



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

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Men and Women Grieving



Grief is in two parts:

The first is loss.

**The second is
the remaking of life.**

-Anne Roiphe

Remaking life differs
for each person,
for each couple.

For the loss of a new life
they share together,
yet not.

For the grief
they share together,
yet not.

For the new normal
they share together,
yet not.

Sometimes life carries on together,
Sometimes not.

In this issue...

Men and Women Grieve

From her position as the
grieving mother, wife and leader
of M.E.N.D. Rebekah shares
insights from her experiences.

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May/June Topic

*Mother's Day/Father's Day
Deadline: March 31, 2020*

July/August Topic

*Getting Back to Normal
Deadline: May 31, 2020*

Stories, poems, thoughts, and/or feelings regarding these topics are welcome. Submissions must be received by the deadline to be considered for publication in the magazine. Unfortunately, there is not enough room to include all submissions. Choices will be left to the discretion of the editors. Please send any submissions to our Magazine Editor, Jennifer Harrison, at jennifer@mend.org. Any submission printed in our magazine will also be posted to our website indefinitely. Because our magazines are posted online, please understand your name will be attached to your submission when searched on the Internet.

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Birthday Tributes: M.E.N.D. publishes heavenly birthday tributes in the corresponding magazine. Tributes must be submitted via the online form at www.mend.org.

<u>Heavenly Birthday</u>	<u>Deadline</u>
January/February	November 30
March/April	January 31
May/June	March 31
July/August	May 31
September/October	July 31
November/December	September 30



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Feature Article

Men and Women Grieve Differently

Feature from our M.E.N.D. President and Founder, Rebekah Mitchell, Mommy to Jonathan and Baby Mitchell

Our baby, Jonathan, was stillborn due to a cord accident on June 24, 1995. Almost 25 years ago! How can that be?! Since that horribly heartbreaking day, I've learned more aspects of grief than I ever wanted to know. One of those perspectives is that we as parents do not grieve alike. So often I hear moms frustratingly cry in our support groups and write on our Facebook groups that they don't feel the daddies of their babies are grieving. We explain that these men are likely grieving, but the way a man and a woman grieve is usually dissimilar. We're not wired the same, so sadness is usually not expressed the same because men and women grieve differently.

The first few days after our baby died, it seemed Byron and I took turns with our emotional breakdowns. When I was sobbing, he was in a few moments of a strong state and able to comfort me. When the raw emotions hit him, I was able to help ease his distress. As the weeks passed, I was stuck in my sorrow, and he felt the need to fix me and to try to repair our broken family. But he couldn't, and that was sometimes frustrating for both of us. In order to get through those first few months, I found it helpful to create and work on "grief projects" to get my mind off the fact that our baby died. I planned a surprise birthday party for Byron and came up with some home redecorating projects. In the meantime, he was trudging to work every day, trying to come home with a smile on his face in an attempt to cheer me up and be happy for our then 3-year-old living son. We got through those hard first holidays, anniversaries and on to Jonathan's first heavenly birthday. All the while, those around us commented and complimented our strength, courage and perseverance. But they didn't know we were dying inside. An advanced kidney disease prevented me from getting pregnant again, so having a subsequent baby to help lighten our sorrow was out of the question. Byron never, ever made me feel bad

for my health issues, but as a wife I felt inadequate so that was another part of my grieving process. I felt the need to regularly apologize to him that I couldn't give us more children, which put him again in a position to comfort me and assure me it was okay. It was all very complicated grief, and what made it harder, is that men and women grieve differently.

As months turned into years, I was (and am still) very aware of what life milestones Jonathan would be accomplishing. There were times I was in a funk, and Byron couldn't figure out why, and for whatever reason I didn't always tell him. I knew when Jonathan should have started pre-school, Kindergarten, 1st grade, middle school, and high school. I knew when he would have turned 16, and I even tortured myself to look online the year he would have graduated high school to see what date we should have been at the ceremony. I knew when college would have begun and when that graduation would have been. Now, I wonder if he'd be married already or still chasing his dreams as a single young man. I know Byron thought of all those events as well, but very likely never calculated when they would have been. Because men and women grieve differently.

Like most men, Byron is the type who does not lament things he can't change. Of course, he will always be sad over the death of our Jonathan and the baby we lost to miscarriage after my kidney transplant, but he certainly doesn't dwell on what could have, would have, or should have been. I, being female, struggle with this. I miss the bigger family that we could have been, would have been, and should have been. I, as a woman, have to fight harder to get past these feelings. He on the other hand, may have a fleeting thought about our family dynamic, but then quickly move on to something else. But that doesn't mean I am grieving more or harder for our babies that we lost; it's just that men and women grieve differently.

In our marriage, if Byron and I dealt with our losses exactly the same, we'd be a mess! We'd never get anything accomplished. We'd be a sad sort to be pitied. Instead, we pull one another up and are a

Continued on page 8

Birthday Tributes



Happy 9th Birthday, Baby David!

Happy 9th birthday, my lion cub! Another year has gone by without you here. We all miss you very much. Your brothers and sisters always ask to go visit you. They love going and just spending time. I know you're with the rest of the angels looking over us. This Christmas was harder than most without you. We all love and miss you very much. Until the day we are together again, I love you always and forever. Happy birthday, baby boy!

David Michael Ortega

April 18, 2011

Congenital renal agenesis

Daddy: Michael Ortega

Siblings: Aniyah, Anthony, Ehis, Osaze and Esperanza



Happy 3rd Birthday, Bri!

Brianna Grace, Mommy and Daddy love you so much, jellybean! We wish so badly that you were here so we can hold you and give you a big ol' hug! We miss you every day and can't believe you would be 3 years old already! You mean the world to us and hope to be making you proud. Until we see you again, our little baby. Happy 3rd birthday, Bri!

Brianna Grace Renteria

Stillborn March 23, 2017

Parents: Bruce and Griselda Renteria

Brother: Mikey



Happy 10th Birthday, Elliot!

Dear Elliot, my son, the day you entered our lives, we wanted to hold you tight, but we had to release you...release you to a coffin instead of a cradle, to a morgue's table instead of home's arms, to cold dirt instead of a warm blanket. Yet there was one release that gave us the strength to endure the pain...our release of you into Jesus's arms. When all is said and done, learning to trust Jesus with you has changed us for the better. Yes, there is a lingering sadness. And yet greater than this is a hopeful expectation our heavenly reunion when all our tears will be redeemed. Until then...

Faith Gerriets

March 18, 2010

HLHS (Hypoplastic Left Heart Syndrome)

Parents: Chris and Faith Gerriets

Siblings: Evelyn, Ethan and Ezra



Happy 10th Birthday, Maddie!

Happy 11th Birthday, Michael!

Happy heavenly birthday to our sweet babies. We miss you so much and cannot believe where this time has gone. It is hard to believe we are celebrating your 10th and 11th birthdays. It seems like yesterday. We love you so much to the moon and back!

Daddy, Mommy, Lucas, Seth

Madison Nicole Parris

March 5, 2010

Prevotella Bivia

Michael Stephen Parris

April 9, 2009

Clostridium Innocuum

Parents: Sam and Stacey Parris

Brothers: Lucas and Seth



Happy 3rd Birthday, Amari Shaun!

Happy 3rd heavenly birthday, Amari!

Love,

Daddy, Mommy, La'rie,

and your new baby brother, Junior

Amari Shaun Mayberry

April 28, 2017

MMC

Parents: Rajshun Sr. and Marie Mayberry

Siblings: La'rie and Rajshun Jr.



Happy 1st Birthday, Hannah!

Our beautiful Hannah Lucille, this world is so incomplete without you here. We feel your presence in the most unexpected ways, and at the most unexpected times. We love and miss you so much! Happiest 1st birthday, little sister.

Hannah Lucille Weir

March 22, 2019

Unknown cause

Parents: Zachary and Jennifer Weir

Big sister: Emily



Happy 1st Birthday, Dylan!

Happy heavenly birthday, Dylan! Mama and Daddy miss you so much! How we wish we could celebrate with you today. We know we will see you again one day in heaven. What a glorious reunion that will be! So much good has been done in your name, and we will continue to remember you every day in our hearts. All our love, baby boy!

Dylan Christopher Brown

April 19, 2019

Unknown cause

Parents: Kevin and Kendra Brown



Happy 3rd Birthday, Jaylin!

Heaven gained a miracle baby on April 3, 2017. Not a day goes by I don't think about how life would be so different if you were here. Mommy loves you, son, and misses you more and more each day.

*Jaylin Anthony Johnson
Stillborn April 3, 2017
Mommy: Chantae*

**Happy 3rd Birthday, April!**

Happy 3rd birthday, our sweet baby. We will always remember you and love you. Your life was brief, but it left an imprint in our hearts. We will cherish our time we had with you until we get to see you again. Love you, our sweet April.

*April Saba
April 13, 2017
Molar pregnancy
Parents: Cara and Kyle Saba
Siblings: Maliks, Talon and Vialetta*

**Happy 3rd Birthday, Abigail!**

Dear Abi, how is it possible that three years have passed already? We picture all of your milestones as we watch your cousin grow, all while thinking of you and missing you every day. Thank you for welcoming your baby sister "Nugg" into the fold of guardian angels. We had such hopes and dreams for all of our babies. Now we hope we make you proud. Happy 3rd birthday to our sweet angel, Abigail! March forth.

All our love,
Mama and Daddy

*Abigail Marie Papendick
March 3-4, 2017
Incompetent cervix
Also remembering
Baby "Darth" Papendick
Miscarried September 6, 2018
Baby "Nugget" Papendick
Miscarried December 27, 2019
Parents: Becky Johnston and Brian Papendick*

**Happy 6th Birthday, Scarlet!**

Happy 6th birthday, Sweetheart! We're thinking about you every day and are sending all our love your way. Kisses, cuddles and hugs for you. We love you always, forever and never-ending.

*Scarlet Quinn Stark
Stillborn April 3, 2014
Parents: Michael and Laura Stark
Siblings: Alexander and Arcadia*

**Happy 10th Birthday, Ari!**

To our sweet, beautiful, precious Arianna Elizabeth, we love you more than words can ever say. Every second I carried you, you were loved. Every moment we shared is forever etched in our minds and hearts. We imagine who you'd be today. What you'd enjoy and what teams you'd cheer for. I know your Pa-pa has taught you and your siblings to play football just like he promised. Don't go too hard on him! Give him, your siblings, your uncle Bryan and our other loved ones a GIANT HUG for us! We will love and miss you all forever. You'll always be our Sweet Angel!

Happy 10th Birthday!
Mom and Dad

What a day this is going to be - party in heaven! I always think about you: what do you look like and what you are doing. It's sad down here without you. Love you bunches!

G.G. Alexis, Issac, Samuel, Leah and Xavier

*Arianna Elizabeth Wilkinson
April 12, 2010
Tear in the amniotic sac
Baby Girl Wilkinson
Miscarried November 22, 2008
Baby Boy Garcia
Miscarried August 17, 2008
Baby Boy Wilkinson
Miscarried August 26, 2011
Parents: Leroy and Monica Wilkinson*

**Happy 11th Birthday, Jackson Glen and Tyler Ray!**

You were called home long before your story was written, so we are left to imagine a life with you now. Would you be boisterous, studious, animated, strong? How much laughter and love would have filled these walls. Yet as we wonder we know with faith that you are in the one place our hearts long for daily, the one place we know you are truly happy and filled with immeasurable joy. And while we forever wish you were here with us, what parent could take away the perfect gift of a lifetime with Jesus. Happy 11th birthday, sweet Princes. We miss you still. Love you always.

*Jackson Glen and Tyler Ray Light
February 23, 2009
Placental abruption
Parents: Kirk and Diana Light
Siblings: Brayden and Lexi*



Happy 2nd Birthday, Camdyn!

Happy 2nd day of birth, my forever love! Mommy and Daddy have so much love and so many kisses for you! Your stillbirth has changed our lives forever, however, we are still so very proud God chose us to be your earthly parents. Those 5 1/2 months I carried you in my tummy will forever be cherished! We miss you every moment of the day and long to hold you. Until we see each other again.

Miss and love you, my son!
Camdyn, Our Forever Love

Camdyn Houston

March 18, 2018

Fibroids

Parents: LaTonya and Damien Houston

Brother: Damien Houston Jr

**Happy 8th Birthday, Paislee!**

Eight! I'm not sure how that's even possible. People are like a vapor, their days like a shadow that disappears. Psalm 144:4. Even though your days on earth were truly a vapor, your legacy continues. We are so grateful for how God continues to use your story to impact others and remind us that your life was not in vain. Our arms will forever ache to hold you until we meet again. We love you so much, Sweet P!

Paislee Ann Frette

April 4-5, 2012

Parents: Brent and Courtney Frette

Little sister: Colbie

**Happy 7th Birthday Levi!**

We are so thankful to call you our son. Your life has given us such perspective on what really matters. We miss you so much and long for the day we are together again. I love sharing you with your sisters and talking about being with you in heaven one day. We love you so much. One day God will make all things right again - until then we continue to trust Him and wait with expectation. Life is short. Heaven is forever.

Levi Samuel Bowmer

April 19, 2013

Trisomy 13

Parents: Sam and Jenae Bowmer

Sisters: Evelin and Valerie

**Happy 10th Birthday, Andrew!**

Happy heavenly birthday, Andrew! I can't believe you're turning 10! Oh what fun you would be if you were here, but Jesus needed you. I'm sure you would be looking out for your little sisters and their best friend. We miss you each and every day. Forever loved.

Andrew Michael Pittman

Stillborn March 24, 2010

Cord accident

Parents: Kindale and Melody Pittman

Little sisters: Kaylee and Avery

**Happy 10th Birthday, Sophia!**
10.

It feels like yesterday,
and it feels like a lifetime.
We take comfort in knowing
we will get to hold you again someday.
We spend every day grateful for you,
and all your short life brought us.
You would be 10 now,
so it just doesn't seem right
to call you our baby.
But as long as we're living,
our baby you'll be.

Sophia Rose McGhee

Stillborn March 29, 2010, at 33 weeks

Unknown cause

Also remembering

Baby McGhee #1

Miscarried 2002

Baby McGhee #3

Miscarried 2009

Baby McGhee #4

Miscarried 2009

Parents: Matt and Stacy McGhee

Siblings: Micah and Scarlett

**Happy 3rd Birthday, Fred and George!**

Oh my silly boys! I cannot believe it has been three years since we last heard your heartbeats. Always in sync, you two are simply inseparable. I hope you have a beautifully rambunctious birthday in heaven this year - I know you must be such a joy to everyone up there. You are missed, and you are loved!

Fred and George Cobler

Miscarried March 3, 2017

Parents: Brian and Kristina Cobler

Siblings: Keiran and Karsyn



Our Life After Loss

Interviewed and written by Megan Horrocks

Mommy to Olivia Lorraine

M.E.N.D.—Greater Houston Area

**"You need to turn around.
You need to come now."**

Those were the last words I spoke to my husband in our "before" life. Less than 24 hours before the doctors had said our 28-day-old Olivia, born at 24+4 due to preeclampsia and HELLP, was doing amazing. An A+ NICU baby with a 98% chance of survivability. 98%. We were supposed to be out of the woods. But that night everything changed. I sat anxiously by, hoping and praying through the night. It didn't seem that bad. He was going to come as soon as he could. No one from work answered, so he was going to go see them in person, then come up. But suddenly there wasn't time.

Shawn arrived at the hospital at 7:45 am. They were doing everything they could to save her life. I don't know how that many people managed to touch our tiny, 1 lb 15 oz girl. After another 30 minutes the same doctor who gave me the good news the day before asked what I wanted.

Everything in me screamed, "Save her! Don't stop!" So I was shocked to hear a voice that sounded so much like mine say "hand her to me."

For the first time without tubes or wires I held my precious daughter. She looked up at me, smiled, and returned to her heavenly home.

My next conscious thought after the roar of unimaginable loss was, "Shawn needs to hold her. He needs to hold her before she's all cold."

I practically shoved her in his arms and pulled out my phone. He had only held her once while she was



alive; he needed another picture while she was still warm. While we still remembered a life before she died.

I took the picture.

The picture. In my mind it is literally the picture.

That's what I call it.

I have it on my phone, two years later, and I still sometimes have to look at it.

I don't look at it to see Olivia. You can't really. She is a tiny bundle of blankets being clutched by her daddy.

I save it for him. And for me. To remind me that even though he grieves differently he still grieves.

And we do grieve very differently.



I have to talk about Olivia. I share her whenever it feels right. And sometimes when it doesn't, but I'm frustrated. I am a little snarky when people, who don't know better, comment on how, with two living boys, I must be desperate for a daughter. I say as nicely as possible, "Thank you! My boys are great, and I do have a daughter. She died. Her name is Olivia."

Shawn doesn't though. He talks about her when I bring her up, but only a small handful of times has he brought her up on his own. His coworkers at his new job only know about our two boys. The picture of all of us faces him, not out for everyone to see like the individual ones of the boys. He has put his grief very carefully away, and he protects it how he needs to. I can see it though, when I look. When we go to the cemetery and he takes extra time cleaning her headstone. I can see it in how he helps me adjust the decorations. I can see it when he expresses extra concern with our boys in ways he didn't before. And in other ways I'm not remembering right now. But it is very different. Most often silent. That is sometimes difficult for me.

He is grieving every bit as much as I am. So when the way he grieves makes me frustrated or question, I look at the picture and am reminded of his deep love and shattering grief. No one goes from that grief to over it. Not ever. We are just both surviving this new life. And it is ok that he grieves differently than me.



Stillbirth as a Trauma ***More attention needs to be paid to the trauma of pregnancy loss.***

Written by Alana Siegel Psy.D.
 Published on *Psychology Today*
 on November 22, 2019

“The experience of my stillbirth was a hole in my heart, such a disappointment, the feeling that I was so close to meeting my baby,” wept Deborah, who lost her son in the 35th week of pregnancy. “I asked, ‘Why did this happen? Why to me? What is the lesson I can learn from this?’”

Deborah shared her mourning, depression, and response to the triggers that she experienced in the aftermath of her loss. Five months after the stillbirth of her son, Deborah (not her real name) continues to reel from her loss.

As Dr. Danny Horesh of Bar-Ilan University, an expert on trauma and the emotional implications of pregnancy loss, explained, “Stillbirth and pregnancy loss occur on a daily basis, but because it has to do with pregnancy, the loss goes under the radar. Stillbirth is highly traumatic, and we should not neglect it in any way. Just like how we look at soldiers coming back from war, or someone who has gone through sexual abuse.”

While existing pregnancy loss literature has focused on the sadness and grief surrounding miscarriage and stillbirth, researchers like Horesh believe more attention needs to be paid to the trauma of the experience.

The loss of a pregnancy can be a deeply distressing event for the parents and other family members, whether as a miscarriage (prior to Week 20 of gestation) or as a perinatal loss (any time after Week 20 until one week post-birth). In the United States, there are approximately 24,000 stillbirths each year, the cause of which may be from maternal health issues, placental complications, hemorrhage, pre-eclampsia, or other still unknown causes.

In her 30-plus years as a midwife at Israel’s Hadassah University Hospital in Jerusalem, Malka Nukrian has cared for many patients who have experienced pregnancy loss. Noting the struggle patients faced, in 2006, Nukrian started a support group for women who had experienced pregnancy loss.

She noticed a trend in the women who attended the meetings—participants shared their experiences of depression, loss, impact on their marriages, but also how the loss was traumatic. The women had spent months excitedly anticipating the arrival of their babies, only to return home, as Nukrian explained, “with empty hands, but full of the pain of the loss. The woman feels confused after the birth. She has experienced a birth, but has no baby to bring home.”

Wanting to understand better those who had lost a child during pregnancy, Nukrian was delighted when Horesh, who was interested in researching that same cohort, contacted her. Together Horesh, Nukrian, and Yael Bialik gathered a sample of 97 women at Hadassah Hospital who experienced pregnancy loss after their second trimester. Of this sample, the vast

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“Women and Men...” continued from page 3

listening ear for each other. It took a long time for us to understand this about grief, how men and women grieve differently, but once we got the concept, it made a huge difference, especially for me. When I secretly (or not) accused Byron of not being sad enough, it was because he wasn’t in fetal position on the couch like I was, crying his eyes out. But boy was he grieving! I was never in the car with him going to and from work. I didn’t see him when he broke down at his dental office when one too many patients that day asked him if we had had our baby yet. While I was at home trying to get myself out of bed every day and wondering if he really cared...oh he was grieving all right! It just wasn’t MY way, because men and women grieve differently.

God created male and female and purposely made us different. He knew what He was doing! I believe He created us as pure opposites so we would compliment

each other. It doesn’t mean one is better or worse; just different. God created marriage as a partnership, as a team. I often tell couples: we made these babies together, we lost these babies together, and now we need to grieve these babies together. How? By understanding the differences, allowing them and embracing them. Communication is key. Ladies, probably we will want to talk about our loss more than our man. Men, allow your wife to talk and talk. It might drive you crazy, and she may sound like a broken record repeating the same thing over and over, but that’s how we roll. Women, let’s be aware when it’s enough for the day, and men don’t shut us down seemingly every time we need to talk. Let’s work on celebrating, understanding each other and meeting one another’s needs. Let’s stop trying to compare each other’s sadness, and simply remember that men and women grieve differently.



Hombres y Mujeres se Entristecen de Manera Diferente

Artículo de Presidente y Fundadora,
Rebekah Mitchell,
Mamá de Jonathan Daniel y bebé Mitchell

Nuestro bebé Jonathan nació sin vida debido a un accidente de cordón el 24 de junio de 1995. ¡Hace casi 25 años! ¡¿Como puede ser?! Desde ese terrible día desgarrador, he aprendido más aspectos del dolor de los que quería saber. Una de esas perspectivas es que nosotros, como padres, no nos afligimos por igual. Con tanta frecuencia escucho a las mamás llorar frustrantemente en nuestros grupos de apoyo y escriben en nuestros grupos de Facebook que no sienten que los papás de sus bebés estén afligidos. Explicamos que es probable que estos hombres estén afligidos, pero la forma en que un hombre y una mujer muestran los sentimientos es diferente. No estamos creados de la misma manera, por lo que la tristeza generalmente no se expresa de la misma manera porque los hombres y las mujeres se entristecen de manera diferente.

Los primeros días después de la muerte de nuestro bebé, parecía que Byron y yo nos turnamos con nuestras crisis emocionales. Cuando estaba sollozando, él estaba en unos momentos de un estado fuerte y capaz de consolarme. Cuando las emociones crudas lo golpearon, puede ayudar a aliviar su angustia. A medida que pasaban las semanas, estaba atrapada en mi dolor, y él sintió la necesidad de arreglarme y tratar de reparar a nuestra familia rota. Pero no podía, y eso a veces era frustrante para los dos. Con el fin de pasar esos primeros meses, me pareció útil crear y trabajar en "proyectos de dolor" para dejar de pensar en el hecho de que nuestro bebé murió. Planeé una fiesta sorpresa de cumpleaños para Byron y se me ocurrieron algunos proyectos de decoración de viviendas. Mientras tanto, él caminaba penosamente hacia el trabajo todos los días, tratando de llegar a casa con una sonrisa en su rostro en un intento de animarme y estar feliz por nuestro hijo vivo de 3 años. Pasamos esas duras primeras vacaciones, aniversarios y el primer cumpleaños celestial de Jonathan. Todo el tiempo, los que nos rodean comentaron y felicitaron nuestra fuerza y perseverancia. Pero no sabían que nos estábamos muriendo por dentro. Una enfermedad renal avanzada me impidió quedar embarazada de nuevo, por lo que tener un bebé posterior para ayudar a aliviar nuestro dolor estaba fuera de discusión. Byron nunca, nunca me hizo sentir mal por mis problemas de salud, pero como esposa me sentía inadecuada, así que esa fue otra parte de mi proceso de aflicción. Sentí la necesidad de disculparme regularmente con él porque no podía darnos más hijos, lo que lo puso nuevamente en una posición para consolarme y asegurarme que estaba bien. Todo fue un dolor muy complicado, y lo que lo hizo más difícil es que los hombres y las mujeres se entristecen de manera diferente.

A medida que los meses se convirtieron en años, estaba (y sigo) muy consciente de los hitos de la vida que Jonathan estaría logrando. Hubo momentos en que estaba en un mal momento, y Byron no podía entender por qué, y por alguna razón no siempre le decía. Sabía cuándo Jonathan debería haber comenzado la escuela preescolar, jardín de infantes, primer grado, escuela intermedia y secundaria. Sabía cuándo habría cumplido 16 años, e incluso me torturé para buscar en línea el año en que se habría graduado de la escuela secundaria para ver en qué fecha deberíamos haber estado en la ceremonia. Sabía cuándo habría comenzado la universidad y cuándo habría sido esa graduación. Ahora, me pregunto si ya estaría casado o si aún perseguiría sus sueños como un joven soltero. Sé que Byron pensó en todos esos eventos también, pero muy probablemente nunca calculó cuándo habrían sido. Porque los hombres y las mujeres se entristecen de manera diferente.

Como la mayoría de los hombres, Byron es del tipo que no lamenta las cosas que no puede cambiar. Por supuesto, él siempre estará triste por la muerte de nuestro Jonathan y el bebé que perdimos por aborto involuntario después de mi trasplante de riñón, pero ciertamente no se detiene en lo que podría haber tenido, debería o debería haber sido. Yo, siendo mujer, lucho con esto. Extraño a la familia más grande que podríamos haber sido, habría sido y debería haber sido. Yo, como mujer, tengo que luchar más para superar estos sentimientos. Él, por otro lado, puede tener un pensamiento fugaz sobre la dinámica de nuestra familia, pero luego pasar rápidamente a otra cosa. Pero eso no significa que me esté afligiendo más o más por nuestros bebés que perdimos; es solo que hombres y mujeres se entristecen de manera diferente.

En nuestro matrimonio, si Byron y yo lidiamos con nuestras pérdidas exactamente igual, ¡seríamos un desastre! Nunca lograríamos nada. Seríamos muy tristes de ser compadecidos. En cambio, nos acercamos unos a otros y nos escuchamos el uno al otro. Nos tomó mucho tiempo entender esto sobre el dolor, cómo los hombres y las mujeres lloran de manera diferente, pero una vez que entendimos el concepto, marcó una gran diferencia, especialmente para mí. Cuando secretamente (o no) acusé a Byron de no estar lo suficientemente triste, fue porque él no estaba en posición fetal en el sofá como yo, llorando. ¡Pero vaya que estaba afligido! Nunca estaba en el auto con él yendo y viniendo del trabajo. No lo vi cuando se vino abajo en su consultorio dental cuando demasiados pacientes ese día le preguntaron si ya habíamos tenido a nuestro bebé. Mientras estaba en

Continued on page 11

In Loving Memory

Thank YOU for your support

Jack Allum and Family Babies in heaven

Given by sister Joni Coe
and nieces Lynn and Lori

Abigail Grace Crump

July 1, 2003
Trisomy 18
Given by parents Gerald and Jaimie Crump
and little sisters Cami and Karli

Brooke Sophia Daily

Stillborn March 11, 2010
Vasa Previa
Given by parents Jeremy and Lisa Daily
and sisters Sarah and Savannah

Riley and Parker Davis

November 14, 2006
Premature
Given by parents Rob and Cheryl Davis
and siblings Annalise and Owen

Dharma Lucille Drude

March 31—April 1, 2008
Anencephaly

Liza Belle Drude

Stillborn February 23, 2015
Unknown cause

Stella Darling Drude

Stillborn January 23, 2014
Anencephaly
Given by parents Jason and Jennie Drude
and siblings Max, Molly and Milo

Paislee Ann Frette

April 4-5, 2012
Wolf-Hirschhorn Syndrome
Parents: Brent and Courtney Frette
Little sister: Colbie
Given by Grandparents James and LuAnn Junkin

Angel Gaddie

Miscarried October 24, 2008
Wilson Glenn Gaddie
Stillborn August 17, 2017
Incompetent cervix
Given by parents Jessica and Russell Gaddie

Baby G

Miscarried February 7, 2019

Benjamin Garcia

Stillborn September 9, 2019
Unknown cause
Given by parents Norma and Juan Garcia

Ella Lynne Gonyea

Stillborn August 24, 2015
Preeclampsia, IUGR and no amniotic fluid
Parents: David and Sable Gonyea
Little sister: Laurel
Given by Donna and David Gerety

CJ Gold

Miscarried August 12, 2008
Marina Gold
Miscarried July 14, 2009
Parents: Greg and Kathryn Gold
Big sister: Emily Gold
Gifts given by
Bonnye Roberts
Cousin Mike Gentry

Lauren Paige Grimes

Stillborn March 6, 1999
Unknown cause
Baby Grimes
Miscarried January 25, 2001
Given by parents Paula and John Grimes
and sister Rileigh

Jacobi Baby

Given by anonymous

Giles Jones

Stillborn September 14, 2019
Unknown cause
Given by parents Ava and Gregory Jones

Hunter Kempker

Given by Tanya Kempker

Hope Kirkpatrick

November 5-8, 2005
Amniotic band syndrome
Given by parents Kirk and Aly Kirkpatrick
and siblings Ian and Jane

Zacharias Theodore Kutschera

Given by Kristen Wild

Baby L

Miscarried June 14, 2018
Given by parents Corrine and Andrew Latham

Shelby Lindow

Gifts given by
Jessica Morris
Anonymous

Aurelia Noel Mansfield

Stillborn November 16, 2010
Parents Brianne and Kyle Mansfield
Siblings Deker, Miles, Teyla, and Casper
Given by The Lia Store

Camden Patrick Majcher

Stillborn February 1, 2013
Unknown cause
Parents: MaryAnn and Patrick Majcher
Siblings: Julianna and Jace
Gifts given by
Grandparents Linda and Thomas Majcher
Seeds to Soar / Rhonda

Chase Austin Miller

April 21, 2011
Incompetent cervix
Baby Miller
Miscarried May 4, 2015
Parents: Greg and Stefanie Miller
Sisters: Cora and Hazel

Jonathan Daniel Mitchell

Stillborn June 24, 1995
Cord accident
Baby Mitchell
Miscarried December 2001
Given by Parents Byron and Rebekah Mitchell

Vivian Mrugacz

Given by anonymous

Rebekah Tikvah Nymeyer

July 16, 2015
Prematurity
Parents: Terri and Jonathan Nymeyer
Siblings: Isaac, Abby, Esther and Tirzah
Given by James Nymeyer

Margot Lily Perry

Stillborn June 10, 2013
Cord accident
Gifts given by parents Brandon and Marisa Perry
and siblings Adeline, Bennett and Noelle
Grandmother Marie Perry

Paxton Jordan Schroeder

Stillborn July 14, 2019
Ruptured placenta
Given by Chelsie Schroeder

Jaxson Kolt Scifres

Stillborn November 27, 2016
Cord accident & inverted placenta
Parents: Melissa and Justin Scifres
Given by Josh Vickers

Josiah Singer

August 24-September 16, 2014
Gabriel Singer
Miscarried 2014
Given by parents Jesse and Jennifer Singer
and siblings Jayden, Savannah, Jonah, and Jude

Mindy and Maggie Smith

Stillborn November 4, 1997
TTTS and Polyhydramnios
Given by parents Scott and Karla Smith
and siblings Travis and Julia

Eva Juliette Talavera

Stillborn May 7, 2015
Cord accident
Mommy: Lexie Talavera
Little sister: Mia
Given by grandmother Susan Tipton

Harry Thomas Wilson
October 1, 2019
Given by Cheryl Wilson

Blake Ted Wren
March 18, 2018
Given by parents Jennifer and Joel Wren

Adrian Joseph "AJ" Zuckerman
Stillborn March 30, 2007
Cord accident
Given by parents Al and Amber Zuckerman
and brothers Eli and Alex

Gifts of Support:

Christ Church Assembly of God, Fort Worth, TX
Second Baptist Church, Springfield, MO
April Jenkins
Given by Kelly Handley
Christa Faustman
Sandra and Brad Gerrish

Thank you to those who recently held a Facebook fundraising campaign or donated to M.E.N.D. through one of these. We are so thankful for our family and friends who show love and support during activities like these or other areas such as sharing about M.E.N.D., assisting at events, or simply and most importantly, praying for us.

"Hombres..." continued from page 9

casa tratando de levantarme de la cama todos los días y preguntándome si realmente le importaba ... ¡oh, él estaba muy triste! Simplemente no era MI manera, porque los hombres y las mujeres se entristecen de manera diferente.

Dios creó a hombres y mujeres y nos hizo diferentes a propósito. ¡Él sabía lo que estaba haciendo! Creo que Él nos creó como opuestos puros para que nos felicitamos mutuamente. No significa que uno sea mejor o peor; Sólo diferente. Dios creó el matrimonio como una sociedad, como un equipo. A menudo les digo a las parejas: hicimos estos bebés juntos, los perdimos juntos y ahora tenemos que sentir el dolor de de la falta de estos bebés juntos. ¿Cómo? Al comprender las diferencias, permitiéndolas y abrazándolas. La comunicación es clave. Señoras, probablemente querremos hablar sobre nuestra pérdida más que nuestro hombre. Hombres, permitan que su esposa hable y hable. Puede volverte loco, y puede sonar como un disco rayado que repite lo mismo una y otra vez, pero así es como rodamos. Mujeres, seamos conscientes de cuándo es suficiente para el día, y los hombres no nos cierran aparentemente cada vez que necesitamos hablar. Trabajemos para celebrar, entendernos y satisfacer las necesidades de los demás. Dejemos de tratar de comparar la tristeza de cada uno y simplemente recordemos que los hombres y las mujeres se entristecen de manera diferente.

"Stillbirth..." continued from page 8

majority of women had experienced a stillbirth, with the average loss occurring around Week 28 of pregnancy.

Horesh was astounded by his findings. "Over 40 percent of women in our sample had full-blown post-traumatic stress disorder (PTSD), which is very, very high. Almost 30 percent of the women met the criteria for major depressive disorder (MDD). These numbers highlight the magnitude of distress," Horesh said. There was also a high co-morbidity between post-traumatic stress and depression.

Further analysis of findings showed that women who were further along in their pregnancies, as well as expectant mothers with a shorter amount of time since the pregnancy loss, faced a higher risk of suffering from PTSD and MDD. Findings also showed that younger age and lower religious observance were associated with more severe PTSD, but not MDD.

Horesh and Nukrian urge mental health and medical professionals to pay closer attention to women in the aftermath of late pregnancy loss. As part of that, they seek to develop improved specific, personalized screenings and interventions for patients—both immediately in the delivery room, as well as in the weeks and months following the stillbirth. As Nukrian said, "The loss of the baby is a significant loss. It is important to give recognition and space to the loss, mourning, and pain. Mourning takes time."

Referencing his research in this area, Horesh encourages professionals to acknowledge that women after late pregnancy loss are often highly vulnerable. "We believe this vulnerability should be identified in the maternal ward at the hospital. Talk to these women and screen them for depression and PTSD," he says.

Given the pain and shock of losing a baby, professionals would do well by their patients to see the experience through the lens of trauma. As part of that, they might begin offering support quickly in the face of the mother's shattered expectations of birth and parenthood, and not wait until symptoms are more pronounced.

About the author: Alana Siegel, Psy.D., is an instructor in the International Program in Crisis and Trauma at Tel Aviv University, and is also a psychologist with a private practice.

Article retrieved February 9, 2020 from *Psychology Today*, <https://www.psychologytoday.com/intl/blog/traumatized/201911/stillbirth-trauma>

M.E.N.D. CHAPTER UPDATES

Greater Houston Area

M.E.N.D.–Greater Houston Area is already planning our Walk to Remember for 2020. Mark your calendars for the Walk to Remember on October 10 at Bammel Church of Christ at 2:00 PM. If you have attended a previous Walk and are interested in becoming a volunteer, please contact Kara at kara@mend.org to attend our planning meeting in the early summertime. We welcome family and friends to volunteer as well. Make sure to put it on your calendars.



M.E.N.D.–Greater Houston Area has participated in multiple trainings at local hospitals this year to help healthcare professionals learn how best to care for families like us.

Stormy

Bryan/College Station, Texas

M.E.N.D.–Bryan/College Station has started this year off by providing miscarriage bags to all local Emergency Departments. This is a new ministry our chapter will be providing to local hospitals and doctor's offices. I am so thankful to our donors for your help in providing these bags to those who need them.



I would also like to welcome Markesha Lamar to our M.E.N.D.–Bryan/College Station leadership team. She is joining LaRhesa Johnson, JaeCee Crawford, and me to help us reach the families of Brazos County who have suffered the loss of a baby. Our team is looking forward to all God has in store for M.E.N.D.–Bryan/College Station in the coming year.

Jennie

MidMichigan

M.E.N.D.–MidMichigan is looking forward to the M.E.N.D.ing Miles Virtual 5K. We will be able to spread the word locally about M.E.N.D. as we join thousands of others walking around the country in honor and remembrance of their sweet babies. Please visit our Facebook group for more details at fb.com/groups/mendmidmichigan. Our Chapter will be walking together, and we would love to have you be a part of our group locally or virtually!



Karen

Tulsa, Oklahoma

M.E.N.D.–Tulsa had the honor of being interviewed by a local news station to share M.E.N.D. with Tulsa and the surrounding areas. It aired on Christmas Eve. As a result we had more than 15 new people join our Facebook group. We have also been contacted by a local doctor's office that wants to partner with us in the new year!

Paige and Austin Ryan held their annual Infant loss 5K in October. They presented the Tulsa chapter with a check for more than \$4,000. Thank you to Paige and Austin as well as everyone who donated/participated in the run! What a blessing!

Cat



San Antonio, Texas

M.E.N.D.–San Antonio is thankful we are now providing a subsequent pregnancy support group. Please watch facebook for details as these groups will meet outside of our normal monthly support group. 2020 has started off wonderfully and we hope to grow and continue serving families in Bexar county. We will have a chapter gathering for the M.E.N.D.ing Miles 5K as we take steps for our babies!

Katie



Columbus, Ohio

M.E.N.D.–Columbus, Ohio continues to hold monthly support groups, and we are looking forward to the M.E.N.D. activities, both locally and nationwide. As always, please feel free to contact me at lalina@mend.org to volunteer or donate to support M.E.N.D.–Columbus. May God bless and keep you!

LaTrina



NW Washington

Thank you to all who participated in our MOD Pizza Fundraiser We appreciate all who came out to support M.E.N.D.

We are looking forward to our 3rd annual M.E.N.D.ing Miles Virtual 5K. We will meet at Clear Creek Trail by the skate park on May 3 at 2:00 p.m. for a group walk/bike/run. We hope you'll join us.



Stacy

Southwest Missouri

Grace Kathryn, our first child, was born on March 17, 2008, a few days after my water unexpectedly broke at 21 weeks. After the doctors attempted to stop labor, we heard the fateful words "I'm sorry, but her heart has stopped beating." While I will never forget the silent moment of her birth and how we lovingly held her, I will also never forget leaving the hospital with empty arms.



Joy and fear battled with each pregnancy following. My greatest fear was realized on January 3, 2014, when I miscarried Rose at 8 weeks. Although I have five other living children, not one of them can take the place of the two girls we will never parent this side of heaven.

It is in memory of those two baby girls I now serve as the local Chapter Director of M.E.N.D.–Southwest Missouri. Although I wish no one would have need of our services, my greater wish is that every family would have the support and comfort each needs as they walk through the grief journey from heartache to hope.

I hope many of our friends can make it to our 10th Annual Craft Day Fundraiser on April 25, 2020. From 9 AM until 9 PM, we will be laughing and working on our crafts at The Springs Church in Springfield, Missouri. Please email Rachel@mend.org for more information or to register.

Rachel

Lynchburg, Virginia

M.E.N.D.–Lynchburg had a wonderful time sharing the word about M.E.N.D. at our table at the Lynchburg Community Market. We are still in need of funds for launching our chapter and need a few assistants to serve in our chapter of M.E.N.D. For more information, please email me at Melissa@mend.org.



Melissa

Chicagoland

M.E.N.D.–Chicagoland Chicagoland is so thankful for another year to reach out to hurting families in our area upon the loss of their babies. It is always hard and sad to welcome new grieving families, but at the same time we are so glad they now know that they don't have to grieve alone.



Sara

Men of M.E.N.D.

My name is Russell Gaddie, and I am the Chapter Director/Facilitator for the Men of M.E.N.D. Facebook page and online support group for dads. My wife of 23 years, Jessica Gaddie, the Chapter Director for M.E.N.D.–Palm Beach, and I adopted two boys after 10 years of infertility, which then later was followed by losses of Angel, miscarried at 6.5 weeks on October 24, 2008, and Wilson Glenn, stillborn at 21 weeks 3 days on August 17, 2017. After seeing the need to support us and families like ours, we attended the leadership conference in February of 2018 to prepare to launch M.E.N.D.–Palm Beach later that year.



At the next leadership conference in February of 2019, God opened a door I had been praying for, connecting with hurting dads. In March, the Men of M.E.N.D. Facebook Page was launched. Since then we have launched an online group in October that meets the third Monday of every month. I have been blessed to have an assistant who has been involved with M.E.N.D. for years in Matt McGhee, whose spouse is the Chapter Director of the NW Washington chapter. I look forward to serving you.

Russell

Palm Beach, Florida

I am living proof that "to make a difference in someone's life, you don't have to be brilliant, rich, beautiful, or perfect, you just have to care" and M.E.N.D.–Palm Beach is eager to welcome people who care to join our team of volunteers as Assistant Directors, helping to run the Chapter and support our families and community. If you feel that little tug in your heart to use your grief to help others as they grieve, please contact Jessica by phone or text at 561-843-3509 or by emailing jessica@mend.org.



Jessica

Online Support

The next Online Support group meetings will be March 19 and April 16. Please complete the Online Information form found at www.mend.org to receive the meeting link. Hope to see you there.



LaRhesa

Denver, Colorado

M.E.N.D.–Denver is looking forward to its annual Mother's Day Tea this spring as well as participating in the M.E.N.D.ing Miles fundraiser. Watch our facebook group for more information!



Kimberly

About M.E.N.D.

M.E.N.D. is a Christian nonprofit corporation whose purpose is to reach out to those who have lost a child to miscarriage, stillbirth or infant death and offer a way to share experiences and information through monthly support groups, this magazine, and our website at www.mend.org. For inquiries, subscription requests, deletions, and submissions to the magazine, contact us at:

M.E.N.D.
P.O. Box 631566
Irving, TX 75063
Phone and Fax: (972) 506-9000
(Please call before faxing)
E-Mail: rebekah@mend.org
jennifer@mend.org
www.mend.org

Donations make the printing and distribution of this magazine possible. Your tax-deductible contributions are greatly appreciated and should be sent to the address listed above. If your gift is made in memory of a baby, please include that baby's name (if named), date of birth and/or date of death, the parents' names, and the name of the benefactor. You may also include the cause of death (if known).

M.E.N.D. is a member of
First Candle/SIDS Alliance
International Stillbirth Alliance
Pregnancy Loss and Infant Death Alliance



international
stillbirth alliance



• Helping Babies Survive & Thrive •

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M.E.N.D. Support Groups in the Dallas/Fort Worth Metroplex

Mommies AND Daddies are both welcome at all M.E.N.D. support groups. Unless otherwise noted, all support groups are held at: 800 W. Airport Freeway Irving, TX 75062 (building with black windows, located off 183, between MacArthur and O'Connor). Support groups are held in the building's board room on the first floor. For more information, call (972) 506-9000.

M.E.N.D. chapter support groups are held the 2nd Thursday of every month from 7:30 - 9:00 PM

Daddies group meets the 2nd Thursday of March, June, Sept. and Dec., from 7:30 - 9:00 PM
Moms and dads meet together for introductions before dividing into two groups for discussion.

Parenting Groups:

Subsequent pregnancy group
meets the 4th Tuesday
from 7:30 - 9:00 PM

Led by Marisa Perry: marisa@mend.org
For families who are considering
becoming pregnant or are currently
pregnant after a loss.

Parenting After Loss groups are for families
raising living children after a loss.

Parenting After Loss Playgroup
(children welcome)

Currently it meets in Irving at the play
area inside Irving Bible Church, but will
eventually meet in various locations

For more details, contact:
Corley Rinaldi at Corley@mend.org.

M.E.N.D.

Chapter Information

M.E.N.D.–NW Washington

Meets the 2nd Monday at 6:30 PM
The Oak Table Cafe'
3290 NW Mt. Vintage Way
Silverdale, Washington 98383
Director: Stacy McGhee
stacym@mend.org, (360) 662-6161

M.E.N.D.–SW Missouri

Meets the 1st Thursday at 7:00 PM
Project H.O.P.E.
1419 S. Enterprise Ave
Springfield, Missouri 65804
Director: Rachel Dell
rachel@mend.org, (417) 770-0600

M.E.N.D.–Bryan/College Station

Meets the 2nd Tuesday at 7:30 PM
Hawthorne Suites
1010 University Drive East
College Station, Texas 77840
Director: Jennie Drude
jennie@mend.org, (402) 704-6363

M.E.N.D.–Tulsa, Oklahoma

Meets the 3rd Tuesday at 7:00 PM
Canyon Crossing
1651 E Old North Rd.
Sand Springs, Oklahoma 74063
Director: Cat Markham
cat@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.–Columbus, Ohio

Meets on the 2nd Monday, at 6:30 PM
Paul Mitchell-The School of Columbus
3000 Morse Road
(Upstairs Conference Room)
Columbus, Ohio 43231
Director: LaTrina Bray
latrina@mend.org (614) 530-5128

M.E.N.D.–Chicagoland, Illinois

Meets the 1st Tuesday at 7:00 PM
St Peter Lutheran Church
202 E Schaumburg Road
Schaumburg, Illinois 60194
Director: Sara Hintz
saraann@mend.org, (630) 267-9134

M.E.N.D.–Palm Beach, Florida

Meets the 2nd Thursday at 7:00 PM
Embark Lake Worth
3927 Hadjes Dr
Lake Worth, FL 33467
(close to Turnpike and Lake Worth Rd)
Director: Jessica Gaddie
Jessica@mend.org, (561) 843-3509

M.E.N.D.–MidMichigan

Meets the 1st Tuesday, at 7:00 PM
Ashman Plaza
713 Ashman Street
Midland, Michigan 48640
Director: Karen Kilbourn
karen@mend.org, (989) 577-5755

M.E.N.D.–Denver

Meets the 2nd Tuesday at 7:00 PM
Journey Church
9009 Clydesdale Rd.
Castle Rock, Colorado 80108
Director: Kimberly Adams
kimberly@mend.org, (720) 593-0166

M.E.N.D.–San Antonio, Texas

Meets the 4th Monday, at 7:00 PM
8620 N New Braunfels Ave
San Antonio, Texas 78217
Director: Katie McClelland
katie@mend.org

M.E.N.D.–Lynchburg, Virginia

Coming Soon!
Director: Melissa Scifres
melissa@mend.org

M.E.N.D.–Greater Houston Area

Greater Houston Area Main Chapter:
Meets the 3rd Thursday at 7:30 PM
Lone Star College,
3200 College Park Dr, Room A228,
The Woodlands, Texas 77384
Greater Houston Area Director:
Stormy Mitchell
stormym@mend.org, (405) 529-6363

Satellites in Greater Houston Chapter:

Katy, Texas:
Meets the 2nd Thursday at 7:00 PM
Katy Community Fellowship
24102 Kingsland Blvd
Katy, Texas 77494
Katy Director:
Kessi Wilhite, kessi@mend.org
Kingwood Area, Texas:
Meets the 2nd Thursday at 6:30 PM
6450 Kings Parkway
Kingwood, Texas 77346
At Rosemont Assisted Living,
2nd Floor Community Room
Kingwood Director:
Nikisha Perry, nikisha@mend.org

Subsequent pregnancy group

Meets every other month
on the 3rd Thursday at 7:30 PM,
led by Stormy Mitchell
(stormym@mend.org)

Daddies group

Meets quarterly
on the 3rd Thursday at 7:30 PM,
led by Greg Miller
(stefaniem@mend.org)

Online Support

M.E.N.D.–Online Support Group
Held the 3rd Thursday at 9:00 PM (CST)
to join, contact
Director: LaRhesa Johnson
LaRhesa@mend.org

Men of M.E.N.D

Held the 3rd Monday at 9:00 PM (CST)
to join, contact,
Director: Russell Gaddie
Russell@mend.org
Facebook Group:
www.facebook.com/groups/MENofMEND



The Garden of Hope is a place of peace and solace where families can come for a quiet time of reflection, prayer, or even to celebrate the life of their loved one.

The Garden of Hope was established by M.E.N.D. in 2016, and is located on property of Calvary Church in Irving, Texas.



You can remember your loved one by purchasing a brick in the Garden of Hope. Brick purchases can be made at <https://www.mend.org/garden-of-hope>. Bricks purchased by August 15, 2020, will be installed prior to the Walk to Remember in October 2020.

M.E.N.D. Mommies Enduring Neonatal Death
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USA
(972) 506-9000
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Virtual 5K
May 3 – 10, 2020**

Taking steps for those who never did.



Don't think you can 5k? You CAN!

Support M.E.N.D. with a walk at the park, run on the treadmill, riding a bike, dancing... move virtually **anyWHERE** and **anyTIME**! You can even break up the distance between several days if you need to!

Get all the details & register at

www.mend.org/virtual5k