
Give Life In Memory of A Life

A KINDNESS PROJECT: First Annual July Blood Drive

The Kindness Project here in Northwest Arkansas was a huge success! We had 50 participants in this blood drive. This is a wonderful way for families to heal after a loss. This was the first time for this nation wide project. The blood that was donated here stays in this area and they do service for all of the area hospi-

tals. Blood is always in demand. And what a beautiful way to remember your child by giving life to someone else. We do have certificates and also the Kindness cards if you need any. Special Thanks to St. Mary's Hospital, Melanie Hill for organizing and printing our fliers. Also special thanks to the families who worked so hard distributing fliers and encouraging people to donate. For more information visit the M.I.S.S.

web site :www.misschildren.org.

Editor's Note: So far, we have word that more than 200 pints of blood were donated nationwide during our 1st annual blood drive for the Kindness Project. Each pint can save 4-8 lives! Imagine that up to 1,600 lives will be saved because of the children who lived, who died, yet who still continue to matter to our world!

From Heaven to Earth

Author Unknown

Dear Mom and Dad,

I know this is a rough time for you, So I will be gentle as I can be. First of all, I Thank You for your many tears, Particularly those shared with another that you love. They are a gift to me, a Precious tribute to your investment in me. As you do your mourning, do it at your pace only. Don't let anybody suggest that you do your grief work on their timetable. Do whatever it takes to face directly the reality of what has happened-even though you may sometimes inertia is the only movement possible. Give your best to keeping a balance between remembering me and renewing your commitments to your life. Its okay with me if you go through minutes, hours and even days not thinking about me.

I know that you'll never forget me. Loosening me and grabbing hold of a new meaning is a delicate art. I'm not sure if one comes before the other or not-maybe it's a combination.

"Be with people who accept you as you are. Mention my name out loud, and if they don't beat a hasty retreat they are probable excellent candidates for friendship." If, by a remote possibility, you think that there is anything you could have done for me and didn't...I Forgive you as my Lord does. Resentment does not abide here-only love.

"You know how people sometimes ask how many children you have? Well, I'm still yours and you are still my parents, Always acknowledge that with tender-

ness-unless to do so would fall on insensitive ears or would be painful to you. I know how you feel inside. To be included as your child, Honors me."

If you can view my brothers and sisters as ever so gentle reminders-inviting you to continue on, when sadness is so pervasive-you will see them as a gift.

Sometimes they hold onto their grief, keep it inside, out of respect, for the burden they see you already carrying. Hug them and help them feel secure and valued. Read.....even though your tears anoint the pages. There is an immense library here and I have a card. In Henri Nouwens "Out of Solitude", he writes: "The friend who can be silent with us in a moment of despair or confusion...who can stay with us in a hour of grief and bereavement, who can tolerate not curing, not healing, and face with us the reality of our powerlessness...that is a friend who cares."

Mom and Dad, I don't know where you are spiritually now, but rest assured that our God is not gone. "The still small voice you hear in your heart is His Voice. The warmth that sometimes enfolds you, is him. The tears that tremble just beneath your heartbeat are Him, He is in you, as I am.

And to Dad particularly, I know you grieve differently than Mom does. Its okay-you grew up differently. If you run into any man who has seen the last ten minutes of Kevin Costner in the movie "Field of Dreams", share your reac-

tions. You'll touch your feelings and probably lose your aloneness. Crying is not weak. I also want you to both know I'm Okay. I have sent messengers to ease your pain-they come in the form of flowers blooming out of season, birds singing, voices and visions, and sometimes through your friends-and-even strangers-who volunteer as angels. Stay open but don't expect the overly dramatic. You will get what you need and it may be simply an internal sense of peace. You are Not Crazy. You have been comforted. Please seek out people bereaved longer than you. They are tellers of truth, and if they've done their work, are an inspiration and a beacon of hope whose pain has lessened dramatically. And one more wisdom before I close. There are still funny happenings in the world. It delights me to no end, when I hear your spontaneous laughter. That, too, will come in due time. Today, I light a candle for you, Joined with your candle, let their light shine above the darkness.

All My Love, Your Son or Daughter.

"P.S., I'll see You later!"



Submitted by Kym Smith
in loving memory of
Cheyenne Autumn Smith
10/11/97—11/30/98

The pregnancy was not normal to say the least. In my third trimester I was diagnosed with an Auto Immune Disease known as pemphigoid. Basically, the immune system starts attacking the skin as if it were a foreign invader. This malfunction causes severe itching and painful water filled blisters that formed from head to toe. My doctors decided to induce labor at 37 ½ weeks because of the discomfort I was experiencing. Then after 24 hours of labor and several other complications that I went into now, my precious baby Luke was born into this world on August 11, 2000 at 10:08 in the morning.

We were all so relieved to hear his cries, but as they placed him in my arms I could tell something was wrong. You see his blisters formed before my very eyes, I screamed for the doctors to please help him. Everyone was so surprised; his chances of having this were only 3%, the room turned silent for a moment. But all hope was not lost at that point. The experts that were consulted said that his condition should clear up on its own without treatment, other than supportive care (Mother's Love).

I was frightened at first to take him home but risk of infection was high for both of us the longer we stayed in the hospital. So his I.V.'s were disconnected and baby went to his new home with Mom, Dad and Big Brother Noah who was three at the time. Luke's nursery had been carefully decorated with a star

and moon theme. "May the force be with you," we joked, as if he were Luke Skywalker from Star Wars.

He was so beautiful to me I could not stop kissing him and the sores did not bother me a bit. Not to mention his whole bottom side was literally raw from the initial blistering at birth. Despite all of these setbacks he thrived like you would not believe. In fact his nickname was Munchie because all he wanted to do was eat. And after about five weeks of tender loving care every scar on his tiny little body started to disappear. Soon the entire world could see what a bright shining star he really was. At that point we felt like the scare had passed we were all relieved that he would finally be OK.

Also, during this 5th week of his life I had to return to work. My dear friend Paulette watched both my boys while my husband and I worked. He would drop the kids off at 7:30 A.M. and I would pick them up by 4:30 in the afternoon. Noah had already been attending this small private day care for the past 3 years and was more than happy to bring along his new baby brother. Weeks went by and our family felt full and happy.

Then everything we new changed...

It was a normal Monday morning, October 23rd 2000; we were so thrilled because the baby had slept through the night again. Although my 3 year old decided to wake us up at four in the morning to say he heard Luke make a noise, but we all dozed off again till the baby started to cry at five A.M. and then the daily ritual was about to begin. I'll never forget leaving him for the last time that morning. I was running late and he was tucked away sound asleep in his swing so I couldn't pick him up again, and I ran out the door with merely a kiss for my baby boy. It was 8:30 and I had only been at work for an hour when I received a hysterical phone call from my babysitter. She screamed your baby's not breathing! Time seemed to stand still at that moment.



Then someone rushed me to the hospital where my husband met me. We were furious because they wouldn't let us see him right away and that is when they gave us the news. Our son had gone down for his morning nap and stopped breathing, CPR was started immediately but nothing could save him.

"How could this be?" we thought to ourselves! Not Luke! He had fought so hard to come and stay in this world, it didn't seem right that simply closing his eyes would take his life away.

The next minutes, hours and days were a blur. The body seems to be on autopilot while the mind is somewhere else. Now that a year has past since his birth so much has changed. I have definitely become a more spiritual person mostly because I am longing to be closer to my son. Also because I believe there must be a purpose to all this grief how could it all be for nothing? I'm sure the answer will not come in this lifetime but I know some day my baby and I will be reunited. Faith has kept me strong for my family.

I do not know what the future has in store for us but we long to have another child some day. My illness is in remission now but the doctors tell me a subsequent pregnancy could most likely cause my condition to worsen. I am determined to have a positive attitude though and proper medical treatment to help me through it. Besides the end result is an absolute miracle.

To my bright shining star in heaven,
mommy loves you!
Happy birthday angel.

Baby's Breath Healthy Baby Campaign

BREASTFEEDING BENEFITS BABY

Breastfeeding is good for the baby's health and should not be ended prematurely, researchers say. A study of 220 mothers in the Dominican Republic points to a possibly overlooked reason women terminate breastfeeding early. Past studies have asked women why they stopped nursing, but the new survey also asked why they thought other women ceased the practice. The answers were revealing, the author reports in the Pan American Journal of Public Health. Dr. John McLennan of the Canadian

Centre for Studies of Children at Risk at McMaster University in Hamilton, Ontario, found that not a single woman listed loss of figure or breast shape as her own reason for stopping to breastfeed. But that was the "community" reason cited by 29 percent of the women who had ceased nursing in less than a year for why they thought others had stopped breastfeeding. Understanding the "real reasons" mothers stop nursing should prove useful in devising effective breastfeeding counseling programs, researchers said. In May, the World Health Assembly extended its recommendation for exclusive breastfeeding from the first

four to the first six months of a child's life.

Editor's Note: The American Academy of Pediatrics recommends a minimum of six months exclusive breastfeeding and the continuance up to at least one year of age. Beyond one year, they recommend that women continue to breastfeed as long as they are able. Please breastfeed your subsequent baby! If you are having trouble with breastfeeding or feel you are not producing enough milk, do not give up! Contact a lactation consultant or the La Leche League at (847) 519-7730 and they can help you!

ZINC DURING PREGNANCY MAY HELP NEWBORNS

Adding zinc supplements to the diet during pregnancy may help reduce the risk of health problems faced by low-birthweight children. Infant malnutrition and death rates are high in less-developed countries,

especially among low birthweight infants. In these areas, low birth weight babies account for a third of all deaths in children age 1 or younger. Medical scientists looked at more than 400 infants from Bangladesh whose mothers were randomly given either zinc or a harmless placebo starting the third or fourth month of pregnancy up to delivery. The researchers found birthweight remained

low among both groups. However, children in the zinc group had a 64 percent reduced risk of dysentery, were nearly half as likely to suffer from the skin disease impetigo and had a 16 percent lower risk of suffering from acute diarrhea, as compared to the other children six months after birth. The researchers presented their findings in the medical journal Lancet.

SLEEP GENE HAS SNOWBALL EFFECT

The presence of a certain gene makes people twice as likely to suffer sleep apnea, a dangerous nighttime breathing disorder that affects 10 percent of Americans. The Stanford University Medical Center researchers who made the discovery said the gene also predisposes carriers to the development of Alzheimer's and cardiovascular diseases. The research suggests complex interactions exist between breathing patterns during sleep, cholesterol metabolism and mental status, the scientists said. "What's interesting is that this gene is a marker for dementia and cardiovascular risk," said Dr. Emmanuel Mignot, director of the Center for Narcolepsy at Stanford's Center for Human Sleep Research. "On top of that it also predisposes a carrier to the development of sleep apnea. Since sleep apnea is also linked to cardiovascular disease, there is a snowball effect. This is a marker you really don't want to have." The results appear in the Journal of the American Medical Association.

NATIONAL ALLIANCE OFFERS INFO ABOUT PTSD

The Posttraumatic Stress Disorder Alliance is offering free educational resources as part of a national public service campaign to inform the general public and health care professionals about PTSD, a common yet frequently undiagnosed or misdiagnosed condition. As many as 70 percent of American adults have experienced a traumatic event at least once in their lives, and up to 20 percent of those people go on to develop PTSD.

Women are about twice as likely as men to develop the disorder. In all, PTSD afflicts roughly one of every 13 Americans, yet it is still widely misunderstood. It can affect anyone who has experienced extreme trauma, has been a witness or victim of a violent act, or has repeatedly endured life threatening situations. Once properly diagnosed, PTSD can be treated with psychotherapy, medication, or a combination of the two. People who want more information about the alliance can visit its Web site at ptsdalliance.org, or call 1-877-507-PTSD.

"A great idea I had for Christmas cards is to ask people to remember our son by donating money in his memory to the MISS Foundation for the family services programs! It helps a great organization and it helps me to know that they will remember him in a very special way!!!"

Support Our MISSION!

ITEM DESCRIPTION	SIZE	QTY	PRICE	TOTAL
Kindness Cards, please indicate quantity and price: 10 card set for \$1.00 50 card set for \$6.00 100 card set for \$10.00 250 card set for \$25.00 Circle Type of Card: For Parents - or - For Everyone Else		circle: 10 50 100 250	\$1.00 \$6.00 \$10.00 \$25.00	
MISS Foundation "Angel" T-shirt Avail sizes: Childs Size, or S, M, L, XL, XXL, XXXL			\$15.00	
<i>Kaleidoscope of Grief</i> —Children's Grief Workbook	English	Spanish	\$5.00	
<i>What Color is Death, Daddy?</i> - Children's Grief Workbook	English	Spanish	\$5.00	
Angel Pin			\$5.00	
Newsletter Annual Subscription DONATION	n/a		\$13.00	
<i>Dear Cheyenne</i> Book or <i>Passages Memorial</i> Angelic Book	Circle one		\$8.00	
Sacred Hearts: <i>MISS Logo Sterling Necklace and 20" Chain</i>	(Birthstone	Add 12.00)	\$60.00	
ADD \$4 SHIPPING TO ALL ORDERS				\$4.00
TOTAL ORDER				\$4.00
<input type="checkbox"/> <i>I would like to include an additional donation of \$ _____</i> <i>My donation is in memory of _____</i> <i>Please send a memorial card to: _____</i> _____ _____				

For a larger selection, please visit our online store at www.misschildren.org

Send order form along with
your Check or Money Order to:

The MISS Foundation—Volunteer Store
P.O. Box 5333
Peoria, AZ 85385

The MISS Foundation is an All-Volunteer,
Non-Profit 501c(3) Organization
All Donations are Tax Deductible!

INFORMATION ABOUT YOU:

Name: _____

Street address: _____

City: _____

State/Province: _____

Zip/Postal Code: _____

Phone: () _____

MISS Foundation Support Groups

Arizona

Phoenix Monthly Meetings Infant Death Support Group

3rd Thursday of each month, 6:30 p.m.
Heritage Church
5830 W Greenbriar Road
(59th Ave, North of Bell Rd)
623-979-1000 (24 hours)

Phoenix Christian Support Group Term Stillbirth thru 2 years of age

Meets every 6 weeks
Pure Heart Christian Fellowship
17855 N Black Canyon Hwy
Pre-register with Kellie Gatewood
602-866-3645

East Valley Infant Death

1st Thursday of every month at Dayspring
United Methodist Church at 6:30 p.m.
1365 E Elliot, Rm 201
Lee Ann Morlan 480-963-9844

Tucson

Call *Anne Rumps, Tucson Coordinator*
(520) 795-4712 Or email *Angel Dugan,*
Tucson at info@misschildren.org

Subsequent Pregnancy Support Group

2nd Thursday of each month, 7:00 p.m.
North Hills Church
15025 N 19th Ave, bldg C
(19th Ave and Greenway Rd)
Babies are welcome at this group!
602-789-8068

KISS—Kids In Sympathy & Support For Kids in Grief NorthWest Valley

4th Saturday of each month, 10:00 a.m.
Heritage Church
5830 W Greenbriar
(59th Ave, North of Bell Rd)
623-322-2798 *Jami Garrison*

Central Valley Infant Death Meetings

2nd Thursday of each month, 7:00 p.m.
North Hills Church
15025 N 19th Ave, bldg C
602-841-4114 *Terri Flowers*

Prescott

3rd Thursday of each month, 7:00 p.m.
Prescott Public Library Mtg Room
BJMARI@yrmc.org Bonnie Mari

KISS—Kids In Sympathy & Support For Kids in Grief SouthEast Valley

3rd Saturday of each month, 2:00 p.m.
Dayspring United Methodist Church
1365 E Elliott, Rooms 201 and 202
(between McClintock and Rural)
480-814-7013 *Jim Nibali*



JOIN US FOR GROUP

Couples Sharing Session
1st Tuesday of every month
beginning October 2, 2001 from
6:30-8:30 p.m. at 1606 W. Ore-
gon. Call Richard Olsen for di-
rections at 602-861-8985 or
email rko@home.com

Other States

California—Riverside

2nd Monday of each month, 6:00 p.m.
Hunt Park Community Center
4015 Jackson St
909-686-2686 *Mia*

California—Arcadia

3rd Thursday of each month, 6:30 p.m.
Arcadia Congregational Church
Prince Erick Hall
626-357-4816 *Jana Vorhis*

California—Ocean Side

For information on this group contact
760-806-9812 *Alisa Detwiler*

Illinois—Sandwich

4th Monday of each month, 7:00 p.m.
Salem Lutheran Church
Lower level dining area
1022 Main St, Sandwich
Angie@thefarleys.com Angela

Idaho

For information on this group contact
208-853-1846 *joelsmom@qwest.net*
Nancy Grayson

Missouri—Hannibal

Last Wednesday of each month, 7:00 p.m.
Holiday Inn Express, Meeting Room
4000 Market St, Hannibal
Tscscorpio@homestead.com Tamela Cole

New Jersey— Galloway Twp

1st Tuesday of each month, 7:00 p.m.
Galloway Twp
Municipal Building, Historical Room
609-601-0563 *Kathy Evans*

New York— Yonkers

(Call or email for times/dates)
The Plymouth House
1730 Central Park Av, Yonkers
Sammismom917@aol.com
914-378-1613 *Jennine Jo Shull or*
Suzanne DiMarzo

Ohio

1st Thursday of month, 7:00 p.m..
16195 State Rt 170
East Liverpool, Ohio
(330) 385-8774 *Kym Smith*

New Baytown, Texas group forming now!

Virginia, Wash DC and Maryland

2nd Tuesday of each month, 7:30 p.m.
Fairfax County Government Center
12000 Government Ctr Parkway
Fairfax, Virginia
Carmack429@aol.com Amy Carmack

Washington—Seattle

3rd Monday of each month, 7:30 p.m.
Interfaith Community Church
206-297-1012 *Kara Jones*

The M.I.S.S. Foundation

P.O. Box 5333
Peoria, AZ 85385
Phone: 623-979-1000
Fax: 623-979-1001
Email: info@misschildren.org



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● *When a Child Dies...* ●



**The Compassionate Friends and
the MISS Foundation bring you**

**National Children's Memorial Day
Public Candlelighting Ceremony**

**Sunday, December 9, 2001
Downtown Phoenix, Patriot's Square Park
Beginning at sunset
Mark your calendars**

**Children and Families welcome!
Bring blankets and dress warm!**

**Volunteers needed for our Community
Outreach Program!**
We need people in Prescott, Tucson, Chandler, South
Phoenix, Tempe, Mesa, Scottsdale, and Phoenix! Please
call Juliegh Fullerton at 623.587.1914 for more informa-
tion!

Shop and Support!
Shop for those special Christmas gifts at our MISS Store
online! All proceeds directly benefit the MISS Founda-
tion. Visit our online store at www.misschildren.org

The MISSing Angels newsletter is published bi-monthly by the MISS Foundation, a non-profit organization. Letters, articles and photos may be submitted to the MISS Foundation, P.O. Box 5333, Peoria, AZ 85385. **Please send on disc in word document or email in word or works to info@misschildren.org.** For address changes write to the address above or email us at info@misschildren.org.