



# The Hygeia Newsletter

Issue No. 6, Summer 2011

## *Please Join Us at the Hygeia Foundation's First Annual Footprints on Our Hearts Walk to Remember*

We hope you will walk with us at the Hygeia Foundation's first annual Footprints on Our Hearts Walk to Remember at 1:00 p.m. on Sunday, October 2, 2011, at East Shore Park in New Haven, Connecticut. The Walk will honor babies who have died before or soon after birth, improve awareness of the effects of pregnancy and newborn loss on families, and raise funds to support the Hygeia Foundation's programs. You may register at [hygeiafoundation.dojiggy.com](http://hygeiafoundation.dojiggy.com). We sincerely hope you will join us.

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*The mission of the Hygeia Foundation is to comfort those who grieve the loss of a pregnancy or newborn child. Hygeia provides programs to educate, counsel, and support families who have lost a pregnancy or newborn child; to advocate for the health care of women and children worldwide; and to promote humanism in the education of tomorrow's health care professionals.*

## **New Logo and Website**

We are delighted to introduce the Hygeia Foundation's new logo, as seen in the upper left corner of this page. Our Parent Advisory Board worked closely with our graphic designer to create a new logo based on the image of a butterfly, which, in many cultures, is symbolic of the soul and/or of rebirth. We could not be more pleased with the result. We hope you like our new logo as much as we do!

In addition to our new logo, we are pleased to announce that we will soon have an all-new website, with a new look, new content, and new discussion forums. We are hoping the new site will debut in late summer or early fall. Please keep checking in at [www.hygeiafoundation.org](http://www.hygeiafoundation.org) over the coming months – we hope you will like what you see! ♦

## **Walk to Remember** *continued from page 1*

Our Walk will open with a memorial program. Following the program, we will walk together for one mile along the shoreline to remember and honor babies who have gone too soon. Following the Walk, you are welcome to spend the rest of the afternoon in East Shore Park.

While you may register as late as the day of the Walk, we strongly encourage you to register by August 28, 2011, as that is the deadline for submitting a baby's name to be included on the event t-shirt and in the program. Everyone who registers by August 28<sup>th</sup> will receive a Walk t-shirt; those who register after this date will receive t-shirts on a first come, first served basis until all of the t-shirts have been distributed.

In addition to providing an opportunity for us to come together as a community, the Walk will serve as our largest fundraiser of the year. Our goal is to raise \$35,000, which will allow us to continue to provide free bereavement support services to parents who grieve the loss of a pregnancy or newborn, financial assistance to Connecticut parents who cannot afford the burial costs for their babies, and community outreach and educational programs.

After you register for the Walk, you will be given your own fundraising webpage that you may personalize with your story, a photo, poetry, or simply your reason for walking. We encourage you to share your page with your family and friends so they may make pledges in support.

We are challenging everyone who registers for our Walk to raise at least \$500 in pledges; everyone who does so will be honored as a member of the Footprints Team. At the Walk, members of the Footprints Team will be recognized during the opening ceremony and we will all gather for a group photograph. The names of all of the members of the Footprints Team will also appear in our newsletter. You are certainly encouraged to raise more than \$500: we will be awarding prizes to the top three individual fundraisers. Please visit our Walk website at [hygeiafoundation.dojiggy.com](http://hygeiafoundation.dojiggy.com) to find out who is in the lead; standings are updated as soon as new pledges come in.

If you cannot join us in person on October 2<sup>nd</sup>, we hope that you will register as a Virtual Walker and walk with us in spirit. There is no charge to register as a Virtual Walker and set up your own webpage, though we ask that you set a fundraising goal of at least \$200. Virtual Walkers will not receive items distributed at the Walk, such as the Walk t-shirt, but will be eligible to be honored in our newsletter as members of the Footprints Team.

Finally, we are actively seeking sponsors for our Walk. We have walkers coming from across the state of Connecticut, so our sponsors will receive wide-ranging exposure. Both individuals and businesses may become sponsors, and sponsorship opportunities are available from \$100 to \$2,500. Any sponsorship money you secure will be added to your pledge total, so getting sponsors is a great way to meet your fundraising goal. For more information, please visit our Walk website at [hygeiafoundation.dojiggy.com](http://hygeiafoundation.dojiggy.com) and click on "Sponsorships." You may also contact Gillian Eversman at (203) 389-7700 or [info@hygeiafoundation.org](mailto:info@hygeiafoundation.org) with any questions.

Online registration, sponsorship information, and event information may be found at [hygeiafoundation.dojiggy.com](http://hygeiafoundation.dojiggy.com). We thank you for supporting the Hygeia Foundation and we look forward to walking with you! ♦

## My Baby

*by Melissa Maxon, in honor of Graciela AnnaMaria Arango*

I had a baby inside of me.  
It was a dream come true.  
I had a baby sent to me,  
to last my whole life through.

God had sent her down to me to make my life complete.  
But God, he had other plans for the daughter I'd never meet.  
I couldn't take her home with me and watch her grow and play.  
I couldn't take her home and now I fear, I'll never be okay.  
I'm scared that if my heart won't mend,  
That I might never try again.  
I'm afraid that without you here,  
That life is what I'll always fear.

But in my dreams, I dreamed of you.  
We were walking hand in hand.  
You had hair just like mine and skin like golden sand.  
You spoke to me and oh, that sound!  
Like the sun, it was warm and bright.  
But after you had said two words, you vanished out of sight.  
And from that dream, I awoke to the sun bright on my skin.  
I knew your words and what they meant.  
It was for my new life to begin.  
A life that knew I once had, but one where I could feel.  
A life where I would not forget but could smile, laugh and heal.

"Be happy" is what you said to me.  
And for you I'll do my best.  
For you I would do anything, as I lay you down to rest.  
One day we'll be together again  
And I'll hold you and bestow a kiss  
We'll talk and I will braid your hair and you'll tell me of all we missed.

So here I am, once again,  
Slightly different from the start.  
I have a baby inside of me.  
I keep her in my heart...

*Rebuilding hope through connections, comfort and care*

# In Support of Hygeia

The Hygeia Foundation's second annual Get Your Game On fundraiser at the SportsCenter of Connecticut was a huge success! Well over 150 people came out for a fun-filled evening of games, magic, food, and more. All of the money raised – a net of nearly \$4,700 – will go directly toward the Hygeia Foundation's programs. *A special thank you to the sponsors of the event:*

Beth Abbott • Bethwood Pest Elimination, LLC • Big Y • BJ's Wholesale Club • Café Tacuba • Margaret Capaccio • Jean Card • Jean Carroll • Clark Medical Consulting, LLC • Costco • County Obstetrics & Gynecology Group, P.C. • Danny Magic • Gillian Eversman and Joel Baden • Margaret Frost • Cathy Goldman • The Harkness Family • The Henske Family • Ami Israel • The Jamali Family • Courtney Jerzyk • The Knauf Family • Jim and Lee McParland • Minuteman Press of Shelton • Nuwave Audio Video • Mike and Ali Scherer • Stew Leonard's • Una Sullivan • Mr. and Mrs. Anthony Vigliotti • Westport National Bank

## Donations

We are deeply grateful for your contributions. Without your generosity, we would not be able to provide support to grieving families. Our thanks to:

**Barbara Adams and Friends** in honor of *Hayden James Brown* • **Eleanor L. Adams** in memory of *Nora Nelly* • **Anonymous** • **Michael R. Berman, M.D.** • **Bonnie Bernal** • **Bethwood Pest Elimination, LLC** • **Shannon and Bill Budds** in honor of *Dr. Scott Casper* • **Shannon and Bill Budds** in honor of *Dr. Steven M. Peterec* • **Wade Chartier** • **Ellen Dobensky** in memory of *Nora Nelly* • **Aimee Dolan** • **Robert Dziema** • **Dr. Jeffrey and Amy Feinman** in honor of *Missy Brown's birthday* • **Kathleen Fitzgerald** in honor of *Missy Brown's birthday* • **Elaine Fraser** in memory of *Nora Nelly* • **Thomas Henske/MassMutual** • **Alison Hubley** in memory of *Brook Michael Jerzyk* • **Jessie Lawrence** in honor of *Jamie Lawrence* • **Lenny & Joe's Fish Tale** • **Carrie-Anne Lorenz** in memory of *Carly Elia* • **Diane Lowman** in honor of *Missy Brown's birthday* • **Lisa and John Merturi** • **Lisa A. Miller** • **Catherine Sarni/Pfizer Foundation** • **Elizabeth Searl** in honor of *Missy Brown's birthday* • **Marisa Shaker** in memory of *Avery Jamali* • **Rebekah Wadadli** in honor of *Nora Nelly and the entire Nelly Family* • **Heather Wornoff and Associates at Energizer Personal Care/Eveready Battery Company, Inc.**

## Find Us on Facebook and Twitter

Come join our Facebook and Twitter communities! Even if you are not a member of either Facebook or Twitter, you can still visit our pages to read our daily posts and discussions. Here's how to find us:

[www.facebook.com/hygeiafoundation](http://www.facebook.com/hygeiafoundation)

and

[twitter.com/hygeiafound](http://twitter.com/hygeiafound)

Newsletter Editor: Gillian Eversman  
[gillian.eversman@hygeiafoundation.org](mailto:gillian.eversman@hygeiafoundation.org)

*Submission deadline for the next issue:*

**SEPTEMBER 15, 2011**

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## Support Group Meetings

Below, please find the schedule of our free support group meetings. Dates and times are subject to change, so **please check the current schedule at [www.hygeiafoundation.org](http://www.hygeiafoundation.org) prior to each meeting.**

### *Pregnancy and Newborn Loss Groups*

Parents who have lost a pregnancy or newborn soon after birth, no matter when the loss occurred, are welcome to attend. Feel free to come to multiple meetings each month.

**Second Wednesday** of the month *and*  
**Fourth Monday** of the month

7:00 – 8:30 pm

Hygeia Foundation

264 Amity Road, Suite 211

Woodbridge, CT 06525

**Third Thursday** of the month

7:00 – 8:30 pm

Women and Family Life Center

96 Fair Street

Guilford, CT 06437

**Fourth Monday** of the month

7:30 – 9:00 pm\*

Saugatuck Congregational Church

245 Post Road East

Westport, CT 06880

\*Please RSVP to 1-800-893-9198 if you plan on attending a meeting in Westport.

### *Subsequent Pregnancy Group*

Bereaved parents who are trying to conceive (or thinking about trying to conceive) and parents who are pregnant are encouraged to attend this group.

**First Monday** of the month

7:00 – 8:30 pm

Hygeia Foundation

264 Amity Road, Suite 211

Woodbridge, CT 06525

### *Parenting After a Loss Group*

This group addresses the concerns of parents who have lost a pregnancy or newborn and who have living children at home. Babies and children are welcome at the meetings.

**Second Sunday** of the month

11:00 am – 12:30 pm

Hygeia Foundation

264 Amity Road, Suite 211

Woodbridge, CT 06525

## *In Memoriam*

Contact [gillian.eversman@hygeiafoundation.org](mailto:gillian.eversman@hygeiafoundation.org) if you would like to honor a baby who has passed away.

I can't believe it's been 2 years since God gave  
you wings  
You'll always be my angel baby amongst other  
things.

It's hard not to relive the past and the dreaded  
day  
When you had no heartbeat, that 28th of May.

It makes me sad to know that I can never get  
you back  
The sorrow that I constantly feel slowly fades  
to black.

If my love alone could have saved you, you'd  
be here with me  
All I'm left with is a broken heart and so many  
shattered dreams.

I know one day we'll get to meet, up there in  
the sky  
For now you're with me here on earth, you  
beautiful butterfly.

- Carrie-Anne Lorenz

## *Safe Arrivals*

Contact [gillian.eversman@hygeiafoundation.org](mailto:gillian.eversman@hygeiafoundation.org) if you would like to announce a birth or adoption following a loss.

*Chelsea Rosemary Ryan* was born on March 21, 2011, to Christine and Al Ryan. She weighed 7 lbs., 15 oz. at birth and was 19.5 inches long.

**The Hygeia Foundation, Inc.**  
264 Amity Road, Suite 211  
Woodbridge, CT 06525  
1-800-893-9198  
www.hygeiafoundation.org  
info@hygeiafoundation.org

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*Executive Director*

## *Dear Friends of the Hygeia Foundation,*

**“It is the most amazing feeling to walk into a support group and feel your heart lift because you are finally in the one place where you can feel ‘sane.’ Where you can feel understood, where you can relate to other women who have had the similar pain of loss, and where nobody will judge you.”**

These are the words of a bereaved mother who came to the Hygeia Foundation following the death of her daughter. Each year, hundreds and hundreds of grieving parents like her come to us in search of compassion and support. We help all of these parents, completely free of charge.

We can only continue to help bereaved families with your financial support. Your generous donation will enable us to:

- Comfort grieving families through our **program of support services**, including our peer-to-peer support groups, phone and e-mail support, online message boards, and many other services
- Provide **burial assistance** to those who cannot afford to bury their children
- Educate professionals about pregnancy and newborn loss through our **educational programs at medical centers, hospitals, colleges, and universities**

Thank you for making a gift to the Hygeia Foundation today.

To donate via check, please mail your donation to:

**Hygeia Foundation**  
**P.O. Box 3943**  
**New Haven, CT 06525**

To donate via credit card, please visit:

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

***We are grateful for your generosity.***

Michael R. Berman, M.D., *Founder and President*,  
Gillian Eversman, *Executive Director*,  
and the Hygeia Community