

Still Missed Parent Support Group

The Still Missed Parent Support Group is designed to help you cope with the grief associated with losing your baby. You are welcome to each meeting in order to feel support and hope as you work through your grief. Together with other parents who understand the depth of your loss, you can truly express your feelings, share memories and work toward healing. The Still Missed Support group meets in the Calandra room on the main floor of Tupper Hall at 119 North Oak Street (directly across from the hospital). The adjacent parking garage, designated for employees, may be used. Please join us on the second Monday of each month from 7:30 to 9:00 pm.

Some thoughts about support group...

Our Still Missed Support Group is there for you when you are ready to come. Many parents come shortly after their loss and others find that they are ready months later. We meet regularly each month on the second Monday so that we can be there when you need us. There is often a core group that tends to come for many months until they have moved on and others who drop in on an occasional basis when they feel that they most need the support. You are welcome anytime that it feels right for you. You will always find welcoming and caring people who understand what you are going through and who are ready to share and to listen.

If you would like an email reminder of group meetings, please let us know by emailing us at stillmissed@ahss.org or roose@ahss.org.

We look forward to seeing you when you are ready.

Parent Support Group

July 9, 2012-“Being Gentle with Yourself”

Every baby holds so many special meanings for each parent. No wonder the pain of loss strikes on so many fronts when a baby dies. In exploring these many facets, we will more greatly appreciate why this is a time to be gentle with yourselves and how to go about it. We welcome Nancy Lawrenz, to tonight’s support group as guest facilitator. With her years of clinical expertise and sensitivity in the area of perinatal loss, we welcome you to join us for this meeting to benefit from her insight.

August 13, 2012 – “Healing through Sharing your Story”

There are many creative ways to share your story. Tonight Rosie will share one parent’s story as told through words and sculpture in the Anguish of Loss presentation. You are also encouraged to bring in a memento to share as you tell your story.

Family/Grandparent group will also meet this evening. We invite you to bring your parents, family or close friends to join the viewing of the presentation and then to separate for the remainder of evening to share our stories.

Parent Support Group

September 10, 2012 – “Am I Grieving Normally”

It is beneficial to periodically take a step back to assess if you are grieving “normally” with progression towards healing. To recognize if healing has slowed down or stopped can prompt changes which will improve your well being. Tonight offers a chance to take a look at your personal grief journey.

Spanish Speaking Parent Support Group

August 13, 2012 – “Expressions of Grief”

Don’t be afraid to recognize your feelings of grief. Losing a baby often evokes a variety of different emotions. Spiritual and emotional support during this time of loss can make a difference.

“Como expresar el Dolor”

No tengas temor acerca de tu sensibilidad. Perder un bebe frecuentemente produce muchas emociones y el apoyo emocional y espiritual en tiempo de pérdida hace la diferencia.

Family and Friend Support Group

This group is meeting in Tupper Hall, 1st floor Koplín Room 7:30 to 9:00 pm.

A special opportunity for adult family members (grandparents, siblings etc.) and close friends of parents who have lost a baby to attend a support group. This meeting will provide an opportunity to share your feelings regarding the loss of a special baby and gain insights on how to provide support for the parent, while taking care of yourself.

August 13, 2012 “Understanding the Loss of a Baby/Grandbaby”

Tonight we will begin with a viewing along with the parents of the media presentation, Anguish of Loss. The meeting will continue in a separate room, allowing the opportunity to share your story and how the loss of a baby/grandbaby affects the entire family.

In Loving Memory

Family and friends have lovingly remembered the following babies and their families with memorial gifts to the Still Missed program:

Colin Pratscher, Emily Grace Crafton, Alexis Merie & Sydney Carolin Gordon, Emma Wilder, Will McGovern, Twins Chris & Maria Tsarouhis, Jason Daniel Fedor, Matthew & Seth Hagey

Save the Dates!

Bronswood Graveside Service

July 18, 2012 at 1:30 pm

A short graveside service is planned at Bronswood Cemetery on Madison St. on the border of Hinsdale and Oak Brook. This service is for the babies of Glen Oaks and Hinsdale Hospital families who suffered a miscarriage from June 30, 2011 through June 22, 2012 and selected this option. Please call 630 856-4497 for questions or specific directions to the cemetery.

24th Annual Still Missed Memorial Service

October 24, 2012



Healing amidst the flowers – Still Missed Memorial Walk to Remember and Garden Planting

Sunday, June 3, was a gloriously sunny day - the perfect day for over 100 parents, grandparents, siblings and friends to gather to plant flowers in the second floor rooftop garden in remembrance of our precious babies. We celebrated the short lives of our babies with a gathering in the new atrium, prayer, litany and music, a walk ending in the garden and refreshments.

Children (working with Cathy) and adults alike enjoyed choosing different colored smaller ribbons - each color having a specific meaning - and decorating them to hang on a grapevine wreath which is now in the little anteroom at the entrance to the garden. In addition, the children had an opportunity to decorate much wider longer colored ribbons in memory of their baby siblings. During the program that followed the children of all ages danced with their ribbons, shared their baby's names, and had an opportunity to be reminded how loved and important each of them is in their family's eyes. They seemed to love it!

Still Missed Garden Planting (cont'd)

Several parents expressed their thanks as follows: from Judy and Jose, "Thank you for letting us have a place to exercise our thoughts and express our feelings of loss. The Still Missed ceremony was beautiful and well needed. Thank you for the continued positive and kind support".

Katie Maloney (mother of Jaxson) wrote:

"It's very comforting to have events like the planting because you are among others who have dealt with the same heartbreak that others are oblivious to. It brings you hope for the future and comfort while knowing the flowers for your baby are blooming and the babies are growing in a better place, but are still with us".

We are grateful to Rachael and David Fedor for their donation of an angel statue placed in the Still Missed garden during the planting service in memory of their baby son, Jason Daniel. The following loving words are inscribed at the base of the angel cradling a baby,

"No farewell words were spoken, no time to say goodbye, you were gone before we knew it, and only God can tell us why. It broke my heart to lose you, but you didn't go alone, for part of me went with you, the day God called you home."

We also thank Chaplains Liz and Tricia and Social Worker Lauren for their parts in the meaningful service. Thanks to Cathy for her constant support. As always I thank Rosie with all my heart. And we all thank gardener "extraordinaire", Shirley, and her faithful parent and grandparent helpers for their countless hours in pre-planting, watering and tending to the garden.

The garden is thriving and if you were unable to make it for the planting you are most welcome to come to plant one of the white flowers that are available in the garden. Please stop by throughout the summer to surround yourself with beauty and feel the warmth and healing as you sit nearby your baby's memorial flower.

Fondly, Shirley Stavinga



Parent's Corner

March 12, 2010 changed my life in ways I would have never imaged. I was blessed with a beautiful baby boy weighing 5 lbs, 2 oz. and 19 inches long. We named our new son Jason Daniel. Our delivery was nothing like our first experience. Our son was born with Trisomy 13 and he was not expected to live. March 29th was the best drive home from the hospital. We had a wonderful afternoon of introducing him to his older brother, meeting lots of family, giving him the tour of his home and nursery. On a beautiful busy Tuesday afternoon Jason's heart just could not hold on. We held Jason in our arms as God carried him off to heaven. Although we were glad that his pain was finally gone we now realized that we have empty arms and a very empty home. It was the quickest and best 4 weeks at home as a family.

It has now been two years since Jason has passed. Our lives continue to change. We have been trying to have another child. We want our oldest son, Nathan to have siblings like we did as we grew up. We finally got the news that we were expecting and then November 28th 2011 we had a miscarriage. It took us so much strength to try again and now we are going through another loss. I do believe that everything happens for a reason and it will make us stronger. It is hard to understand why we have to go through tragedy, but I am relying on my faith to help keep moving forward in having another baby brother or sister for our oldest son.

We gave Jason his name because it means "healer" and I believe that it is through Jason that I am strong enough to move my life into a positive path. I have started the "Heavenly Brothers Foundation". I want to reach families before or shortly after their loss. I hope to give them a chance to enjoy every second of their baby and the strength to keep moving after having empty arms. I have been trying to change my story for the better. I will never forget Jason, his full head of light brown hair, his long toes and fingers. I will always hold him in my heart forever. I think of Jason every time I create & pass out one of the "Heavenly Brothers boxes". These boxes are filled with items that have helped me along this winding path. A few of the special items I have added to the boxes are a book to read to your precious baby called "On the Night You Were Born" by Nancy Tillman, a frame to hold a picture of your baby, a packet of forget-me-not flowers that can be planted in your garden as a yearly reminder that you will see spring coming, also a book to help parents called "I Will Carry You" by Angie Smith. All of these items have given me strength during different stages from Jason's birth and with his passing. I am so glad I have been able to pass out about 18 boxes since Jason's 1st birthday. I am especially grateful that I can give the boxes to the hospital where Jason was born.

We want every family to have a positive experience during this difficult time. I am encouraged to see that changes are being made to better help families celebrate the birth of their heavenly baby.

My path is still not straight, I still hit lots of bumps and I still cry for hours some days but I keep moving knowing that the time I had with Jason changed my path for the better. God gives me the direction and the strength to keep moving. I need to remind myself that it is okay to be sad and angry but it is what you do with that energy that helps you see that God is there and helping you along the way. Honoring our babies is sometimes the best way to see God's plan.

I rely on a few verses: *"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful. I know that full well. My frame was not hidden from you when I was made in the secret place. All the days ordained for me were written in your book before one of them came to be."* (Psalm 139:13-16) This verse is a reminder that each baby has been created wonderfully and for a purpose. There are no mistakes. Yes it is so tragic to lose a baby but I am so glad I met my heavenly baby. I look forward to holding him again in heaven. I would not change having Jason a part of my life even if it was not long enough.

Two more verses to hold onto: *"For I know the plans I have for you, plans to prosper you and not harm you, plans to give you hope and a future".* (Jeremiah 29:11) *"The lord is close to the brokenhearted and saves those who are crushed in spirit".* (Psalm 34:18) Stay strong families even though your heart aches and your arms are empty, God gives you strength on the days that are hard. You are the strongest parents in the world!

I pray you find ways to remember your baby and share their beautiful story.

Love in Christ,

Rachael Fedor - "Heavenly Brothers Foundation"



Rachel and David Fedor in the Still Missed garden with Angel Statue given in memory of their son Jason Daniel

Subsequent Pregnancy Support Group

Meets on the 3rd Monday of each month
Tupper Hall, 119 N. Oak St., Calandra Room
7:30 to 9:00 pm. Please feel welcome to attend meetings to share hope, relieve anxieties, and receive support contemplate a subsequent pregnancy or as you journey through a subsequent pregnancy after a loss.

July 16, 2012 - “Growing and Changing”

We will take a look at the many physical, emotional, and social changes that occur normally during a pregnancy. Also, how a previous loss may affect these changes will be shared.

August 20, 2012 “Healthy Beginnings”

As you go through a subsequent pregnancy, making healthy nutritional choices can aid in a general feeling of well being. Kristen Mshar, a Still Missed parent, spal parent and a Registered Dietician will share her story and tips on healthy choices.

September 17, 2012- “Sharing Your Story with Your Subsequent Children”

We welcome our own dear Cathy Blanford author of [My Baby, Big Sister](#) to group tonight . She will spend some time reflecting together about when and how you might think about telling your subsequent child(ren) about your baby that died. All parents with subsequent children or expecting a subsequent baby are warmly invited to attend.



Mindi and Danny Colon with their subsequent children planting in the Still Missed garden for Babies Joy, Faith and Esme.

Sharing Good News

Many families have called to share the news of the safe arrival of subsequent babies to those babies they have lost, but will remember forever in their hearts. They wish to share their news with you, their friends, with deep gratitude and thanks for the support they received, and as a sign of hope.

Liz & David Boundas welcomed

Thomas David on 1-16-2012

Michelle Axium & Steven Barton welcomed

Olivia Jane on 2-16-2012

Caroline & Jerry Felix welcomed

Jude Harrison on 3-30-2012

Erin & Anthony Delpercio welcomed

Olivia on 4-21-2012

Amy & Blake Gabriel welcomed

Sara Ann on 5-3-2012

Supporting Still Missed

Thanks so much for supporting Still Missed in a variety of ways. We are receiving donations via escrip and Betty iGive. If you are interested in purchasing items on line or going to any of the stores, restaurants etc and have a % of your bill go to Still Missed, please go to the following links.

eScrip(groups@marketing.escrip.com)

Betty.iGive.CauseSupport-42243@iGive.com

Register designating Still Missed as recipient of their donation.

Still Missed Support Program Resources

Phone (630) 856-4497 leave a message or

Page for immediate response (630) 255-1822

Email- stillmissed@ahss.org or roose@ahss.org