, 2010 7pm**

**Mercy Women's Center**  
**650 Howe Ave, Ste #500, Sacramento, CA 95825**

Mary S. Reigel MS, LMFT, has been working in the field of death, grief and trauma since 1981. Initially specializing in survivors of homicide, suicide and accidental death, she was a liaison with the coroner's office and is a past Director of Grief Counseling for Suicide Prevention in Alameda County. As a grant recipient from California's Emergency Medical Services Authority (EMSA), Mary helped establish the Standard of Care of individuals and families used by firefighters, paramedics and police when death is determined at a 911 call. Founder of Grief Step™ Programs, her "Say the Right Thing, Do the Right Thing" training program has been taught throughout the U.S. and Iceland to emergency services.

Experienced in disaster mitigation, she was the director of the FEMA funded recovery programs for families who had a loved one die in the Loma Prieta Earthquake, 1989 and the Oakland Hills Firestorm in 1991. As part of an international search and rescue team she assisted the Peruvian Fire Department during the El Niño 1998 and the Canadian, Nova Scotian emergency services following the Swissair 111 crash that same year.

Mary is the CISM consultant and trainer for California's Department of Transportation (Caltrans). Since 2002 she has helped train staff at the Federal Reserve Bank, Atlanta in family notification, terrorist and disaster preparedness. In 2009, she presented a three day workshop "The Aftermath of Tragedy: Grief and Trauma" for the Department of Mental Health, Washington DC. She is an approved instructor for the International Critical Incident Stress Foundation. Her private practice is in Sacramento, CA.

[www.maryreigel.com](http://www.maryreigel.com)  
[www.griefsupport.org](http://www.griefsupport.org)

## **Help Share the Mission of Sharing Parents**

Before losing our babies most of us had no idea where to turn for support. Our Community Outreach volunteer team is working to get information regarding Sharing Parents into the hands of local funeral home directors, hospital labor and delivery departments, NICU's, Social Workers, Chaplains and anyone else that might have contact with grieving parents. We want to ask for your help in spreading the mission of Sharing Parents and distributing info about our support meetings to the community. Would you be able to deliver or provide the contact information for someone at your church, your OB, your therapist? We all know people who know people. Please join us in getting Sharing Parents info into the hands of professionals that can offer direction and guidance to grieving families.

To request brochures or to provide contact information for Sharing Parents to mail information please e-mail [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com)

## **When Families Grieve - Sesame Street Grief Kits**

Earlier this year Sesame Street developed a grief kit for children that have experienced the death of a loved one. When Families Grieve was designed to help your family sort through the complex emotions of grief and remember the life of a loved one while finding strength in one another. The kit consists of a DVD, a guide for parents and a children's storybook. All of the materials are available in both English and Spanish. The DVD features a story about Elmo and his family while they discuss and grieve the death of Elmo's uncle. It also includes interviews with children and their families as they discuss the deaths of various family members (to cancer, old age, tragedy, etc.) and how the children feel and ways that they have been able to survive the pain.

Sharing Parents qualified to receive free kits from PBS that we now have available to give to families that attend our meeting who have older children that are grieving the loss of their baby brother/sister. If you would like a free Sesame Street Grief Kit you are welcome to pick one up at any of our grief support meetings. We will also have kits available for distribution this year at the October Memorial.

# Remembering Our Babies With Love

Anniversaries, birthdays and holidays are difficult times for us. We remember with love....

## AUGUST

Rachel Kelley-Brennfleck  
Joseph Barrett  
Danielle Barrett  
Alyssa Amezcua  
Mallory Ann Bourke  
Rachel Joyce Encinas  
Sophia Isabella Ruiz  
Baby Willis  
Kyia Michelle Taylor  
Megan Margaret Murray  
Baby Locklear  
Jalen Joel Pearson  
Jacob Bradley Hurt  
Joshua Michael Davidson  
Zaia K'lea Marquez  
Dylan Riley Hogan  
Emily Maughan  
Noelle Marie Englefield  
Levi Peters  
Solange Christiane Mawet  
John Zander Jones III  
Joshua Bence  
Shelby Madison Greenough  
Talon Huizar  
Amelia Noelle Jaime  
Baby Ocel  
Masr Raine Taylor  
Baby Wilgus  
Baby Winings  
Baby Legrand

## SEPTEMBER

Tashia Elizabeth Barajas  
Jane Lee Saunders  
Timothy Daniel May, Jr.  
Gracie Elizabeth Aguilar  
Jeremiah Harrison Murray  
Julia Faith Murray  
Carter Rembleski  
Thomas Anthony Elliott  
Dylan LaLonde  
Ashlyn Nicole Leach  
Baby Bray  
Baby Hare  
Baby Hare  
Bernadette Elizabeth Martin  
Brayden James Cairel  
Dylan Guina  
Isabella Sophia McHugh  
Jonathan Scott Lucas  
William Henry Zimmerman  
Baby Campbell  
Ajanac Strivers  
Baby Edson  
Elise Gallagher  
William Kirchner  
Baby Lewis Lewis  
Kaylee Ann Lindberg  
Joseph Owen Lyster  
Gabriel Moore March  
Rebecca Grace Spangler  
Baby Szillinsky

## OCTOBER

Olivia Catherine Smith  
Hannah Elizabeth Reinsch  
Gabriella Rameriz  
Baby Anders  
Thomas William Loris Day  
Rebecca Lee Hussey  
Andres Guterrez Jr  
Owen Blue McClaugherty  
Lela Yasmeen Tamplen  
Tabitha Padilla  
Joey Christopher Panter  
Nick Boysen  
Madison Blue Domacasse  
Michael Giraldez  
Douglas Brooks  
Morrissa Mae Cooper  
Katelynn Marie Allison  
Emma Nicole Allison  
Emily Devey  
Nicholas Aaron Parnow  
Carter Leighton Maciel  
Catherine Leighton Maciel  
Leo Joseph Omega  
Baby Hall  
Thaddeus Lawrence Birdtail  
Payton Hadley Bazzocco  
Laura Jane Bik  
Baby Bracy  
Baby Fosco  
Joren Don Edward Giacomo  
Jesse Henning  
Amerika Lewis  
Tyler Mirando  
Liam Murchinson  
Sebastian Robertson-Horner  
Leanne Renee Torres  
Cameron Stone Thomas

Names are entered through the sign-in sheet at all Sharing Parents meetings.

# Bereaved Sibling Local Support Programs and Literature

While our grief support meetings are designed for grieving parents, we do recognize that many of you have small children at home who have also entered into their own personal grief journey. The below list of local programs and children's books have been recommended by our team of volunteer parents as resources which they found helpful in guiding and assisting their own children in understanding what happened to their brother/sister.

*(If you have any additional suggestions for programs located near the Sacramento area which assist bereaved siblings as they travel through their grief journey please e-mail us at [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com) as we desire to keep our website as current as possible.)*

## Recommended Children's Books

### "How I feel: A coloring Book for Grieving Children"

- By Dr. Alan Wolfelt

### "Molly's Rosebush"

- By Janice Cohn

### "Remembering Our Baby"

- By Patti Keough

### "Something Happened"

- By Cathy Blanford

### "We Were Gonna Have a Baby, But We Had an Angel Instead" - By Pat Schwiebert

### "Where is Chloe"

- By Donna Wilkins

- The above books can be found on Amazon.com

\* Also visit The Sibling Connection for additional books for children focused on pregnancy and infant death. <http://www.counselingstlouis.net/babybooks.html>

## Local Children's Programs

### Camp Hope

Camp Hope is a free weekend camp for children, ages 6 to 16, who have experienced the loss of a significant loved one. The mission of Camp Hope is to provide a safe environment for grieving kids and teens as they share memories, make new friends, and have fun. Attending camp gives these children the opportunity to be with other children who understand their unique experience. They tend to feel less alone and can begin to develop hope for the future. Camp Hope is staffed by volunteers who have all experienced loss in their own lives. This unique perspective allows them to easily connect and help the children as they move through the grieving process.

<http://www.camhopeca.com/>

### Children's Center at Sutter Medical Center, Sacramento

The Sutter Medical Center offers a Children's Bereavement Art Group. The program uses the creative arts as a second language to help children and their families express the grief experienced when a loved one has died.

[http://checksutterfirst.org/children/services/pedprgms\\_childbereave.cfm](http://checksutterfirst.org/children/services/pedprgms_childbereave.cfm)

### Stepping Stones – Grief Support Services for Children, Teens and Families

Stepping Stones is an interactive program that helps children and teens work through their grief when someone they love has died. Their services are offered without charge.

For more information contact:

Yolo Hospice, 1909 Galileo Court, Suite A, Davis, CA 95618  
530-758-5566 or 800-491-7711

[www.yolohospice.org](http://www.yolohospice.org)

# MARCH OF DIMES WALK

This year on April 24th, approximately 66 people from Sharing Parents participated in the March of Dimes walk. More than 7000 people gathered at the State Capitol to walk and it is estimated that over \$1,000,000 was raised. It is an incredible event to be part of and the feeling of unity is unmatched in my experience. This year, there were a number of new Sharing



Parents families that joined us and while it's always hard to see the new families it was nice for all of us to come together in memory of our babies. If you are interested in participating in next year's walk, ask any one of the Sharing Parents Volunteers. Information will be sent out next year with plenty of time to sign up and order a T-Shirt.



# GrievingDads.com

We were recently contacted by a father who has suffered the loss of 2 children and has created a wonderful website, blog, and Facebook page to support other Grieving Dads. He is now working on a book to reach out to other dads who need support. Please see the below text of his e-mail and the links for this wonderful resource for Grieving Dads.

I wanted to take a moment to tell you about a project that I am working on. This project has been designed to help men deal with grief after the loss of a child. Based on my personal experiences and observations, many times men are overlooked or ignored when it comes to support. Men have a tendency not to ask for help based on our upbringing and societal expectations to "be strong". As a result, men grieve alone and often times bury the grief for a period of time before it starts to resurface again. My main goal is to encourage dads to talk about what they have gone through, to let them know its okay to grieve the loss of their child and that tears are not a sign of weakness.

The overall end product will be a resource book that profiles dads that have lost children. In order to achieve this objective, I have been collecting stories from dads of all backgrounds. I want the book to provide hope to all dads that have lost a child, so when newly bereaved dads pick-up the book they will be able to relate to the experiences of other grieving dads. The goal is to let readers know they are not alone in the journey and that other men have dealt with the same type of emotions, societal expectations and loss.

I have been traveling to conduct face-to-face interviews with many of the men that have contacted me regarding this project. I want to find out how they survived the loss (or didn't) and the impacts and changes they have made to their lives as a result. In an attempt of inclusion, the stories/losses will reflect a cross-section of men and reasons for the loss of their child.

I officially launched the project in early 2010 and have received hundreds of heartbreaking stories and have had conversations with many of these dads. I have been invited to speak and conduct workshops for dads. The response from these dads has been tremendous and proves to me even more that a resource like this is needed. If you have a moment, please take a look at my project website at [www.GrievingDads.com](http://www.GrievingDads.com) or the project blog at [www.GrievingDads.wordpress.com](http://www.GrievingDads.wordpress.com).

Please let me know if you have any questions about my project or have any feedback.

Peace.

Kelly Farley (A Bereaved Father of Two Beautiful Babies)

Website: [www.GrievingDads.com](http://www.GrievingDads.com)

Blog: [www.GrievingDads.wordpress.com](http://www.GrievingDads.wordpress.com)

Facebook: "GrievingDads.com Project"

Twitter: [Twitter.com/GrievingDads](https://twitter.com/GrievingDads)



# Safe Arrivals

The Sharing Parents Volunteer Parent Team has been able to celebrate the safe arrival of three new babies born to our dedicated volunteers.

Please welcome the safe arrival of:

## **Colin William Genzel**

May 4, 2010

10:12pm

9 lbs., 0.4ozs.

20.5 inches

Son of Lynne and Neil Genzel, Brother  
of Millie Rose Genzel

Please welcome the safe arrival of:

## **Felix Oswald Hurt**

Date Born: May 25, 210

Time 9:49 AM

Weight: 7 lbs. 3 oz. Height: 20.25 in.

Proud Parents: Phillip & Meghann  
Hurt

Siblings: Big brother Jachob in heaven

We are so grateful for our healthy,  
beautiful baby boy. We would like to  
thank Sharing Parents for all of their  
support.

Love, Meghann and Phillip Hurt

Please welcome the safe arrival of:

## **Leah Marie Joppa**

June 29, 2010

Blessed Parents: Eric & Kelly Joppa

Excited Big Brother: Nathan

Angel Sister Watching Over Her: Madi-  
son Kristine (March 2, 2006)

# Love Gifts

To honor your child's memory, send a "Love Gift" to Sharing Parents. A Love Gift is a monetary donation given in honor of someone or as a memorial to a baby, relative or friend. Not only will you be memorializing your baby but you will be helping Sharing Parents, which survives on donations and fundraisers. If you would like to donate a Love Gift to us, please fill out the form below. The deadline for inclusion in the next newsletter is July 20, 2010.

## In Loving Memory of Jacob Bradley Hurt

Date of Birth: 8/5/2008

Date of Death: 8/9/2008

Dear Jacob,  
We just wanted to wish you a Happy 2nd Birthday. Not a day goes by that we don't miss you. Just know you are always in our hearts and on our minds. We love you so much. We wish you were here to meet your little brother but we know you are looking down from above.

Happy Birthday Jakie-bear!

Love, Mommy, Daddy, and Felix

## In Loving Memory of Leo Joseph Omega

Born: October 7th, 2006

Went to Heaven: October 19th, 2006

Sweet Leo,  
Our thoughts wrap around your memory every day. You are dearly missed. As your 4th birthday nears, we continue to honor your memory and be the family that we hope you would be proud of. We know we will all be together again one day, until then we will spend every day doing something in your name. You have made us better people, better parents and we will love you forever.

Mom, Dad, Avery and Cole

We welcome your Love Gifts in support of Sharing Parents. A Love Gift is a monetary donation made to honor your child's memory. Please make checks payable to **Sharing Parents of Sacramento**.

(Donations to Sharing Parents are tax deductible.)

Enclose your check, attach any special message to this form and mail to:

**Sharing Parents**  
**P.O. Box 19538**  
**Sacramento, CA 95819-0538**

**In Loving Memory of:**

**Date of Birth:**

**Date of Death/Loss:**

**Donor Name:**

**Address:**



# 24th Annual October Memorial

Sunday, October 10, 2010  
at McKinley Park Rose Garden at 3:00pm

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## Butterfly Release Form

At the October Memorial there will be a time for parents, family and friends to release butterfly(ies) in honor of their baby(ies).

Orders and payment **must** be received by **August 20, 2010** in order for your butterfly(ies) order to be placed.

The cost is **\$20.00 per butterfly**.

You may visit our website at [www.sharingparents.org/events.htm](http://www.sharingparents.org/events.htm) to fill out the form and email it to [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com) as well as pay for your butterfly order via the Sharing Parents pay pal account.

**OR**

Please include this form along with your check when you mail in your order.

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

I would like to release \_\_\_\_\_ butterfly(ies)

Check total: \$ \_\_\_\_\_

Please make checks payable to: **Sharing Parents**

Mail completed order form and payment to :

**Sharing Parents**  
**PO Box 19538**  
**Sacramento, CA 95819**

