

FALL & WINTER E-NEWSLETTER 2009



PBSO FUN RUN 2009 – The Ladd Family

On Saturday, September 26, 2009 PBSO and The Ladd Family hosted our Annual Fun Run in Memory of Ryan Ladd at the Rotary Park in Ajax. The weather held out that day so that friends, family and PBSO members could come together to complete a 5km run across the Ajax scenic waterfront and help raise funds for PBSO.
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A Survival Guide for the Holidays

Shared by Bereaved Families of Ontario/Toronto www.bereavedfamilies.net

- Recognize the possible sources of discomfort over the holidays. Try to anticipate even the smallest part that might elicit pain, and then decide what can or cannot be faced, altered, or eliminated.
- Acknowledge that this year **will** be different. Eliminate whatever you need to. There is nothing you must do; no obligation you must keep, except to yourself. Grief depletes your energy. Because of this lessened energy, the simplest of tasks may loom large and insurmountable. How can you face dinners and parties when smiling and laughter feel like the twist of a knife in the raw wound of your loss? How can you attend religious services with all of their reminders and implied promises? Only **you** can decide this -- there is no right or wrong.
- Take care of your own health. Guard your own strength and energy. It is okay to say "no" to invitations. It will be difficult to predict your feelings and energy levels -- so it is also okay to change your mind at the last minute about attending dinners, parties and religious services -- or even to leave a function early. You must be your own guide.
- Almost every town will display decorations -- some of them starting as early as September. Music will be heard on most street corners and in most malls. People will seem to rush around you with purpose. All of this can increase your own feelings of purposelessness, isolation and alienation from what the rest of the world is doing and feeling. Anticipating this can soften the shock of the unexpected. *continued on page 4...*

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- surviving the holidays
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- 2009 Membership Drive

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PBSO reserves the right to edit submissions when necessary. All submissions for the Winter newsletter must be submitted by end of January, 2010. Please send submissions to pbso@pbso.ca

PBSO ANNUAL MEMBERSHIP DRIVE

Depends on you...

Please take this opportunity to make your 2009 donation to PBSO. A successful membership drive is essential to continue supporting bereaved parents who have experienced the loss of a baby through miscarriage, ectopic pregnancy, medical termination stillbirth or newborn death. Your dollars work hard at PBSO - we offer support groups, telephone support, internet support, memorial events, educational seminars, along with promoting the recognition of the significance of perinatal loss through many venues. Your donation goes a long way, impacting thousands of people every day!

Over the past few years, PBSO has undergone severe funding cuts that have resulted in a reduction in staff time, but the need is still there. Bereaved families need to know they are not alone. They need to have the opportunity to tell their story and to find support from those who have "been there", to get through their grief journey and to remember their babies.

Did you know that PBSO receives absolutely no public or government funding?

Over the years we have continuously depended on our kind donors and volunteers 2009 is no exception!

Our 2008 Membership Drive was down 50% from previous years, so if you haven't had a chance to make a donation, please do so now.

We invite you to acknowledge and support the important role of PBSO in the community by sending in your financial contribution today.
Thank you for your care and support.

DONATION FORM

Name: _____

Address: _____ Postal Code: _____

Phone #: _____ Email Address: _____

Please accept my donation of: _____

Or, monthly gift of:

\$5 \$10 \$15 \$20 other amount \$ _____

Method of payment:

Cheque Post Dated Cheques

Please make cheques payable to Perinatal Bereavement Services Ontario and mail to the office.

Visa MasterCard

Card Number: _____ Expiry Date: _____

Card Holders Name: _____ Signature: _____

Please accept this donation in memory of: _____

Please mail or fax this form to:
Perinatal Bereavement Services Ontario
P.O. BOX 177, Pickering ON L1V 2R4
Fax: (905) 472-4054
www.pbso.ca
pbso@pbso.ca





Ryan Ladd was born on October 3, 1995. He was immediately diagnosed with Diaphragmatic Hernia, a congenital disorder. He fought valiantly but eventually succumbed to an infection on October 29, 1995. Though he lived only 26 days, he touched the lives of so many in his brief existence. When he slipped away from the Ladd family, they received invaluable help from PBSO. The Ladd family was honored to sponsor the 2009 run to support PBSO and also to commemorate their son's legacy.

PBSO would like to thank the Ladd family for sponsoring the 2009 run, in addition we would like to thank the 40 "runners" that attended the event along with everyone who made a pledge. A special thank you to Kelly McClatchey for organizing the run!

For 2009 together we raised just under \$7,000.00 - Congratulations to Madeline Avedon who brought in \$1,365.00 & Kristin Comar who brought in \$850.00! See you in 2010.



Upcoming Events...

**2009
Candle Lighting
Services**

**December 3, 2009
Brampton**
Emmanuel United Church
"Friendship Room" 420 Balmoral Drive

**December 9, 2009
Toronto**
St. Clement's Church, 76 Overlea Blvd.

Remembering Charlotte Ray Chan...

"When we lost our baby Charlotte Ray Chan who was born still at 38 weeks on May 28, 2008 we set up an account where donations could be made. Also this year, May 2009 we had a one year memorial service for Charlotte and collected donation on that day"

- Muchelle Sukul-Chan

Baby Charlotte's Memorial Service raised \$950.00; her family kindly donated those proceeds to PBSO so that we can continue to provide support services to bereaved parents. On behalf of PBSO we'd like to thank you for your generous donation and join you in remembering your beautiful baby Charlotte Ray Chan.

On Sunday, October 4, 2009 family and friends joined PBSO's Walk to Remember and Dove Release at the Mount Pleasant Cemetery.

PBSO would like to thank everyone who came out that day to honour their babies who have died.

A big thank you goes out to Mount Pleasant Cemetery for making this memorial event possible. In particular we would like to thank the following Mount Pleasant Staff Members: Maria Cianchetti, Anita Mazzara, Lucie Morra & Nathan Johnson – all your support and dedication is much appreciated.

And a very special thank you to the Kerr Family for creating and sharing this lovely children's garden – giving us all a place to remember.

- Give yourself permission to change whatever traditions or rituals that you need to change. Nothing is written in stone! Just because something has been done a certain way for twenty years doesn't mean that it is the only way to do it. Change things if you want to. Change things if you feel the need to. The option to return to the old traditions will be there next year, and the year after -- if you want to return. You may find yourself creating meaningful new traditions.
- Change the time, location, and/or menu of traditional meals. Or, eliminate them altogether this year. Attend religious services at a different time than usual, or at a different place of worship -- or don't go at all this year. Decorate differently, have someone else decorate, decorate exactly the same as always, or don't decorate at all. Open gifts at a different time than you did before. Remember, **you** are the only guide as to what is correct.
- Break large tasks into small pieces. Don't be afraid to delegate tasks to others. Tell friends and relatives what would be helpful to you. They would probably like to help you but don't know what to do. Tell them as specifically as you can.
- Memorialize your loved one in some way that is both important to you and would have meaning for him or her. It needn't be a large gesture -- but it is helpful if it has a personal and unique value.
- If you wish to go away for the holidays, do so. This year, you must do what is right for you. Remember, though, that you will take your thoughts and your grief along with you, wherever you go.
- Find something, some small thing, which is special to you. Do something you have never done before. Give your own life a degree of meaning and value no matter how bereft you are feeling.

All of these suggestions are based in the same fundamental message: there is no right or wrong way for you to do things during the holidays. There is only **your** way -- and that is the correct way.



PLACE YOUR AD
HERE



Photo Restoration & Retouching

As a Photoshop expert
and a bereaved parent, I
can offer sensitive
handling of baby
photographs for parents
who have lost a precious
baby through stillbirth or
miscarriage.

All issues addressed

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Not Like You

by Sheri Hess

I am a mother, though not like you.
 You cradle your sweet baby in your arms,
 Mine are empty, but I hold him in my heart.
 You brush her soft curly hair,
 and tie pretty pink bows just right.
 A lock of his hair is tucked neatly in a book
 You pick daisies and tie them in a chain
 to wear around her neck
 I cut lilacs and arrange them in a vase to set at his grave.
 You look forward to dreams and plans.
 I hold on to memories.
 I am a mother,
 though not like you.

Message from the Board...

As we come close to the holiday season, the Board of Directors at PBSO is wishing each of you peace, the love of your family and the ability to do what you need to do over this challenging time.

PBSO has continued to be very busy despite a poor economy and changes in how we work. Our team has become even more active in helping our Group Facilitators, and we have had many events to be proud of.

The Fun Run was a great success again, with Kelly's help.

The Walk to Remember was attended by many and we thank Mt. Pleasant Cemetery for its support again in this important event.

We have candle lighting services this December- please see the website for details. These events are wonderful ways to celebrate your baby's life as the holidays come closer.

We educated health care providers in two educational events- one at St. Joe's Hospital in Toronto- a 1 Day Perinatal Bereavement Course (newly redeveloped) and a 2 Day RTS course for 30 enthusiastic people- each of them will go back to their hospitals and share their knowledge with others, thereby ensuring that more people improve the care for families. The parent panelists at these events were powerful and poignant in how they told their stories and what helped and didn't help them.

As you think of your loved ones and ensuring they are remembered, please think of PBSO- any donations received before December 31st will be able to be applied to your 2009 taxes and will help us help other families who have experienced a perinatal death.

Lori Ives-Baine on behalf of the PBSO Board of Directors.

Dr. Sandra Ceolin-Wietfeldt

I am pleased to offer counselling services to individuals and couples who have endured the loss of their little one(s).

Sessions are covered by OHIP
To schedule a consultation please call:
(905) 856.8714

**bereaved parent
former PBSO Board Member

Volunteer Highlight

"The United Way improves lives and strengthens neighborhoods, making our communities better for everyone."

Donna Sauvé a dedicated PBSO volunteer has shared a story with us as to how she has instructed the United Way to send her donations to PBSO. You too can have United Way send your donations to PBSO and help our organization continue to provide support:

"The United Way supports the PBSO (Perinatal Bereavement Services of Ontario) an non-profit organization that provides a variety of unique support services that have been tailored specifically to meet the special needs of perinatally bereaved families. The organization has grown to include the development and implementation of educational training seminars for health care professionals, caregivers, clergy and funeral directors on how to best support these families. PBSO realized that special community support services were needed, for families who had suffered a pregnancy loss due to ectopic pregnancy, miscarriage, stillbirth, or neonatal death.

In March 2005 when we lost our son the PBSO were there to listen and help us work through our grief which subsequently led to promoting healing for me and my husband. Today I volunteer as a trained bereaved parent to co-facilitate a self-help group in Brampton as my way of giving back to an organization that helped me get through such a difficult time of my life."

Donna – PBSO would like to thank you for your continued support and sharing your story!

Are currently making donations through United Way? If you are interested in having that donation help PBSO you must contact The United Way and let them know what charity you want your donation to support, otherwise it won't come to PBSO directly.

WHAT CAN VOLUNTEERING DO FOR YOU?

Sure, volunteering is great for your community and makes the world a better place; but could it actually make a positive impact on your life, too?

NEW FRIENDS. There's no better place to meet likeminded individuals than through volunteering for an organization you believe in. Working together to support people is a great way to bond with others and become part of a community that can stay in touch long after your work is done. Plus, you could meet people from a diverse range of backgrounds – people you may never come across in your daily life.

LIFE FULLFILLMENT. Create more fun in your life

Many volunteers are surprised at how much fun it can be to help others. Not every volunteer experience is the same, but by finding an opportunity that matches your interests, you have a good chance of having fun while giving time.

HEALTH IMPROVEMENT. There is evidence that volunteering can improve your health. In "The Healing Power of Doing Good", writer Allan Luks found medical and scientific documentation supporting the health benefits of volunteering, such as:

- a heightened sense of well-being
- an improvement in insomnia
- a stronger immune system
- speedier recovery from surgery



PBSO EDUCATION KEEPS GROWING

On September 18, 2009 PBSO in partnership with St. Joseph's Hospital delivered a One Day Perinatal Bereavement Seminar – **thanks Jennifer Bordin for coordinating this training event.**

On November 4 & 5, PBSO in partnership with CHN delivered the RTS Perinatal Bereavement Training Program – **thanks to Moya Johnson and Rhonda Remedios for coordinating this event.**

These courses combined insight, knowledge and hands-on practical experience with the skills necessary to interact with families experiencing perinatal loss at all gestations, with special validation of early loss issues.

Both these sessions brought in over 50 attendees from: to nurses, physicians, ultrasound technicians, social workers, midwives, doulas, chaplains, clergy, medical clinic office workers and funeral directors.

A special thank you goes out to Lori Ives-Baine and Nancy Richardson for facilitating the courses.

Above all we'd like to thank the parents that told their stories: Channing Wilson, Donna Sauve, Vivian McNeill & Shannon Valiarte

For more information on courses that PBSO offers or upcoming dates please contact us at pbso@pbsoc.ca

CALLING ALL VOLUNTEERS

As 2010 approaches one PBSO's goals is to increase our volunteer base and expand on positions available. We are currently working on details for the following positions:

- Special Event Volunteer
- Newsletter Committee Volunteers
- Education Outreach Volunteer
- Fundraising Committee Volunteers
- Bingo Volunteers

Volunteering is a great way to stay connected with PBSO. If you are interested in any of the positions listed above or have other ideas on how you would like to volunteer please contact nancy.richardson@pbsoc.ca or sandy.costa@pbsoc.ca we will be happy to go over details with you.