

Spring e-newsletter 2010

2010 Butterfly Release & Family Fundraising Picnic

Sunday, June 13, 2010

Greenwood Conservation Area

Town of Ajax



The **Butterfly Release** is a celebration of the brief, but significant lives of our babies. Advance order and payment is required to reserve your butterfly. The service will begin at 11am sharp, weather permitting. **It is recommended that you plan to arrive by 10:30 am to allow for a prompt start to this event.** If you are interested in supporting this important event, but are unable to attend, a butterfly can be released on your behalf.

Please reserve _____ Butterflies for me at \$30.00 each.***

Please accept my donation of \$ _____ in support of this annual PBSO memorial event.

My payment for the total amount of \$ _____ is:

enclosed - please make cheques payable to PBSO or can be placed on my:

a) Visa account # _____ Expiry date: _____

b) Mastercard account # _____ Expiry date: _____

Name of Cardholder: _____

Please R.S.V.P with how many people in your party by mail to:

PBSO, P.O. Box 177, Pickering, ON L1V 2R4, or by email to: pbso@pbso.ca, or by phone to: (905) 472-1807

Name: _____ # of adults: _____ # of children: _____



*****2010 Butterflies**

Please note that due to matters beyond our control (bad weather conditions) we are not able to purchase Monarch Butterflies for this year's Butterfly Release.



However, Butterflies & Roses (www.butterfliesandroses.com) have generously offered TWO Painted Ladies per box purchased for the same price as the Monarch Butterflies.

For each one you purchase you will actually receive two butterflies!

Birthstone Hearts



PBSO still has a limited number of birthstone hearts available for \$20 each.

Please contact pbso@pbso.ca if you would like to purchase one.

In this edition:

- message from the board
- fun run recruiting
- order your butterflies
- upcoming events

SAVE THE DATE
Annual Butterfly Release
Sunday June 13, 2010
More details to come on:
www.pbso.ca

Fun Run in memory of
Lukas & Noah Anderson
Saturday, Sept. 25, 2010
Ajax Rotary Park

Walk to Remember
& Dove Release
Sunday, October 3, 2010
Mt. Pleasant Cemetery,
Toronto

Board of Directors

Maureen Pollard
Marianne Magee
Tom Ladd
Shannon Valeriote

PBSO Team

Kelly McClatchey
Cyndie Evans
Nancy Richardson
Sheila Hannan

Mailing address

P.O.Box 177
Pickering, ON
L1V 2R4

PBSO reserves the right to edit submissions when necessary. Please send submissions to pbso@pbso.ca

Spirit Day 2010!

We are thrilled to report that this year's **2nd Annual Spirit Day** event was again a wonderful success. An enormous turnout of volunteers, staff and new board members joined together for this opportunity to mix, mingle & get better acquainted with some of the other big-hearted folk in our PBSO community.

The day's festivities included a warm farewell to long-standing facilitators Sam & Lori Bianco after 10 years of service in the Scarborough group. After socializing over a delightful catered lunch, everyone participated in a stimulating life coaching session with Cora Whittington of Golden Pathways.

Spirit Day was also the perfect opportunity for PBSO board & support staff to express our gratitude and appreciation for all the important things our volunteers do throughout the year for PBSO clients and families. We celebrate you, volunteers!

www.pbso.ca

Please note due to recent staff changes, updates to PBSO's website may be delayed pending training of a new administrator. We thank you for your patience during our restructuring and hope to be back on track very shortly.

ADVERTISEMENT

For PBSO members only:
One free session of psychotherapy with Ingrid Phaneuf BA, CAPT, CRAM
psychotherapist, registered and certified specializing in grief, perinatal loss and infertility

telephone: 416-710-0966

2010 PBSO Fun Run

In memory of Lukas & Noah Anderson

Saturday, September 25th

Rotary Park, Lake Driveway, Ajax *(401, South on Westney Rd., Right on Lake Driveway)*



10:00 to 11:00 a.m. Registration, for 11:00 a.m. start

Bring all your family & friends.
They can walk, run, roller blade, or bike their choice along the 5k scenic waterfront route.
Great children's play-park area.

Draw prizes & special prize for the person bringing in most sponsorship pledges.
New this year: Special Children's Activity

Registration fee \$25.00/adult

Register on-line at: <http://www.events.runningroom.com/site/?raceId=5645>
You will be able to email the link to your friends & family when asking for pledges. It's so EASY!!!
They can make their donation online directly to the Running Room,
who will direct the funds to PBSO on your behalf.

If you are unable to attend, you can still support PBSO by sponsoring PBSO staff person, Kelly McClatchey. Go to the above link, click on "sponsor an athlete", and enter "Kelly McClatchey" in the athlete's name field.

**Do you want to...
Make a donation? Submit an
article/poem/story for our
newsletter? Become a
volunteer? Learn more about
PBSO's educational programs?
If so please contact PBSO at
(905) 472-1807 or
pbsso@pbsso.ca**

PBSO are going Monthly!!!

In order to reach our members in a more timely fashion, beginning June 2010 PBSO are pleased to announce the arrival of the Monthly Newsletter. Look for us in your In-box during the first week of every month.

The Importance of Grieving Perinatal Loss

When a newborn dies, the tragedy is almost too much to bear. This can be true for medical staff, family and friends, as well as for the bereaved parents. Sometimes, in the face of this heart-breaking loss, people follow a path of avoidance. It can seem as if there is a scheme to remain silent in the hopes that the feelings that seem too powerful to manage will disperse on their own.

When mourning is incomplete, bereaved parents can experience significant difficulties in day-to-day functioning. It can be too much to work, to parent surviving children, to respond to a partner – sometimes even to get out of bed. Unresolved grief can tie us up in knots of pain and anxiety, affecting our approach to the world around us.

Memories of our loved one often help us through the normal grieving process. When a newborn dies, there are not as many memories to sustain us, to share with family and friends and to help us heal. In an article about mourning after a stillbirth or neonatal death, Lewis (1979) recommended that bereaved parents make the most of what is available to them, and what can be remembered about their infant. What he said remains true these many years later. Perhaps you have mementos such as pictures or an outfit. You may only have a memory, which you might consider recording in a journal, poem or letter. These treasures that confirm your baby's existence can help you to tell your story, to work through the stages of grief even as you feel overwhelmed in the face of your loss.

It is important to remember that your loss is real – you grieve your baby and for what might have been. As bereaved parents, follow your heart and respond to your instincts. You will come to know what helps you in your journey toward healing from your painful experience. Trust yourself, and continue seeking ways to remember your baby, to acknowledge and honour the brief but important life of your child.

Reference:

Lewis, E. (1979). Mourning by the family after a stillbirth or neonatal death. *Archives of Disease in Childhood* 54(4) 303-306 doi: 10.1136/adc.54.4.303

In Memory of Faith Bell-Wright
A Life so Precious

With a spark from my Creator,
I came to be.
With love and light,
for all to see.
I moved gently and freely,
inside my mother.
To her, I know,
there was not other.
But alas my time,
was not yet to be.
And now my spirit,
does fly free.
I am once again with my Creator,
and loved ones who have already
passed.
Until once again when I will return,
to be with all of you at last.

By Norma Wright(Great Aunt)

Advertisement

Dr. Sandra Ceolin-Wietfeldt

**I am pleased to offer counseling 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**

Advertisement

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.

edwardbarth@hotmail.com
(416) 993-9798

Message from the Board

April has been a busy month as the new Board has worked to develop a solid understanding of PBSO and to make a plan for the next several months. The Board and Staff enjoyed an Action Planning Day on April 27, 2010, working to refine the organizational chart and prioritize the tasks that we must accomplish to continue to meet PBSO's mission in 2010 and beyond.

April 18-25, 2010 was Volunteer Recognition Month, and so April 18 was a fitting day to hold our second annual Spirit Day event – an opportunity for PBSO volunteers to come together to learn and share in a sense of camaraderie. It also provided an occasion to thank previous volunteers Sam and Lori Bianco, who served as group facilitators for 10 years, Lori Ives-Baine, who served on the Board for 10 years, and Kristin Comar, who served on the Board for over 5 years. We are grateful for their commitment and dedication to PBSO and the many accomplishments they achieved during their time in these roles. Without our many talented, devoted volunteers PBSO could not do the work we do – offering comfort and hope to newly bereaved families in our communities.

We look forward now to the Butterfly Release at Greenwood Conservation Area on June 13, 2010; an opportunity for families and friends to gather together to remember and celebrate the too-short life of your baby. The details for this event are posted in this e-newsletter and on our website. All are welcome to join us on this special day and I will look forward to seeing many of you there.

Sincerely,

Maureen Pollard, President, Board of Directors

Tragedy to Triumph

September 3rd 2008 would be a day that changed our life and world as we knew it. It started like any other, two parents blessed with two great boys and expecting our first girl and last child. Only to find out our infant daughter, Laura Mackenzie was born still. Through this tragedy, we were presented with an opportunity to offer hope to other families like ours, who have lost a child.

We started an organization called *Laura Mackenzie's Angels of Hope Alliance*, a program that focuses on giving hope and comfort to bereaved families in a time that can be overwhelming. We do this by providing teddy bears to hospitals to give to parents and siblings who have to go home without their baby (www.lauramackenziesangelssofhope.com). We also sell angel pins at \$15 each to support our fundraising efforts and to buy more bears.

Our family was thrilled when baby Emma Lynn was born. Although Emma was 5 ½ weeks early and had some initial breathing difficulties, she was soon breathing well and home with us. Together we continue to honour Laura's place in our family by managing Laura's Alliance. We truly have come from tragedy to triumph!

To read Alfred and Jennifer's story visit our website at www.pbso.ca where you will find it posted in Jennifer's own words under "Our Stories".

Subsequent Arrivals

Charlotte Mary Joan Lloyd
November 17th, 2009

6lb 2oz

Parents - Matthew and Jane Lloyd

Reece & Matthew Hogarth
October 25th, 2009

2.5 lb each

Parents – Audrey & Doug Hogarth

Elodie Fleming
April 4th, 2010

6 lb 7 oz

Parents – Kemayla & James Fleming

Cohen Andrew McCleary
April 12th, 2010

9 lb 3 oz

Parents - Jamie and Mark McCleary

Send info on your
subsequent arrival to
kelly.mcclatchey@pbso.ca



Remembering Joel

On Saturday February 6, 2010. we had a "remembering Joel" party in honour of our son Joel Andrew Elliott's 10th birthday (January 25, 2000). We hosted family at a local farm and enjoyed a horse and sleigh ride, tobogganing and skating on an outdoor pond. Afterwards we enjoyed dinner together. Our family members made donations to PBSO in Joel's memory. As a result we raised \$200.00 for PBSO. It was a wonderful family time remembering our precious son, Joel, whom we had for one day, but will love for a lifetime. Also remembering the loving support of family and friends through that difficult time.

Paul & Kim Elliott
(Hannah – 8 years, Claire – 5 years)
Peterborough, Ontario



Thank you PBSO Volunteers!

Many companies will donate to a charity of your choice to recognize your volunteerism during the year.

Thank you to the following companies that have recently donated to PBSO in recognition of our volunteers:

Bell Canada, recognizing Sandy Costa

The GlaxoSmithKline Foundation, recognizing Donna Sauve

The Royal Bank, recognizing Tim Hannan

Scotiabank, recognizing Lori Bianco

Scotiabank, recognizing Sam Bianco

Matching Donation Program!

Also, many companies participate in a matching donation program. Simply produce a copy of an income tax receipt for a recent donation to PBSO and your company might be willing to send us a donation in the same amount.

Job Opening

We're looking for someone energetic and passionate about PBSO services to fill a position to engage in marketing on behalf of PBSO.

This position would be contracted on a fee for service basis to be negotiated with the successful candidate.

Interested applicants please contact Board Member Shannon Valeriotte at shannon.valeriotte@pbso.ca.

RTS Conference, Chatham, ON

June 23 & 24, 2010

For more information contact PBSO at pbso@pbso.ca or 905-472-1807

Looking for a Volunteer Opportunity? Does your HIGH SCHOOL STUDENT need Community Service Hours?

PBSO is seeking help at our Annual Butterfly Release and Fundraising Family Picnic

Set-up
Registration Desk
Children's Games
Craft Table
Face Painting
Clean-up

For more information please contact:
pbso@pbso.ca

PBSO Volunteer Marianna Guenette was interviewed for an article titled "Work Strain Follows Pregnancy Loss". The article is available online at www.thestar.com, www.parentcentral.ca and www.healthzone.ca