



Mommies Enduring Neonatal Death

Miscarriage, Stillbirth and Infant Loss Support

Volume 27, Issue 4

July/August 2022

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Post-traumatic Stress Disorder (PTSD) and Loss



Post-traumatic Stress Disorder is a disorder that sometimes develops after a traumatic event, which for our readers is pregnancy and infant loss. It may develop slowly with anxiety and fear gradually growing, or may attack suddenly out of the blue after a trigger or what we sometimes call a "sucker punch." This issue will address more of the issue that many families face - PTSD after Loss.

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PTSD and Loss

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Kathryn shares a glimpse of her infertility and loss journey that led her to write a special poem.
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September/October Topic

Remembering Together
Deadline: July 31, 2022

November/December Topic

Holidays
Deadline: September 30, 2022

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.

Letters to the Editor should be sent to jennifer@mend.org. All letters submitted to the editor are subject to be published in future issues, both in the print version and online, unless a letter's author expressly requests it not be published.

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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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As a national organization, M.E.N.D. Leadership continues to monitor conditions in the United States relating to COVID-19. Since restrictions differ in each state, please follow your chapter on Facebook or connect with your Chapter Director for updates regarding support groups. For information on support groups, including the M.E.N.D. Nationwide Support Group that meets year-round, please see page 15.



Feature Article

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

PTSD and Loss

We tend to think of Post-Traumatic Stress Disorder, commonly referred to as PTSD, as it relates to those in the military who have been traumatized by their war experience. But, actually, any of us who have endured a traumatic event, including the death of our babies, can develop PTSD. The Mayo clinic defines PTSD as “a mental health condition that's triggered by a terrifying event – either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, severe anxiety, as well as uncontrollable thoughts about the event.”

I have found that people who have never experienced the loss of a baby do not realize that we as bereaved parents indeed endured a traumatic and terrifying event. It is traumatizing to hear the words, “I’m sorry but your baby has died.” It is traumatizing to give birth to a silent baby. It is traumatizing to hold your lifeless baby (though we in M.E.N.D. highly recommend doing this). It is traumatizing to see your baby in a tiny casket and attend your child’s funeral.

Based on my experience of directing M.E.N.D. for more than 25 years, my “unprofessional mental health provider” opinion is some moms experience PTSD immediately following their loss, while others (like me) don’t have issues with symptoms of PTSD until much later when something else in life triggers those emotions.

Since my Jonathan’s stillbirth in 1995, I’m always only cautiously excited when someone announces a pregnancy, for I know all-too-well that it doesn’t mean she’ll get to bring her baby home. And it took me several years to joyfully attend a baby shower. But I don’t think those are PTSD reactions, just sad responses based on my history of loss. It wasn’t until my son and daughter-in-law announced their pregnancy that I experienced, what I think, was my first real PTSD episode. I was shocked at my uncontrollable and very unexpected reaction to what should have been nothing other than pure elation. Of course, I was beyond delighted to hear our first grandbaby was on the way, but I was not prepared for the

immense anxiety that immediately kicked in. I had to nonchalantly go off by myself for a few minutes. I could not breathe normally, my heart was racing, and I was in sheer panic, yet excited at the same time.

At first, I could not figure out what in the world was wrong with me. After much contemplation, I realized it was fear. I was so afraid my kids were going to possibly endure what Byron and I have with the loss of our two babies, and all the trauma that goes along with loss. I couldn’t bear the thought of my son and daughter-in-law suffering such heartache and pain. After much prayer and talking to fellow seasoned loss moms, I was eventually able to manage my thoughts, feelings, and emotions. Until...delivery day! That old, ugly, uncontrollable anxiety reared its ugly head with a vengeance! There were complications during labor which caused me to literally have a panic attack in the waiting room. At that time, I didn’t care who was around or heard me. Looking back, I must admit I’m kind of embarrassed by it, but I now know why it happened and understand it was warranted.

Oftentimes we feel we have to keep our thoughts private, thus we deal with such strong emotions silently and without any support. While those around us may not understand, there are many who do. If you feel you are alone and dealing with symptoms of PTSD, please reach out to either a grief counselor or other loss moms. Join one or more of our private Facebook groups. Attend one of our in-person or online support groups. While we can’t take these emotions away from you, we can be there for you to validate your feelings. We can remind you that you are not alone and that it is very normal to experience anxiety, sleeplessness, bad dreams, a desire to withdraw, depression, and other PTSD-related symptoms. Please don’t go through this alone; we are here to walk this journey with you.

Birthday Tributes



Happy 1st Birthday, Lina!

Happy birthday, my sweet girl! We miss you dearly. Please watch over us, we love you!

Xoxo
Mommy and Brother

Lina Amaris Villarreal
August 6, 2021, at 18 weeks
Cord accident
Mommy: Lilliana Villarreal
Brother: Robert Jimenez



Happy 1st Birthday, Anthan!

Happy 1st heavenly birthday, baby boy. We love you and think of you all the time.

Anthan Deon'dre Hudson
Miscarried July 21, 2021
Mommy: Niesha Hudson
Sister: Ny'dia Hudson



Happy 17th Birthday, Ryland!

Happy 17th birthday in heaven.
Until we see you again...

Ryland Michael Dixon
Stillborn August 12, 2005
Parents: Bryan and Kelly Dixon
Siblings: Leighanne and Conor



Happy 1st Birthday, Arabella!

Happy 1st heavenly birthday, baby girl. We can only imagine what today would have been if you were still here. We will forever love and miss you!

Arabella Alleigh-Nichol Wright
Stillborn June 24, 2021
Parents: Destiny and Ben Wright
Siblings: Aria and Anapaige



Happy 1st Birthday, Lanny!

Happy heavenly birthday, my sweet baby girl.
Mommy and Daddy miss you.

Lanny Escalona
Stillborn May 27, 2021
Parents: Mirian and Jose Escalona



Happy 1st Birthday, Baby Aubri!

Happy 1st birthday, my beautiful daughter. You were our first girl, and we were so hopeful you would make it home and into our arms. I wish we were eating cake together and celebrating on earth with you. Since we can't, we will celebrate your short but beautiful life on earth while you celebrate with Jesus. Mommy, Daddy, Jayden and Kasen all love you so much and can't wait for the day we get to hold you again.

Aubrianna Diane Witt
June 14, 2021

Late Miscarriage due to blood clotting disorders
Also remembering
Bennett Matthew Witt
Stillborn September 28, 2020
Blood clotting disorders
Josiah David Witt
November 21, 2019

Late Miscarriage due to blood clotting disorders
Hope Witt
Miscarried December 18, 2021
Parents: Jacob and Kristina Witt
Big brothers: Jayden, Kasen and
Baby Witt due January 2023



Happy 1st Birthday, Amos!

Happy heavenly 1st birthday, Chiquito Hermoso. Not a day goes by we don't think of you. You are and will always be the greatest gift God gave us. We miss you and love you so much, Amos.

Amos Isaiah Garcia
August 22 - November 18, 2021
SIDS

Parents: Darly and Isaiah Garcia
Siblings: Zulai, Kamila and Layla



Happy 6th Birthday, Connor!

Happy 6th birthday in heaven, Connor! We know you must be celebrating big. We are celebrating here, too, and missing you immensely. You would be starting 1st grade, and we should be buying the school supplies on your school's list. Instead, we will be buying school supplies to donate to some 1st grade classrooms in memory of you.

Love,
Mommy, Daddy, Kelsey, Cooper, Grandma, Grandpa,
and the rest of your family!

Connor Christian Cash
August 31, 2016
Cord accident
Parents: Jenna and Dustin Cash
Siblings: Kelsey and Cooper



Happy 8th Birthday, Trinity Ann!

Happy heavenly 8th birthday to our sweet girl. Eight years old! I have no doubt you are enjoying each and every day in heaven. We miss you more than words will ever be able to describe. We will wait for the day we will see you and your brother meets you for the first time. Crazy to think that in two years you will be in the double digits! We love you always and will carry you every day in our hearts. Until we see you again. Happy birthday! We love you!

Trinity Ann Faram

August 1, 2014

Placental abruption

Parents: Brad and Elizabeth Faram

Siblings: Brentley and Emma



Happy 19th Birthday, Matthew!

To my precious son, Matthew, even after all these 19 years, I often think of you and miss you so much. I know you are with the Lord Jesus, perfect and happy, but your absence has left a huge hole in my heart. Jesus fills me with hope and expectancy. He holds you in heaven; He holds me here on earth. I joyfully anticipate when we will be together again. For now, my precious son, I wish you a beautiful and happy heavenly birthday.

Love you forever,
Mom

Matthew Mifflin

June 6, 2003

Cord accident

Parents: Dennis and Janet Mifflin



Happy 1st Birthday, Sprout!

Sweet baby Ember, you were so wanted and so loved. You were our 3rd little girl. You now have a younger living sister. You were carried your whole life, and we are very sorry we were unable to love you here on earth. We will always love you and will always remember you in our hearts. Happy heavenly birthday, and we know you are playing with our Outlaw puppy who followed you soon after into heaven. We know you guys are playing and chasing each other up there and having a blast. Until we see you again, just know that we love you and will always remember you.

Love,
Mom, Dad, Estella, Arabelle and Iris

Ember Celeste Lennox

Stillborn May 7, 2021

Parents: Abigail and Nathan Lennox

Siblings: Estella, Arabelle and Iris



Happy 18th Birthday, Jordyn!

To my twin sister, happy 18th birthday, Jordyn! This is the year we would've graduated together. I did it for the both of us. I think about you every day. I think about all the "could-have-beens," but I know you are in heaven watching over us. I love you and miss you so much, sister. Not all twins walk side-by-side; sometimes ONE has wings to fly. #TwinPower #Classof2022

Love,
Your Sis Jada
Mommy, Daddy, and JR



Jordyn Lynae Johnson

July 13-16, 2004

Cord accident

Parents: Bruce and Debra Johnson

Siblings: Jada and Bruce Johnny

Happy 7th Birthday, Rebekah!

Happy 7th birthday, sweet girl! We miss you so much! Your brother and sisters can't wait to go to the water park for your birthday this year! I hope there are swimming pools in heaven so you can swim with us! You are so loved, and we can't wait until we can hold you again.

Love Mama and Daddy
Isaac, Abigail, Esther and Tirzah

Rebekah Tikvah Nymeyer

July 16, 2015

Premature Birth

Also remembering

Amasiah Nymeyer

Misarrried October 2010

Jonah Nymeyer

Miscarried June 2012

Parents: Jonathan and Terri Nymeyer

Siblings: Isaac, Abigail, Esther and Tirzah



Happy 5th Birthday, Cuddles!

Happy 5th birthday, Zoey! You would be starting Kindergarten. Peyton would be picking you up from class, and she thought that would be cool! Deja is graduating, and I know you are her inspiration. Cecilia had Anthony, and I know you had a part in keeping him safe. All these things happening, we just wish you were here to enjoy them with us! We LOVE you Zoey! You will never be forgotten. Our baby you will always be.

Zoey Von Martinez

August 16 - December 16, 2017

Respiratory Failure

Parents: Vanessa Hernandez and Eli Martinez

Siblings: Cecilia, Deja and Peyton



The Story Behind "Come Sit With Me a While"

My husband, Brandonn, and I will be married 17 years on July 30 this year. We waited a few years before trying to conceive. When we started trying, I had a few late periods, but thought it was from just coming off of birth control.

Fast forward to 2013, when God gave me a name for my future child, Samuel Boone. Not long after that, I was about five weeks late for my period, so I took a pregnancy test. There was a faint blue line. I waited a few more days and took another one - same faint line. Yet two days later, I started bleeding heavily. I called my OB/GYN who agreed to examine me, but then told me I was crazy - that I couldn't have been pregnant. I know I was because I know my body.

We are now nine years past that and still praying for a rainbow (even though at 43, I know it would be a miracle). Mother's Day is always hard for me with Parent/Child Dedications and when our pastor asks all mothers to stand. The assumption (at least in my church it seems) is that the term "mother" applies to those who have a child(ren) alive on earth, but doesn't include those of us who only have children in Heaven.

I never know if I should stand or not (since I have no children this side of Heaven). I know I don't feel comfortable standing, so I remain sitting. Because of that, I wrote this poem.

Come Sit With Me a While

Written by Kathryn Sirven
(C) 2022

Come sit with Me a while
Experience my joy divine
Come sit with me a while
Come be a friend of mine

Come sit with me a while
And dare to call me friend
Come sit with me a while
Until this lonely feeling ends

Come sit with me a while
Experience my loneliness
Come sit with me a while
In the middle of my mess

Come sit with Me a while
His voice whispers in my ear
Come sit with Me a while
Until your heartaches disappear

Come sit with me a while
While my spirit soars
Come sit with me a while
While I fight battles within the war

Come sit with Me a while
And let Me hold you near
Rest in calm assurance
I will conquer all your fears

Come sit with me a while
When life seems dark and gloom
Come sit with me a while
In my life there's always room

Come sit with Me a while
And rest in My love alone
And in My time, dear child of Mine,
I'll joyfully call you Home

Miscarriage Puts Both Partners at Risk of PTSD, Research Shows

Written by Taneasha White
Posted on [VeryWellFamily.com](https://www.verywellfamily.com)

When it comes to pregnancies and all of the complexities that come along with those experiences, both hospitals and researchers tend to focus primarily on the parent that is giving birth. A study in the October issue of *Ultrasound in Obstetrics and Gynecology*, however, found that losing a pregnancy at an early stage can lead to post-traumatic stress in both partners.

While the birth-giving partner is more likely to suffer from PTSD following pregnancy loss, the new study showed that non-birthing partners may also experience symptoms, though to a lesser degree.

What Did the Study Show?

This study surveyed 192 couples in the United Kingdom, and within this sample size, all couples were comprised of one man and one woman. Participants were approached in the hospital units designated for early pregnancies; consenting participants completed online surveys one, three, and nine months after early pregnancy loss.

An important step of this process was to determine which participants met the criteria for anxiety, depression, or post-traumatic stress (PTS) following their miscarriages, and the researchers utilized the Hospital Anxiety and Depression Scale (HADS) and Post-Traumatic Diagnostic Scale (PDS) within the surveys to determine.

There are similarities and differences when it comes to how parents respond to a loss. Both share negative feelings, but due to societal pressures on men and the emphasis placed on the birth parent, the emotional response is often disparate.

"There are multiple noticeable differences in the response of birthing and non-birthing partners to this event," says Zaher Merhi, MD, OB-GYN, a reproductive endocrinology and infertility specialist and founder of Rejuvenating Fertility Center in Connecticut.

"For starters, non-birthing partners tend to feel the need to be supportive and to give emotionally and physically to the birthing partner, whereas the birthing

partners will most likely become more introverted and reclusive. Typically, the non-birthing partner will be inclined to try to 'fix things' emotionally and physically for the birthing partner," he says.

What Is Post-Traumatic Stress?

Post-traumatic stress disorder can occur in individuals that have experienced an unsettling event. Events that cause PTSD symptoms can be isolated or recurring. Symptoms of PTSD are broken down into four categories, including:

- Avoidance
- Hyperarousal
- Negative Thoughts or Beliefs
- Re-experiencing

The new study found that the most common PTSD symptom occurring in both partners after pregnancy loss was re-experiencing, followed by avoidance and hyperarousal.

Kenda Sutton-El, a birth worker and executive director of Birth in Color in Richmond, VA, has witnessed this during her experience working with couples going through this difficult time. "Non-birthing partners attempt to be strong for the mom because they feel as that is their role, but they will grieve in silence," she says. "They both become extremely terrified of even trying for another baby."

Given that all of the non-birthing partners in this study were men, researchers say that the part of issue surrounding PTSD symptoms and the subsequent silence surrounding the condition is that men are less likely to ask for help. "Men are generally less likely to seek support for mental health and may have poorer peer support," the researchers note.

This can compound and result in poorer health outcomes. "Both partners are likely to experience grief in its different stages, maybe in different sequences and maybe each at his/her own pace," says Merhi. "Most importantly, each individual should allow the other partner freedom to experience their grief in their own way."

How Can This Study Be Helpful?

Miscarriages are very common within the first trimester of pregnancy, with 10 to 20 percent of known pregnancies ending in a loss. This includes ectopic pregnancies, which occurs in 1-2% of all pregnancies as an embryo implants outside of the uterus and is unable to develop, resulting in pregnancy loss.

While it is common for the non-birthing partner to forego their emotions in an effort to care for the

Continued on page 8

"Miscarriage Puts..." continued from page 7

birthing parent, a shared loss means the grief can be shared as well. Keeping lines of communication open as well as seeking out resources can aid in an emotionally difficult situation such as a pregnancy loss.

"I recommend seeking counseling help from a professional as soon as possible to help navigate the waves of emotion and pain," says Talitha Phillips, a certified labor and postpartum doula and CEO of Claris Health in Los Angeles. "It's important to communicate how the partner as well as other friends and family can help."

Phillips adds, "This includes the need for physical help and a safe place to talk and process the loss. Loss can drive couples apart, but it can also bring them closer together. There is a closeness and tenderness that can form as people journey through this together."

Potential Next Steps for Couples

Merhi advises:

- Be sensitive to each other. Talking about other pregnancies may be the non-birthing partner's way of trying to fix things; however, what the birthing partner usually needs is someone to listen and be there.
- Support your partner. Taking the time to sit with each other, talk, and engage in activities together will help both partners heal faster.
- Ask for support. Support groups, counselors, and even therapists can be of great help to both partners.
- Get busy. Keeping yourself busy through this process is important, to decrease the constant thoughts that you have about the miscarriage. One or two new projects are adequate to keep busy while handling this change.
- Give it time. Give yourself and your partner enough time to fully experience this and come out the other side.

What This Means For You

Miscarriage is a heartbreaking thing to experience, and a difficult issue to discuss. Because of the severe strain on the birthing parent's body and mind, we oftentimes overlook the non-birth giving partner in the situation. Losing a baby is incredibly difficult, regardless of your role in the situation.

Preparation for all outcomes is necessary for both parents, and can encourage everyone to feel comfortable in sharing their needs post-miscarriage and seek the help they deserve.

Retrieved June 10, 2022, from <https://www.verywellmind.com/miscarriage-and-ptsd-risk-5083953>

Common Myths About PTSD

Retrieved from <https://www.therecoveryvillage.com/mental-health/ptsd/ptsd-myths/>

| Myth | Fact |
|---|---|
| PTSD only affects military veterans | PTSD can impact anyone who experiences, witnesses or has second-hand exposure to a traumatic event. |
| PTSD occurs immediately after a traumatic event | Symptoms of PTSD can take months or years to appear |
| PTSD is a sign of weakness | PTSD is not at all related to weakness |
| Everyone who experiences trauma will develop PTSD | Relatively few people who experience trauma will develop PTSD |
| Everyone with PTSD experiences the same symptoms | PTSD can present very differently, depending on the person and type of trauma experienced |
| People with PTSD are violent | People with PTSD are not usually violent |
| PTSD will just go away over time | The majority of PTSD cases will not resolve on their own |
| PTSD isn't treatable | PTSD can be treated, and there are many different treatment options. |

M.E.N.D.ing Miles Virtual 5K



THANK YOU! for making our 5th Annual M.E.N.D.ing Miles Virtual 5K a success, and so much fun! We enjoyed seeing all your pictures, reading your babies' names, and spending time with you virtually to raise money for M.E.N.D. We had 360 official racers, but we know many of your family and friends joined you, and we are so grateful to you all!

For future 5K events and information, be sure to follow our Facebook page at www.facebook.com/MENDINGMiles5K.

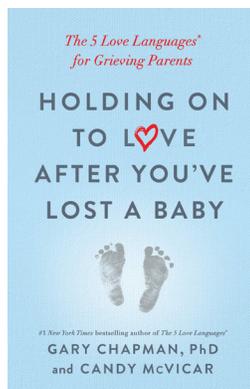


Book Review

Holding On To Love After You Lost A Baby
Written by Gary Chapman PhD and Candy McVicar

As a mom who is over a decade in to living after the loss of our babies, I wish a book like this had been available when I was struggling to just get up each morning. Candy McVicar shares her own story of loss and helps connect the reader to someone who "knows" how it feels, as well as practical self-reflection exercises throughout. No topic is off limits. The chapters on how men and women grieve differently and how families and friends can help or hurt struck a chord with me. Not only does this book help you feel like you aren't alone in your grief; it provides practical tools to help you process your grief.

Reviewed by Cat Markham,
M.E.N.D.-Tulsa Chapter Director



Subsequent Births

Celebrating our Rainbow Babies

C.J. and Emily Woolf
of Springfield, Missouri,
joyfully announce the arrival of
Clark Everett Woolf,
born January 10, 2022,
measuring 7 lbs., 14 oz.,
The family lovingly remembers
Freya Woolf,
stillborn October 17, 2018,
and Baby Girl Woolf,
miscarried February 28, 2019



TEPT y Pérdida

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

Tendemos a pensar en el trastorno de estrés postraumático, comúnmente conocido como TEPT (PTSD), en relación con aquellos en el ejército que han sido traumatizados por su experiencia de guerra. Pero, en realidad, cualquiera de nosotros que haya pasado por un evento traumático, incluida la muerte de nuestros bebés, puede desarrollar TEPT. La clínica Mayo define el TEPT como "una condición de salud mental que se desencadena por un evento aterrador, ya sea experimentarlo o presenciarlo. Los síntomas pueden incluir flashbacks, pesadillas, ansiedad severa, así como pensamientos incontrolables sobre el evento".

Descubrí que las personas que nunca han experimentado la pérdida de un bebé no se dan cuenta de que nosotros, como padres lamentando, realmente sufrimos un trauma y eventos aterradores. Es traumatizante escuchar las palabras "Lo siento, pero tu bebé ha muerto". Es traumatizante dar a luz a un bebé silencioso. Es traumatizante sostener a tu bebé sin vida (aunque en M.E.N.D. recomendamos enfáticamente hacerlo). Es traumatizante ver a su bebé en un pequeño ataúd y asistir al funeral de su hijo.

Basado en mi experiencia dirigiendo M.E.N.D. durante más de 25 años, mi opinión de "proveedor de salud mental no profesional" es que algunas mamás experimentan TEPT inmediatamente después de su pérdida, mientras que otras (como yo) no tienen problemas con los síntomas de TEPT hasta mucho más tarde cuando otra cosa en la vida desencadenan esas emociones.

Desde la muerte fetal de mi Jonathan en 1995, me emociono cautelosamente cuando alguien anuncia un embarazo, porque sé muy bien que eso no significa que ella podrá traer a su bebé a casa. Y me tomó varios años asistir con alegría a un baby shower. Pero no creo que esas sean reacciones de TEPT, solo respuestas tristes basadas en mi historial

de pérdida. No fue hasta que mi hijo y mi nuera anunciaron su embarazo que experimenté, lo que creo, fue mi primer episodio real de TEPT. Me sorprendió mi reacción incontrolable e inesperada a lo que no debería haber sido más que pura euforia. Por supuesto, estaba más que encantada de saber que nuestro primer nieto estaba en camino, pero no estaba preparada para la inmensa ansiedad que me invadió de inmediato. Tuve que irme sola con indiferencia durante unos minutos. No podía respirar normalmente, mi corazón estaba acelerado y estaba en pánico, pero emocionada al mismo tiempo.

Al principio, no podía entender qué demonios me pasaba. Después de mucha contemplación, me di cuenta de que era miedo. Tenía tanto miedo de que mis hijos pudieran soportar lo que Byron y yo pasamos con la pérdida de nuestros dos bebés y todo el trauma que conlleva la pérdida. No podía soportar la idea de que mi hijo y mi nuera sufrieran tanta angustia y dolor. Después de mucha oración y conversaciones con otras madres compañeras con pérdidas, finalmente pude manejar mis pensamientos, sentimientos y emociones. Hasta... ¡el día del parto! ¡Esa vieja, fea e incontrolable ansiedad asomó su fea cabeza con una venganza! Hubo complicaciones durante el parto que literalmente me provocaron un ataque de pánico en la sala de espera. En ese momento, no me importaba quién estaba alrededor ni quien me escuchaba. Mirando hacia atrás, debo admitir que estoy un poco avergonzada, pero ahora sé por qué sucedió y entiendo que estaba justificado.

A menudo sentimos que tenemos que mantener nuestros pensamientos en privado, por lo que lidiamos con emociones tan fuertes en silencio y sin ningún tipo de apoyo. Aunque algunos que nos rodean no pueden entender, hay muchos que sí nos entienden. Si se siente que está sola y lidia con los síntomas del TEPT, comuníquese con un consejero u otras madres que han tenido pérdidas. Únase a uno o más de nuestros grupos privados de Facebook. Asista a uno de nuestros grupos de apoyo en persona o en línea. Mientras no podemos evitar estas emociones, podemos estar aquí para apoyar y para que valides sus sentimientos. Podemos recordarle que no está sola y que es muy normal experimentar ansiedad, insomnio, pesadillas, deseo de retraerse, depresión y otros síntomas relacionados con el TEPT. Por favor, no pase por esto sola; estamos aquí para caminar este viaje con usted.

In Loving Memory

Angel Armendariz

April 4, 2022

Parents: Sarah and Gabe Armendariz

Gifts given by

Caitlin Geiser and Katie Williams

Anonymous

Jayden and Connor Bartel

Given by Cassandra Parish

Levi Samuel Bowmer

April 19, 2013

Trisomy 13 7 Tetralogy of fallow with absent pulmonary valve

Parents: Jenae and Sam Bowmer

Little sisters: Evie and Val

Gifts given by

Grandmother Jaimi Wilkins-Finch

Aunt Brittany Finch

Marcus Brandt

Given by Marisa Perry

Addi Brooke

Given by Dwanna Kight

Baby Bush I

Baby Bush II

Baby Bush III

Baby Bush IV

Baby Anderson VI

Lucas Grant Bush Anderson

June 18, 2019

Given by Tara Bush

and little sister Isabelle

Madeline Rose Clarkson

April 6, 2020

Given by parents

Christine and William Clarkson

Charlee Grace Clay

Stillborn April 6, 2021

Given by Peyton Clay

Abigail Grace Crump

July 1, 2003

Trisomy 18

Given by

Parents Gerald and Jaimie Crump and little sisters Cami and Karli

Riley and Parker Davis

November 14, 2006

Premature

Given by

Parents Rob and Cheryl Davis and siblings Annalise and Owen

Paislee Ann Frette

April 4-5, 2012

Wolf-Hirschhorn Syndrome

Parents: Brent and Courtney Frette

Little sister: Colbie

Gifts given by

Grandparents James and LuAnn Junkin

Anonymous

Serenity Harrison

Miscarried December 3, 2009

Given by

Parents Curt and Jennifer Harrison

and siblings Levi, Ziva and Evie

Holly Hughes

Given by Gabrielle Conant

Ethan Alexander Kozar

March 29 – April 2, 2020

SIDS

Parents: Katelynn and Ryan Kozar

Given by Grandma Jane and Grandpa Dan

Kennedy Elaine Lloyd

April 19, 2017

Given by Kristi Jumper

Stacy Martin

Given by Alyssa Hellert



Joey Vigil

May 30, 1949 - February 20, 2022

Grandfather to

Sophia Rose McGhee

Stillborn March 29, 2010, at 33 weeks

Unknown cause

Baby McGhee #1

Miscarried 2002

Baby McGhee #3

Miscarried 2009

Baby McGhee #4

Miscarried 2009

Father to Stacy McGhee, Advisory Board

Gifts given by Amy Richardson

Jana Roller

Jonathan Daniel Mitchell

Stillborn June 24, 1995

Cord accident

Baby Mitchell

Miscarried December 2001

Given by parents Byron and Rebekah Mitchell

Christina Charlotte Roll

June 18, 1970

Parents: Daniel Roll and Pat Roll

Given by Daddy Daniel Roll

Gifts of Support:

Matthew Patterson

Second Baptist Church, Springfield, MO

Robert Johnson

Edith and Daryle Wieland

April Jenkins

M.E.N.D. gratefully acknowledges these gifts of love given in memory of a baby, relative, friend or given by someone just wanting to help. These donations help us to continue M.E.N.D.'s mission by providing this magazine and other services to bereaved parents free of charge. For more information on how you can support M.E.N.D., please see the "About M.E.N.D." section in the back of this magazine.

M.E.N.D. CHAPTER UPDATES

NW Washington

Thank you for 10 years of serving you, and the Kitsap community, on behalf of M.E.N.D. and for letting me walk beside you in your most vulnerable and hurting times. It has been an honor to get to know you all, and to hopefully have helped you grieve and learn how to heal. Many of you I call "Friend" and am so grateful for those many friendships that would not be, if not for M.E.N.D. I will miss my M.E.N.D.-NW Washington family!

As some of you know, my family has moved out of Washington. I am still involved with M.E.N.D., and you may still see me post, and occasionally pop into town from time to time.

I am pleased to tell you that Katherine Sandoval prayerfully accepted the position of Interim Chapter Director, and upon her approval by the board, will be taking over fully as Chapter Director. Katherine has been part of M.E.N.D.-NW Washington leadership for 10 years, and I know God has prepared her for this next chapter of her journey with you. I couldn't ask for a better replacement!

Thank you to all who participated in our M.E.N.D.ing Miles Virtual 5K fundraiser! We loved seeing you and your photos! We continue to welcome new families to our support group, and we pray over all who enter our doors. We know that this is not the journey you planned, and we are here for you. We continue to meet in person at The Oak Table in Silverdale on the 2nd Monday of each month at 6:30 PM. The restaurant is closed to the public during our meeting and coffee and water are provided.

Stacy

Greater Houston Area

M.E.N.D.–Greater Houston Area was thankfully able to meet back in person at our June support group. We will continue to meet the 2nd Thursday of every month at 6:30 PM at Kingwood Lone Star College. Follow us on Facebook to get updates with our chapter. You can also reach out to Nikisha at nikisha@mend.org.



Nikisha



Men of M.E.N.D.

Let us come together and talk about our babies. Men of M.E.N.D. holds a monthly support group via Zoom every 3rd Monday of the month at 8:00 PM CST. If you can not make it, feel free to message me at matt@mend.org.



Matt

MidMichigan

M.E.N.D.–MidMichigan had a group of more than 40 walkers for our M.E.N.D.ing Miles Virtual 5K fundraiser. Thank you to all the friends and family who supported our chapter. Please join us during the summer months of July and August



for coffee and a more social meeting format at Live Oak Coffeehouse in Ashman Plaza. Check out the Facebook group for more details. We look forward to seeing you!

Karen

National Online Support

We encourage you to join the M.E.N.D. National Online Support Group to participate in online support groups via Zoom the 3rd Thursday of each month. We have a private Facebook group where we can safely discuss our babies and encourage each other through our grief journeys. You are not alone! Please email me at mallory@mend.org for more information.



Mallory

Columbus, Ohio

"Love one another with genuine affection, and take delight in honoring each other." Romans 12:10 NLT

I'm grateful we were able to partner with NILMDTS for the annual Remembrance Walk on June 25. Also, we're preparing for the Wave of Light in October! You are welcome to join our monthly support group and private Facebook group where you can share your story and be encouraged...You're NOT alone!



If you need M.E.N.D.-Columbus' services, contact me at latrina@mend.org.

LaTrina

Tulsa, Oklahoma

M.E.N.D.–Tulsa is thankful to those families who supported us by participating in the M.E.N.D.ing Miles Virtual 5K. We continue to meet the 3rd Tuesday of each month at 7:00 PM at The Office. Please follow us on Facebook to see updates and information for our fall events.



Cat

Southwest Missouri

When we first sought comfort and support after the loss of Grace Kathryn Dell in the fall of 2010, we found M.E.N.D. – SW Missouri, where we could speak her name, share her story, remember her, and find comfort with families with similar stories, strangers who became friends. We were together during subsequent pregnancies, and even a subsequent loss of our Rose Dell. My passion for my daughters in heaven, for M.E.N.D., and for our families led me to serve as the Chapter Director for the past 2.5 years, yet my time serving our families is coming to a close as our family's journey draws us away from the Springfield area.



Everything I have done, has been in memory of my own two baby girls in heaven. I would never have needed M.E.N.D. if it hadn't been for Grace Kathryn Dell and Rose Dell. It has always been such a gift to be able to talk about our baby girls in heaven. We leave knowing our girls will be remembered by others, that their very short lives made a difference on us and the world around us.

I am thankful for all the assistants who have served our families beside me over the years. Some have been with me for a season, while others have served since before I began and continue to serve. I am blessed they were part of the ministry during the time I was able to serve as the Chapter Director, and so thankful they were there to help. I could not have done it without them.

While my time with M.E.N.D. is ending, I am thankful to announce that Kristina Witt has been approved as the next Chapter Director of M.E.N.D. – SW Missouri. She is thoughtful, kind, and has a servant's heart. She has walked a long, hard road of grief having given back to Jesus four babies, she has done so with grace and God's help. I know God will continue to guide and direct her as she meets the needs of our pregnancy and infant loss families. I am leaving the SW MO chapter in good hands.

Rachel

Chicagoland

Thanks all of our generous supporters who participated in our M.E.N.D.ing Miles Virtual 5K. Your generosity helps us continue to serve hurting families in the Chicagoland area through our monthly support groups, care bags, and other various ministry opportunities. We are grateful to have the opportunity to continue reaching out to those in our community when they have lost a baby and to give them support, encouragement, and hope that they will not have to grieve alone.



Sara

San Antonio, Texas

M.E.N.D. has been an important part of my grief journey since the death of my sweet baby girl, Dylan. I am beyond grateful for the healing and support I have received as a member, then as a Chapter Director of M.E.N.D.–San Antonio. The Lord has now called me in a different direction. I am saddened to leave M.E.N.D. leadership, but excited to begin working as a birth and bereavement doula. Therefore, M.E.N.D.–San Antonio will close. If you are interested in and feel called to re-open our chapter, email Rebekah Mitchell at Rebekah@mend.org.



Even though our doors are closed for in-person support in the San Antonio area, you can still benefit from the ministry of M.E.N.D. through virtual support groups, the Facebook groups, and this bi-monthly magazine.

I am blessed I found M.E.N.D. during the darkest season of my life, and will forever be grateful for the comfort this ministry provided me, and continues to offer to others.

Katie

East Valley, Arizona

Thanks to everyone sharing how you participated in the M.E.N.D.ing Miles Virtual 5K with us! Someburro's fundraiser was also great success. Keep an eye on the M.E.N.D.–East Valley Arizona Facebook group for another fundraiser soon!



Danielle

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: (972) 506-9000
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



M.E.N.D. Leadership

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Co-Editors: Byron and Rebekah Mitchell

Magazine Volunteers

Rachel Dell, Sara Elliott
and Becky Johnston

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

Mommies AND Daddies are welcome at all M.E.N.D. support groups.

Irving Archives Museum, 801 W Irving Blvd, Irving, TX 75060.

For more information, call (972) 506-9000.

M.E.N.D. chapter support groups meet the 2nd Thursday of each month at 7:30 PM

Daddies group meets the 2nd Thursday of March, June, Sept. and Dec., at 7:30 PM

Moms and dads meet together for introductions before dividing into two groups.

Rowlett Satellite Chapter

A satellite chapter in Rowlett holds support groups to serve families in the eastern area of the Dallas/Fort Worth metroplex.

Support groups are held the 1st Wednesday at 7:00 PM at the Veterans Resource & Outreach Center,
4210 Industrial St, Rowlett, TX 75088.

Visit our Facebook group or email terri@mend.org.

M.E.N.D. Chapter Information

Due to COVID gathering guidelines, please follow your chapter on Facebook or connect with your local Director for updates if your chapter will meet in person or virtually.

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

Interim Chapter Director:
Katherine Sandoval

katherines@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.–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.–Tulsa, Oklahoma

Meets the 3rd Tuesday at 7:00 PM
5401 S Harvard Ave

Tulsa, OK 74135

Director: Cat Markham

cat@mend.org, (918) 694-4325 (HEAL)

M.E.N.D.–Greater Houston Area

Kingwood Area, Texas:

Meets the 2nd Thursday at 6:30 PM

Lone Star College Kingwood

Classroom Building A (CLA) Rm 113

20000 Kingwood Dr.

Kingwood, TX 77339.

Kingwood Director:

Nikisha Perry, nikisha@mend.org

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.–East Valley, Arizona

Meets the 2nd Thursday, at 6:30 PM

Queen Creek Library

Edward Abbey room

21802 S Ellsworth Rd

Queen Creek, Arizona 85142

Director: Danielle Radler

danielle@mend.org, (602) 699-6228

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

Subsequent pregnancy group

meets the 4th Tuesday

from 7:30 - 9:00 PM via Zoom.

Please visit www.mend.org to join.

Led by Marisa Perry:

marisa@mend.org

For families who are considering becoming pregnant or are currently pregnant after a loss.

Online Support

M.E.N.D.–

Nationwide Online Support Group

Held the 3rd Thursday at 8:00 PM (CST)

Please visit <https://www.mend.org/virtual-support-group-links>

Men of M.E.N.D.

Held the 3rd Monday at 8:00 PM (CST)

to join, contact,

Director: Matt McGhee

Matt@mend.org

Facebook Group:

www.facebook.com/groups/MENofMEND

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 1, 2022, will be installed prior to the Walk to Remember in October 2022.



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| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|--|--|--|-----|--|
| | | | | | | 1 Walk to Remember |
| 2 | 3 | 4 Chicagoland Support Group 7 PM MidMichigan Support Group 7 PM | 5 Rowlett (DFW Satellite) Support Group 7 PM | 6 SW Missouri Support Group 7 PM | 7 | 8 |
| 9 | 10 NW Washington Support Group 6:30 PM ONLINE Columbus, OH Support Group 6:30 PM EST | 11 | 12 | 13 East Valley, Arizona Support Group 6:30 PM Kingwood DFW Support Group 6:30 PM Support Group 7:30 PM | 14 | 15 Wave of Light  |
| 16 | 17 Men of M.E.N.D ONLINE 8 PM CST | 18 Tulsa Support Group/Event 7 PM | 19 | 20 Nationwide ONLINE Support Group 8 PM CST | 21 | 22 |
| 23 | 24 | 25 Subsequent Pregnancy after Loss ONLINE 7:30 PM CST | 26 | 27 | 28 | 29 |
| 30 | 31 | | |  M.E.N.D. Mommies Enduring Neonatal Death <i>Miscarriage, Stillbirth & Infant Loss Support</i> | | |

REMEMBRANCE EVENTS:

Oct 1- DFW Walk to Remember
 1:00 PM at Calvary Church

Oct 15 -Dallas/Fort Worth
Oct 15 -Houston/Kingwood
Oct 15 -SW Missouri
Oct 15 - NW Washington

Oct 18 - Tulsa

For more information on these events, please visit our website
www.mend.org/events
or our Facebook pages.

Pregnancy and Infant Loss Awareness Month