

SUMMER E-NEWSLETTER 2009

Message from the Board...

Butterfly Beauty

June 14th was an amazing day for PBSO with our Annual Butterfly Release and Family Fun Day in amazing weather and a wonderful new site. We had more than 500 people attending the day at Greenwood Conservation Area and the smiles, tears and memories were powerful for all involved.



The 300 butterflies released (this year we released Painted Ladies) will be able to start a new colony and path to and from this park thanks to all who participated. Families brought some pretty amazing picnics to the day's events and the area was ideal for space and connections. We had fun craft activities for the kids, a magician and even piñatas to have fun with. We saw parents and friends ripping through their bags for crazy items in "Let's Make a Deal" and our 50/50 draw winner donated his half back to PBSO to support our ongoing work.

It was a great day for all and the Board of Directors and staff of PBSO want to thank all of the volunteers for their hard work. WE couldn't do it without you. Our volunteers include the following amazing people:

- **Karen Babin**
- **Lori Ives-Baine**
- **Kristin Comar**
- **Channing Wilson**
- **Karen & Kyla Mayne**
- **Abi Chow**
- **Patricia Dykstra**
- **Bonnie & Kayla Bradbury-Carter**
- **Tim & Francesca Hannan**
- **Rachel Fillier**

Our next big event is the PBSO Fun Run on Saturday, September 26th in Ajax- hope to see you there!!! For those interested in participating or volunteering, please contact PBSO at pbso@pbso.ca

*Lori Ives-Baine,
Education Director and Secretary, on behalf of the PBSO Board of Directors*

Please see page 3 for a special thank you to our corporate donors for this year's picnic.

THE RESULTS ARE IN!

At the 2009 Picnic we sold a record high - **300** butterflies, and an estimated **500** people attended the event.

The Silent Auction raised almost **\$1,900!** And our 50/50 draw winner **Peter Villalta** donated half of his winnings **\$324.40** – thank you Peter! And thank you to everyone who attended, donated, volunteered and participated!

Overall the event was a success raising just under **\$6,400.**
See you next year!

The RTS Perinatal Bereavement Training Program combines 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.

The program was developed through the Gunderson Lutheran Medical Foundation in Wisconsin and is now taught world-wide. It is taught by trained RTS Bereavement Services Coordinators through PBSO.

This **2 day course** (November 4 & 5) is open to all health care professionals and is of specific interest to nurses, physicians, ultrasound technicians, social workers in Labour and Delivery, NICU, Post Partum, ED and Day Surgery. More examples include staff from reproductive technology clinics, gynecological nurses, public health nurses, midwives, doulas, chaplains, clergy, medical clinic office workers and funeral directors.

For more information or to register please call (416) 813-6507

In this edition:

- **message from the board**
- **fundraising ideas**
- **RTS new dates**
- **upcoming events**

www.pbso.ca

SEE YOU THERE

Annual Fun Run
Saturday Sept. 25, 2009
Rotary Park, Lake Driveway,
Ajax
www.pbso.ca
for more details or
www.runningroom.com

New mailing address

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

Board of Directors

Lori Ives-Baine
Kristin Comar
MJ Bouey
Sabrina Casciani

PBSO Staff

Kelly McClatchey
Dorothy Hrischenko
Cyndie Evans
Nancy Richardson
Sheila Hannan
Sandy Costa

PBSO reserves the right to edit submissions when necessary. All submissions for the Fall newsletter must be submitted by September 30, 2009. Please send submissions to pbso@pbso.ca

Fundraising Corner...

Brought to you by Sabrina Casciani – Director of Fundraising

We are often asked by our members and volunteers what they can do to help raise funds and awareness for PBSO. As a result we are adding the "Fundraising Corner" to our newsletter going forward. It will feature a few simple and creative ideas on how you can help PBSO.

50/50 Raffle

A 50/50 raffle is a guaranteed winner! This is how it works:

- You sell raffle tickets at any event that you have going on or at work or with family...the possibilities are endless.
- There is only one prize - **Half the takings!** Some lucky person gets half of all the money collected. The other half would be given to PBSO.
- The more tickets sold - the bigger the jackpot!
- Build the excitement by showing the current total on a display board.
- Don't forget to have a last minute run round to see if anyone wants any more tickets just before the draw is made. You would be surprised how much extra cash you can bring in by getting the right person on this job.
- Declare the winner at the end of the event and make a big thing of presenting them with the cash.

Charity Car Wash

An easy and fun way to raise money! First decide where the fundraising car wash will take place:

- School playground, sports club parking lot, workplace parking lot or in people's own driveways.

The choice of venue really depends on whether you plan to target passers-by or wash the cars of people prepared to drive to your site. Access to a water supply is a must have! In all your communications make sure you have all your contact information and details of who you are raising funds for. Make sure you advertise your fundraising car wash strongly using:

- Posters, flyers, local media (many local newspapers don't charge for charities, word of mouth)

The Equipment You Will Need

- Hose, buckets, clean rags, chamois leather, soft cloth for polishing, car shampoo and volunteers that don't mind getting wet.

How to Wash Cars

- To wash the cars first gently hose the car all over.
- Then using the sponges and car shampoo wash the grime away using wide circular movements.
- All car washing should start at the top of the car and work its way to the bottom. When the roof is done work down the sides front and back. Next move on to the lights and grill. Lastly do the sills and wheels. Rinse the car again then with the chamois leather dry the surface thoroughly. Finally use a soft cloth to polish.
- The key to good car washing is to change the water in your buckets regularly.
- Be careful of dropping cloths and sponges on the ground where they may pick up dirt and small pieces of grit which will scratch the surface of the car.

Don't want To Get Wet?

Work With a Commercial Car Wash To Raise Funds - Some will now offer a deal to local groups in their area and provide vouchers for your organization to promote their car wash for an agreed share of the takings when a customer you "provided" uses their facility. If appropriate you may like to team up with a company in your area.

Stay tuned for more ideas in the fall/winter issue of "the next step".

Are you the parent of a child who died at home after a life-limiting illness?

Volunteer to Join a Study:

Investigators: Kimberley Widger (PhD Candidate)

Dr. Ann Tourangeau (PhD Candidate Supervisor)

We are looking for parents to take part in a study about the quality of care provided to dying children and their families. We are doing this research because we believe it is important to provide the highest quality of care possible to dying children and their families. We want to hear from parents both what is going well and what needs to be changed.

If your child (aged 19 years and under) died in a hospital at least one year ago, after an admission of at least 24 hours you can take part OR if your child died at home at least one year ago after a life-limiting illness you can take part.

For this study you will be asked to attend a focus group with other parents held in the Toronto or Hamilton area to talk about your experiences and what you feel is important to providing the highest quality care. The focus groups will last about 2 hours. The focus groups will be held in English.

For more information, or if you are interested in taking part in this study please contact Kimberley Widger at 416-978-2859 or kim.widger@utoronto.ca. Please leave your name and phone number so we can contact you to talk more about the study.

ADVERTISING

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

Comfort Cub™ Helps Heal Grieving Hearts

Memorializing an infant death can be particularly challenging because of the absence of pictures or mementoes. Survivors facing the loss of a child will find an ideal companion to help them through the grieving and healing process in the Comfort Cub.

“The Comfort Cub is marvelous for a family seeking a personalized memorial of their [little] one,” said Shelley Challenger of Scott Funeral Home in Toronto, Ontario. “The cubs’ softness allows them to hold and cuddle their treasured remembrance.”

Although originally designed with children in mind by Corinne Lavictoire, president and CEO of Inevitable Exodus Inc., the huggable 14” teddy bear quickly was embraced by all ages. “Grief spans all genders, cultures, ages and religions.” notes Mrs. Lavictoire. “The Comfort Cub helps soothe and console after the loss of a loved one by memorializing and keeping the loved one close at heart.”

Each cub also has a true heart of gold – a 14-carat gold-plated heart locket that tucks inside a pocket sewn into the chest of the bear. Similar to but significantly larger than a necklace locket, the Cub’s keepsake can be engraved with a child’s name or special sentiment. In addition, the locket has a heart-shaped plate, behind which a small portion of cremated remains, a lock of hair or dried flower petals can be sealed.

Alternatively, a small silver urn can be placed in the chest pocket which can hold the cremated remains of a stillborn or newborn child. And later this summer, a small urn in the form of a child’s letter cube will be introduced. This urn sits with the bear and will hold the cremated remains of a child up to about one year of age.



Comfort Cubs Provide Solace to People of All Ages

“Given the multifaceted nature of the Comfort Cub’s heart locket and infant urns, the cubs appeal to all families, regardless of their choice of services,” says Corinne Lavictoire, creator of The Comfort Cub. “Customizing the locket, deciding what to seal or what to engrave has a healing effect on those struggling to cope with the loss of a child.”

“Many people are comforted by physical objects associated with the person who died,” said Dr. Alan Wolfelt, internationally renowned grief counselor. “It is not unusual for mourners to save clothing, jewelry, books, locks of hair and other personal items.”

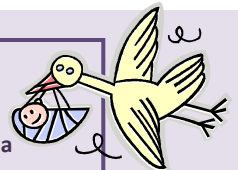
“Linking objects [such as the Comfort Cub] help survivors remember their loved one and honor the life that was lived,” he added. “It helps them heal.”

Recognition within the funeral industry (KIP Award, ICCFA 2007) helps explain why Comfort Cubs have become extremely popular. “We have placed nearly 7,000 Comfort Cubs in the hands of grieving families,” Lavictoire says.

Shannon Bedard in Memory of Hunter Bedard

I wish I could tell you how much you mean to me.
To hold you in my arms where you belong
To look into your eyes full of hope and dreams
But your name was called by the angels
Your soft touch can no longer be felt.
Your giggles never heard.
My precious son I am your mom
You are now in my heart and there you shall stay.
I send my kisses up above with all my love
And in my dreams we shall be together
My days are never without you.
In the morning dew your tears can be touched
In the sun your warm embrace can be felt
You will never be forgotten,
You are a cherished piece of me
The empty void is filled with your memory
My day will never be without you
For you are all around me
My precious son this is your mom
I love you baby boy.

Conelly Eveleen Simmons Tacoma
born April 16, 2009
to Julie Simmons and Emerson Tacoma
8lbs 5oz



Subsequent Arrivals

A big thank you to our Picnic Corporate Sponsors ...

TIM HORTON'S
CANADIAN TIRE
CASA LOMA
MARINELAND
HBC FOUNDATION
HMV
ONTARIO PLACE CORPORATION
BLACK CREEK PIONEER VILLAGE
TORONTO MAPLE LEAFS
BLOCKBUSTER
JONATHAN MAISTER

WILD WATER KINGDOM
ART GALLERY OF ONTARIO
CN TOWER
FABU MARKETING
CNE
RONA – WHITBY
CONSERVATION OF THE LIVING
CANADIAN OPERA COMPANY
MOUNT PLEASANT CEMETERY
OGDEN FUNERAL HOME
COSCO – AJAX
THE PAMPERED CHEF – DONNA
SICKENGER

A "new life"

Sandy Costa

After losing a child – the first year seems to be the most difficult. It is said that in any loss, the first "everything" is difficult - anniversaries, birthdays and holidays will trigger pain and tears.

It's been four years since my son Seth died and yet the pain remains; like amputation, parental bereavement is a permanent condition. The hopes and dreams we had for our babies are now lost forever.

The adage "time heals" for me has somehow proven true, with the passage of time the pain slowly subsides. I have learned that the loss of my son has pushed me on a new direction; I found the need to make his short life live on, finding this new meaning and building this new life has helped me cope with his loss.

"Parents who have lost a child "re-solve" the matters of how to be themselves in a family and community in a way that makes life meaningful. They learn to grow in those parts of themselves that did not die with the child. They learn to invest themselves in other tasks and other relationships. But somewhere inside them, they report, there is a sense of loss that cannot be healed." (bereavement studies professor – Helping Heal On-line).

I have found that after the loss of my son life could no longer return to the way it was before. Instead, I play an integral role in creating and shaping a "new life" in its place, this is my journey ahead.

Letting go can be very difficult, many of us feel that if we let go we forget. In my experience letting go of the pain, and allowing myself to heal does not mean forgetting – as I move forward with my new life I take my beautiful son Seth with me.

Upcoming Events...

2009 PBSO Fun Run in Memory of Ryan Ladd

Saturday, September 26, 2009

Rotary Park, Lake Driveway, Ajax

10:00 a.m. Registration – 11:00 a.m. Fun Run Begins

Plan to bring family and friends to walk, run, rollerblade or bike the 5km trail along the scenic Ajax Waterfront. Registration (in lieu of sponsorship) \$25.00/adult.

Call PBSO to register your participation and download your sponsorship form from the PBSO website at www.pbso.ca or register at www.runningroom.com and collect sponsorship money on-line.

Candle Lighting Ceremonies:

Toronto December 9, 2009
Brampton December 3, 2009
Other group locations TBA
Additional information and locations will be posted in the fall's newsletter and on www.pbso.ca

PBSO Staff Changes:

As of September 8, 2009, Dorothy Hrischenko will be taking over as Group Services Manager for all of our PBSO Support groups. Dorothy and Nancy Richardson have been splitting this role for the past 2 years. Nancy will continue her role as Volunteer Coordinator and 1 to 1 Support Manager, as well as getting involved in delivering PBSO Bereavement training.

HELP DESPERATELY NEEDED! Bloor, Leaside (formerly known as "Central Park"), Scarborough, Woodstock, Markham Bereavement and Markham Subsequent Pregnancy Support Groups all are in dire need of facilitators! If you are a previous client of one of these groups, and were helped by the facilitator and the group itself, and would like to now "give back" and become a Facilitator yourself, OR if you are a previous Facilitator who has been taking a break and would now like to return to helping bereaved parents through their grief journey as you were once helped, PLEASE give our volunteer Coordinator, Nancy Richardson a call, at 905 472-1807, ext. 5323.

Would you like to participate in PBSO's Fun Run, but Ajax is just too far?

You can! And, without driving all the way to Ajax!
Here's what you can do:

Tell your friends/family members you are helping to raise money for PBSO in memory of your baby by participating in the PBSO Fun Run. You can then choose to walk, run, bike or rollerblade 5 km at a local park or trail on the morning of Saturday, September 26th (or another time of your choosing) and take a bunch of friends & family members, or just go by yourself, and participate in your own location.

Perhaps you might want to set a goal as to how much money you would like to raise and maybe your friends/family members who join you may rise to the challenge and collect some pledge money from their own friends/family members on your behalf.

Go to the PBSO website and download a pledge form for yourself and anyone else interested. Whether you join us at Ajax or in your own community, you can also register on-line at the Running Room www.runningroom.com and ask your friends & family to sponsor you on-line.

Please contact, kelly.mcclatchey@pbso.ca, for more information.

Walk to Remember and Dove Release
Sunday, October 4, 2009
Mount Pleasant Cemetery, Toronto
Registration 1:00 p.m. Walk Begins 1:30 p.m.

In the United States the month of October is officially recognized as Perinatal Bereavement month.
During the month of October many communities across America hold a
Walk to Remember to honour their babies who have died.
Please join fellow PBSO members and their friends and families as we "Walk to Remember".

This event begins just inside the east gates of Toronto's Mount Pleasant Cemetery
(Mount Pleasant Avenue, just south of Davisville, on the east side)
We then take a short walk over to **The Children's Garden** where there will be a
brief non-denominational memorial service, followed by the Dove Release, and refreshments.

If you would like to attend, please let us know on or before September 24.
Anyone wishing to submit a poem to be read either by themselves or by their own or
a PBSO representative may contact the PBSO office, by phone 905-472-1807,
or fax their submission to 905-472-4054, or e-mail it to kelly.mclatchey@pbso.ca

More information will be posted on www.pbso.ca closer to the event date.