

Announcements! Announcements!

Change in Address of Northwest Group

Facilitator: Joanne Cacciatore

Co-facilitator: Angela Iverson

Date: Third Thursday of each month

Time: 6:30-8:30 p.m.

New Meeting Address: Community Church of Joy
21000 N. 75th Avenue Building 3

Please call 623.979.1000 for more information on meeting room number and location!

NOTE: Children's Grief Group also meets this time and location in the room next door. Please bring your grieving children to share, do art, remember, and have fun!

Tucson, Arizona Infant Death Support Group Last Wednesdays of the month at 7:00 p.m.

102 N. Plumber, Early Childhood Office

Facilitator Anne Rumps at 520-795-4712

Meetings will be the last Wednesday of every month

*United Way Donors
Make a Difference in our community!*

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Banner Health, Susan Thiede in memory of Jacob

BCBS, Cindy Barber in memory of Sadie Brashears

CIGNA, Angelina Sparks in memory of Andrew

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UPS, Pam Binder, Robert Callanan, John Comerford,

Geoff Estevez, Horace Hening, & Karin Stafford

Doug Morlan in memory of Samantha

Maricopa County Employees

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Marilyn and Milo Caskey in memory of Charles

Thank you for helping the MISS Foundation!

The MISS Foundation is a WRITE IN AGENCY for the United Way!

Please ask family and friends to choose the MISS Foundation as their donor agency. All our funds go directly into services for families such as our children's programs, family packets, conferences and kids camps, and other free programs. Please write in: MISS Foundation, PO Box 5333, Peoria, Az 85385 when the United Way asks you who you want to choose! Thank you for giving to us!

Special thanks and gratitude as we honor **Parker Bell**, son of Carrie and Jeff. Friends of the Bell Family wanted to show their love and support by sponsoring a golf tournament in Parker's name. Andrew Sosnowitz of the Young Professionals of Arizona, Inc., organized the event to help the MISS Foundation continue its very important work in the community. In early August, Andrew presented Joanne Cacciatore-Garard and Angela Iverson a check for \$5730.00! As MISS leaders met with Andrew, they realized that the Bell's were very special people with very special friends. *Thank you, Andrew for your efforts! And thank you Carrie and Jeff for honoring Parker by helping us reach out to other families after the tragedy of a child's death.*

We are beginning a new SPANISH SPEAKING SUPPORT by the end of 2002! For more information, please contact us at info@missfoundation.org or call 623 979 1000. Also, a great deal of Spanish information is available on our website for physicians, nurses, police, fire, and social workers to utilize in helping Spanish families. Please visit our website at www.missfoundation.org.

If you are interesting in attending a DROWNING SUPPORT Group, please call the MISS Foundation office at 623 979 1000 or email asena@missfoundation.org for more information.

New MISS Foundation Support Groups are forming all over the country. If you are interested in beginning your own group, please email us at info@missfoundation.org.

Facilitators require:

- Training
- Commitment
- 18 months into grief journey
- Non-judgmental personality
- Excellent communication skills
- Tremendous desire to help others and make a difference

We are thankful to our MISS Facilitators for their ongoing commitment to their communities and we applaud them for their spirit of service!

"The conference was the single most healing thing I've done for myself since (his) death..."

Would you like to volunteer to help with our 2003 Conference? We need frontline and behind the scenes help as well as volunteers for our children's grief retreat!

Please contact Angela at 623 572 0334 or Joanne at 623 979 1000 and we'll tell you how to get involved!

Letters From Our Mailbox . . .

Dear MISS,

Hope you don't mind if I share a quick story: I started working 7 weeks after Fallon died. My first day driving home from work I saw ONE big twinkling star in the sky. Night after night I saw it. And the very first time I researched SIDS on the internet I found a place where you could buy stars and have them renamed: MISS. It's also when I bought your book and found the forum boards. When the book arrived the newsletter was with it. I would love for Fallon's name to be included.

Alison

Dear Joanne,

I have recently been able to borrow a copy of your book and I just want to thank you so much for writing it. My daughter died on 27th August 2001. She was eleven years old. Her name is Fiona. She has a heart condition called Long QT Syndrome. I don't know if you have heard of it. When we found out we were told it was serious and she could have just dropped dead. She was given medication and Fiona carried on being her normal self - noisy, cheeky, moody, beautiful, talented, serious, thoughtful, wonderful and brave. That's not all she was. I could think of so many things to describe her to you. She was my daughter, I was the grown up but I always felt like she was my teacher. She brought so much to my life...I still get up every day, even though it is so hard sometimes. I shower, eat, tidy the house, cook, garden - all the things I did before. It's just that I'm not the same as I was before and I know I will never get the old Anne back. She died with Fiona. I've got a hole in my heart and a hole in my chest where her head should be resting while I give her a big hug. Fiona appeared to be so healthy. Her heart problem was invisible to the outside world. That's sometimes what made it so difficult to live with because Fiona felt she could carry on doing everything she did before she was diagnosed. She did carry on with a lot of her hobbies and I think she was happy most of the time. She died so suddenly after a family week-end break last summer. No warning, she just died. I've had so many dreams about her. She has been so healthy and lively in all of them except one. I sometimes wake up and feel her sitting on my bed but I know when I open my eyes she will be gone. There are so many things I miss about her. She loved to dance and sing. I miss combing her hair. She has lovely curly hair (which she hated). She was always organizing her friends. She often offered her dad's services as chauffeur to take her and her friends to the cinema or for him to be the adult who would take her and her friends on an adventurous walk. She was so full of life! She had blue eyes, lots of freckles and lovely pink lips. She was growing up so fast. The days seem endless without her. It's my birthday on Saturday and I've told my husband and son I don't want any cards. If Fiona was here she would come into my room early on the day with her brother and give me a card and a gift and climb in bed with me for a hug. We have already passed Fiona's birthday, Christmas, Andrew's birthday, my husband Charles birthday, Father's Day, Mother's Day. I dreaded Christmas day but when it came I realised that I couldn't feel any worse than I was already feeling. The worse has happened, my cherished daughter has died. The poem you wrote called *My Child Has Died* is exactly how I feel right now.



Thank you for writing it because I could not have put my feelings into words like that.
Best wishes , Anne Skinner

Dear MISS,

I was reading the article on Kim Lotz and was very touched. We lost our youngest to a car accident. He was 21 but still our baby. He was a very loving son and giving to others when they needed something. This happened just after Thanksgiving and just before his 22nd birthday. He was my Christmas present and also my youngest boy. At his funeral the church was packed and there was no standing room. We had his organs donated and helped four different people to live a wonderful life. We then had him cremated and have his ashes sitting in a beautiful urn and placed on the mantel above the fireplace. He loved it there. He was always cold and would sit there on Christmas Day opening his presents. We still think of him and all the wonderful times we had together. ..I had people say some of those dumb saying and I gave them looks to "get a life." Nobody can say it was for the best. Not as a baby and not as a young adult. But I know my son is in heaven and is our guardian angel. He will always be missed and we will always cry and then laugh and remember the fun times we had together. ..they still are alive in our hearts.
David Lee Byrne Sr. father of David Lee Byrne Jr.
December 21, 1978 - November 27, 2000

Dear MISS,

I wanted to let you know I had the great pleasure of meeting two of your very special volunteers, Nancy Grayson and Kathy Evans, at this year's TCF Conference in Salt Lake City. They are wonderful, caring and very professional women. How lucky for MISS to have these wonderful volunteers representing the foundation!

Warm Regards,

Heidi

Hi Joanne,

Just wanted to let you know, the entire House passed it (MISSing Angels Bill) 200 to none! We will send you the bill in the new format (a retroactive statement) when we get it. Evan said they take a long break now, so we will make an appointment to speak with one of the Senators when they come back.

Kim Kashar, Pennsylvania

*Editor's Note: On August 6, 2002, the Massachusetts legislature **also** passed the MISSing Angels Bill! Thanks to Lynne Barberian for her efforts in memory of her daughter, Rachel.*

Support Our MISSION!

ITEM DESCRIPTION	SIZE	QTY	PRICE	TOTAL
Kindness Cards, please indicate quantity and price: 10 card set for \$2.00 50 card set for \$7.00 100 card set for \$11.00 250 card set for \$23.00 Circle Type of Card: For Parents - or - For Everyone		circle: 10 50 100 250	\$2.00 \$7.00 \$11.00 \$23.00	
MISS Foundation "Angel" T-shirt Avail sizes: Kids, S, M, L, XL, XXL, XXXL			\$15.00	
<i>Kaleidoscope of Grief</i> —Children's Grief Workbook	n/a		\$5.00	
<i>Kaleidoscope of Grief</i> —en espanol	n/a		\$5.00	
Angel Pin (please specify boy or girl)			\$5.00	
Newsletter Annual Subscription voluntary DONATION	n/a		\$15.00	
<i>Dear Cheyenne</i> New, 5th Edition, 165 pages!	n/a		\$11.95	
<i>Passages</i> — Memorial book of Angels			\$10.00	
<i>Sacred Hearts</i> —MISS Foundation Logo Necklace	20" chain		\$60.00	
ADD \$4 SHIPPING TO ALL ORDERS				\$4.00
TOTAL ORDER			0	

I would like to include an additional donation of \$ _____

My donation is in memory of

Please send a memorial card to: _____

For a larger selection, please visit our online store at
www.missfoundation.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 Chapters Outside of Arizona

Merced, California

Facilitator, Kim Lotz
Kim.Lotz@missfoundation.org
First Tuesday of every month
7pm -8:30pm at St. Luke's Episcopal
350 West Yosemite Avenue

Arcadia, Ca. **NEW LOCATION**

3rd Thursday of each month, 7:00 p.m.
Church of the Good Shepherd, Lounge
400 W Duarte Rd (Holly & Duarte)
626-357-4816 Jana Vorhis
626-963-9120 Kristin Jared

California—Ocean Side

For information on this group contact
760-806-9812 Alisa@missfoundation.org
New West Hills, California group
HeatherL@missfoundation.org
New Huntington Beach, California group
Katie@missfoundation.org

Illinois— Chicago

Mary@missfoundation.org
1st Monday each month
130 W Pine in Roselle
And 3rd Monday in Wheaton
Call 630 582-0874

Illinois—Sandwich

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

NEW LOCATION Northwest Group! **NW Phoenix Monthly Meetings**

3rd Thursday of each month, 6:30 p.m.
Community Church of Joy
623-979-1000 (24 hours)
21000 N 75th Avenue, Building Three

COMING SOON!

Drowning Only Support Group
Contact Aseña@missfoundation.org
and Spanish speaking support group!
Email Alicia@missfoundation.org

Tucson, Arizona

Last Weds. of each month at 7:00 p.m.
102 N. Plumber, Early Childhood Office
Call Anne Rumps(520) 795-4712
Anne@missfoundation.org

Idaho - Boise

1st Tuesday of month, 7:00 pm
The Cathedral of the Rockies Church
Nancy and Peter Grayson
(208)861-2407 Nancy@missfoundation.org
Children of Hope—4th Tuesdays 7pm
Cole Community Church
Tisha Grant (208)345-8112

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

2nd Wed of the month at 7:30 pm
Grace Lutheran Church Dawes Ave. and
Shore Rd in Somers Point NJ
Kathy Evans 609-601-0563
Kathy@missfoundation.org

New York— Yonkers

(Call or email for times/dates)
The Plymouth House
1730 Central Park Av, Yonkers
Jennine@missfoundation.org
914-378-1613 Jennine Jo Shull

Maryland — Westminster

1st Monday of month, 7:00 p.m.
Church of the Brethren in
Westminster, Maryland
Info: Lisa 443-677-5904

Arizona

Subsequent Pregnancy Support Group

2nd Thursday of each month, 7:00 p.m.
Church of the Beatitudes - meets in nursery
555 W Glendale Ave (7th Av/Glendale)
Babies are welcome at this group!
602-439-9025 Anna@missfoundation.org
623-872-8082 Mabarr@missfoundation.org

KISS—For Kids in Grief NorthWest

3rd Thursday of each month, 6:30 p.m.
Community Church of Joy, Building Three
21000 N 75th Avenue, behind the bell tower
Call Robin Kennedy, 602 547-1244

Central Valley Infant Death Meetings

2nd Thursday of each month, 7:00 p.m.
North Hills Church
15025 N 19th Ave, bldg C
Nicole 602 923 1630

Ohio

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

Kentucky

First Thursday of each month, 6:30 p.m.
Heartland Worship Center
4777 Alben Barkley Drive, Pacucah
Kelly Nicholls (270)395-7668
Knicholls@missfoundation.org

Virginia, Wash DC and Maryland

First Wednesday of the month, 7:30 p.m.
Fairfax County Government Center
12000 Government Ctr Parkway
Fairfax, Virginia
Jackie@missfoundation.org

Washington—Vashon Island

3rd Monday of each month, 7:30 p.m.
Call for info
206-251-6706 Kara Jones
Kara@missfoundation.org

Tampa, Florida MISS Group Coming!

Monique@missfoundation.org
Monique Moya, Facilitator
New Denver, Colorado Group
Leslie@missfoundation.org Leslie Clemenson,
New Connecticut Group Coming Soon!
Heather@missfoundation.org

Prescott

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

KISS—Kids In Sympathy & Support

2nd Saturday of each month, 2:00 p.m.
Dayspring United Methodist Church
1365 E Elliott, Rooms 201 and 202
480-814-7013 Jim Nibali

East Valley Infant Loss Support Group

1st Thursday of each month, 6:30 p.m.
Day Spring United Methodist Church
1365 E Elliott Rd, Room 201
480-963-9844 Lee Ann Morlan

Examining the Dimensions of Grief

By Katie Hodge

I have not written anything for the newsletter as the Director of Operations until today. I often wonder what Joanne was thinking when she declared that position upon me. I'm sure at the time she saw my fire, my passion, and my willingness to do whatever needed to be done. I think what she really saw were my powerful defense mechanisms. Those defense mechanisms have since been exhausted and I am now dealing with the brutality of grief itself. I am only recently coming to terms with the denial of my anger, the need to acknowledge it, to not be afraid of it, and to have the courage to keep walking forward like I thought I was.

Death interests me to a great extent these days. Death, grief, and everyone's individual reaction, or inaction to it. Why do doctors arrogantly spout off, "I didn't become a doctor, an obstetrician, to deal with death." Death is going to happen. It is the one thing, the only thing you can bet the farm on: We will all die. Yes, there is a natural order in life, and yes, sometimes there's a horrible glitch and the world falls out of order – a child dies, your child dies. I don't know if it's this society or if it's just human beings that are ill-equipped to deal with the death of a child. Everything is so ambiguous: Certain words of comfort will help this mother and not that one; for some, it is healthy to acknowledge anger towards their God, for others, it is unheard of; some mothers and fathers gain a lifetime of fulfillment in holding their dead child for an hour, while the same would be a horrific experience for others.

In my research on grief counseling I have learned some interesting things. I found a very specific book about the manifestations of grief. I will share some of what I've read:

There are three different aspects of "normal" grief: Feelings, Physical Sensations, and Cognitions. As many are aware, grief has no rhyme or reason; people may experience certain aspects and not others. One person may stay "stuck" in a certain emotional spot longer than the next person. So keep in mind that none of what I am writing is in any order other than how I took my notes.

Starting with feelings, we have *sadness*, which is a very common feeling.

Then we have *anger*. "Anger is the most confusing feeling; if anger is not adequately acknowledged, it can lead to a complicated bereavement." I would say I'm in the complicated-bereavement zone right now, whatever that means...I've always had to go about things the hard way. One of the main sources of anger is the "sense of frustration that there was nothing one could do to prevent the death." Gee, how many of us can relate to that one?

Guilt. The big ugly G-word. Guilt and self-reproach "are most often irrational and will mitigate through reality-testing." Why couldn't I tell the future? Why did I lift that box? Why did I insist on continu-

"As many are aware, grief has no rhyme or reason; people may experience certain aspects and not others."

ing to work? If only I had...What did I do wrong? Often this is one of the most overwhelming emotion for parents.

The next feeling on the list is *anxiety*. Anxiety can stem from two sources: fear a person will not be able to take care of themselves on their own and a heightened sense of personal death awareness. I'm sure the first source doesn't apply to many of us in this particular grieving community, and I would bet that a great number of the women have actually come face-to-face with death in their experience; I know I did, I know several that did.

There are the common energy-zappers: *fatigue*, *helplessness*, *yearning*, and *loneliness*. Being a single mother at the time, I can tell you loneliness was a big one for me, it still is, and I'm just now recognizing it and how well I've hidden it for so long.

The one feeling we hear about most often is *shock* or *numbness*. Shock occurs most often in the case of sudden death, but I've heard it can exist in even terminal illness cases when it is inevitable that death is approaching quickly. Numbness is usually experienced early on in the grieving process. Because I was unable to cry for so long, and even now the tears don't come often, I was sure I was in

shock. Sometimes I still think that, given that I'm able to talk so freely about the crash, and I can look at pictures of my car, and I love watching video of Blake.

Emancipation and *relief* are feelings that I doubt a great number of us would have ever experienced. I'm sure in certain situations, there can be a positive reaction to the death of someone: a terminally ill friend whom you know is suffering, maybe a physically and emotionally abusive parent, a controlling spouse...who knows? But see, guilt usually follows close behind these feelings, then you're just down a different road in the same horrible town.

Physical Sensations are the most fun, aren't they? In case you weren't sure before, these can really make you believe you are crazy: *Hollowness in the stomach*, *tightness in the throat and chest*, *oversensitivity to noise*, *a sense of depersonalization*: "nothing seems real", *breathlessness*, *weakness in the muscles*, *lack of energy*, and *dry-mouth*.

Then there are the accompanying Cognitions: *Disbelief* is often the first thought, especially if the death is sudden. Good ol' *confusion* (self-explanatory), *preoccupation* or an obsession with thoughts can often include obsessive thoughts about how to recover the loved one. I know many of us can relate, especially since we would each give anything, *anything*, to have our child back.

I wish nothing but Peace and Blessings for each of you. Please feel free to e-mail me at Katie@missfoundation.org or call me at my *NEW* phone number-714-585-3614. Kim St. Laurent and I will be starting a Huntington Beach MISS Foundation Chapter very soon!

Namasté

I honor the place in you where the Entire Universe resides.

Katie Hodge, Blake's Mommy
MISS Foundation
Director of Operations



Shop and Support!

Shop for those special gifts at our MISS Store online! We now have wonderful children's t-shirts available with the quote, "If children are old enough to love, then they are old enough to grieve." Visit our online store at www.missfoundation.org

Visit our New Fine Art Gallery Online! Featuring the Amazing Spiritual Art of Rassouli!

*Now I know I never knew,
when you lost your child,
What you were going through.
I wasn't there, I stayed away,
I just deserted you.
I didn't know the words to say,
I didn't know the things to do.
I think your pain so frightened me,
I didn't know how to comfort you.
And then one day my child died.
You were the first one there.
You quietly stayed by my side, listened,
And held me as I cried.
You didn't leave, you didn't go.
The lesson learned is . . . Now I know.*

~Alice Kerr, Aspiring to Greatness

The MISSING Angels newsletter is published bi-monthly by the MISS Foundation, a non-profit corporation. Letters, articles, and photos may be submitted to the MISS Foundation, P.O. Box 5333, Peoria, AZ 85385 in word or jpg format. **PLEASE DO NOT SEND HANDWRITTEN STORIES OR ORIGINAL PHOTOS FOR PUBLICATION.** Please let us know if your ADDRESS HAS CHANGED call 623.979.1000 or email us at info@missfoundation.org.

A Publication of the
MISS Foundation

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● *Because all the Children Matter...* ●

"What deep wounds ever closed without a scar?"

~Lord Byron