



# Remembering Our Children

Bi-Monthly News Letter

April/May 2011



## Location

Madonna Rehabilitation Hospital  
5400 South Street, Lincoln, Nebraska  
*(meeting held in the Lancaster room)*

## Date and Time

Meetings are held on the third Thursday  
of each month.

7:00 pm to 8:30 pm

***There is NO fee to attend!***

## Supported by:

Bryan LGH Medical Center  
St. Elizabeth Regional Medical Center  
Madonna Rehabilitation Hospital  
For more information about meetings  
please call (402) 477-0847

## Remembering Our Children

A support group for bereaved parents.  
This group offers support and networking  
to promote healthy grieving and healing  
for those who have experienced the death  
of a child.

## FUTURE MEETING SCHEDULE

April 21  
May 19



## Location

Bryan Medical Plaza (East)  
1500 South 48th Street  
Lincoln, Nebraska

## Date and Time

Meetings are held on the first Wednesday  
of each month.

7:30 pm to 8:30 pm

***There is NO fee to attend!***

## Supported by:

Bryan LGH Medical Center  
St. Elizabeth Regional Medical Center  
Madonna Rehabilitation Hospital  
For more information about meetings  
please call (402) 477-0847

## H.O.P.E

A support group for bereaved parents who  
have experienced the loss of a baby due to  
miscarriage, stillbirth, or newborn death.  
Promoting healthy grieving and healing.

## FUTURE MEETING SCHEDULE

April 06  
May 04

## ***ROC Contact Information***

Remembering Our Children. Inc.

P.O. Box 83433

Lincoln, NE 68501-3433

**Web Site:**

[www.rememberingourchildren.org](http://www.rememberingourchildren.org)

**Facilitators:**

Sharon Duffy

Madonna Rehabilitation Hospital

5401 South St.

Lincoln, NE 68506

Lloyd and Diana Roberts

5324 Starland Ct.

Lincoln, NE 68516

(402) 423-7217

Claudette Poplau

1916 Groveland

Lincoln, NE 68521

(402) 477-0857

**News Letter Editor**

Sindy Vorderstrasse

4647 Meredith St.

Lincoln, NE 68506-4933

(402) 261-3505

### ***Surviving Child Demonstrates Meaning of Easter....***

**By Mitch Carmody**

In December of 1987, our 9-year-old son Kelly James died following two arduous years of fighting brain cancer. That ensuing Christmas, we were so numb in our grief that much of it is now a faded memory. But that following Easter, we received a gift, a gift that I share it with you now. When Kelly died, his sister Meagan was 6 years old; our only child now, she was left with two grieving parents who were in a deep funk for the most of a long Minnesota winter. We had fought so long to save her brother, tried so hard with everything we had at our disposal. We won many

**Like a bird singing in the rain,  
let grateful memories survive  
in times of sorrow.**



...CONTINUED

battles but ultimately we lost the war. We were wiped out, apathetic and at the lowest ebb in our lives. Thoughts of spring could not even penetrate the thick penumbra of grief that covered our souls.

Then our darling daughter gave us a gift, a homemade Easter card on Easter morning that not only penetrated that cocoon of sorrow but brought sunshine to our hearts. It was one of the first indications that Kelly had survived his physical death and reached out to us in our pain. And he did it through his sister Meagan.

Easter morning, Meagan was busy in the kitchen making us a breakfast that only a 6-year-old could make, while we waited patiently and tried not to intervene. On the table, she had a homemade card made from the stapled pages she had ripped out of a 3 x5 spiral notebook. On the front page, she had a crayon drawing of an angel underneath a rainbow that said "Happy Easter Mom & Dad." The text in blue crayon scrawled on the next pages read thusly: "To Mom and Dad, Please don't be sad just for me, I hope you are happy, I love you and I am glad up in heaven, but I miss youH and Kelly said Happy Easter Mom and Dad, I make Meagan do it, but I put it in her brain. Love Kelly."

As you can see, Meagan was a very thoughtful and talented 6-year-old with keen insights into helping her very sad parents smile again. Or perhaps it was the power of her brother Kelly's undying spirit using her to communicate to us that life and love is eternal. I believe both happened. This first whisper of love penetrated our darkness and we again saw hope at Easter time.

Taken from [www.opentohope.com](http://www.opentohope.com)

# Birthdays and Annual Remembrances

In remembering our precious children, there may be errors or omissions for which I am deeply sorry. If there are any errors or omissions, please contact me by phone or e-mail, Sindy Vorderstrasse (402) 261-3505 or r4j2c@neb.rr.com

## April Birthdays

Paul ?	04/01/2009
Evan J. Patterson	04/12/2010
Elise LaRue Byler	04/15/1990
Spencer Scott Smith	04/16/1986
Johnathan M. Young	04/22/1987

## April Memorials

Paul ?	04/01/2009
Tiergan Joseph Bruce Brogan	04/08/2008
Angel Jean Bruce Brogan	04/08/2008
Clint James Eckhout	04/10/1997
Evan J. Patterson	04/12/2010
Nathan Fisher	04/16/2007
Benjamin Tyler Chloupek	04/19/1999
Brandon Thomas Staley	04/25/1987



## **Mother's Day Without You** By Sharon S. O'Keefe

Even in the fleeting time  
that the two of us were three,  
you taught us of the purest form of love  
that there can be  
of a mother for her baby  
for the new life that she bore,  
for the miracle love created.  
How could anyone ask for more?

Short-lived was my chance at motherhood  
because you could not stay  
and I would give almost anything  
to see you smile today.

## May Birthdays

Grizzly Bear Sparks	05/01/2010
Veronica Medinger	05/06/2010
Marissa May Goodenberger	05/09/2010
Amelia Grace Heath	05/10/2009
Chandra Mary Blood	05/11/1980
McKenna Rose Winton	05/20/2008
Ellery Troy	05/21/2009
Heather M. Allen	05/21/1980
Douglas Joshua Hoegemeyer	05/24/2004
Madison McIntyre	05/24/1993
Dawn Renee Schuster	05/25/1978
Baby Dankenbring	05/27/2010
Cory Stuart	05/27/1971
Mary Grace Bryson	05/28/2009
Brian John Brinker	05/29/1980
Nathan, Fisher	05/30/1997
Nathan Paulsen	05/30/1989

## May Memorials

Veronica Medinger	05/06/2010
Marissa May Goodenberger	05/09/2010
Amelia Grace Heath	05/10/2009
Aydan Lee Defruter	05/10/2007
Amy McLaughlin	05/16/2008
Cody Muir	05/22/1997
Ryan Lamberty	05/23/2006
Ellery Troy	05/25/2009
Aubrea T. A. Carman	05/27/1987
Baby Dankenbring	05/27/2010
Mary Grace Bryson	05/28/2009
Colson McCoy Dirrim	05/31/2000



I recently bought a new computer, the previous newsletter and all updated dates of birthdays and remembrances was on my old computer and I have lost it. Also if this newsletter looks different it is because of my new PC and a new program to edit the newsletter with. I am now using Adobe InDesign, so if you see errors please give me time to get use to this program. Thanks, Sindy

## ***My Mother Is A Survivor***

**By Kaye Des'Ormeaux**

My mom is a survivor,  
Or so I have heard it said.  
But I can hear her crying  
When all others are in bed.  
I watch her lay awake at night  
And go to hold her hand.  
She doesn't know I'm with her  
To help her understand.  
But like the sands upon the beach  
That never wash away...  
I watch over my surviving mom,  
Who thinks of me each day.  
She wears a smile for others...  
A smile of disguise.  
But through heaven's open door  
I see tears flowing from her eyes  
My mom tries to cope with my death  
To keep my memory alive.  
But to anyone who knows her  
Knows it's her way to survive.  
As I watch over my surviving mom  
Through heaven's open door...  
I try to tell her  
Angels protect me forevermore.  
I know that doesn't help her...  
Or ease the burden she bears.  
So if you get a chance, talk to her...  
And show her that you care.  
For no matter what she says...  
No matter what she feels.  
My surviving mom has a broken heart  
That time won't ever heal.

*Happy Mother's Day*



## ***Mothers Who Have Lost A Child***

**By Jan Anderson - used with permission**

In January 1990, a friend of mine tragically lost her first baby a few hours following the birth, due to an incurable heart condition. On Mother's Day, two months later, she should have received her first Mother's Day card. None came. "Does it mean that I'm not a mother, just because my baby has died?" she asked me. "Of course it doesn't", I said, but I too felt guilty for not having had the forethought to recognize the fact by sending her a card. The love for her son was still there, but no acknowledgement that she had ever given birth. Her husband, who was still grieving himself, felt that it would have been cruel to give his wife a card under such tragic circumstances and I presume that her parents felt the same way. Two years later, my friend gave birth to a healthy baby girl. The following Mother's Day, she received a card from her mother that said, "Take it easy on your very first Mother's day". Her mother wasn't consciously being insensitive and yet my friend was mortified. It was not her first Mother's Day, but her second. It was as though her son had never existed.

That experience taught me that even when someone has lost a child, they have a right to celebrate the fact that they have been a parent and this should be recognized by everyone close to them. Whilst it may not be prudent to send them a card that says, "Happy Mother's Day", there is no harm in sending an innocuous blank card, inside which you can write your own special message to let them know that you are thinking of them. They might even appreciate a bunch of flowers or other gift that makes them feel acknowledged, included and respected.

## Messages for a Healing Heart

### ***4 1/2 Years and You're Still Here***

**A journal entry by Sindy Vorderstrasse written on 3/22/2011**

**In Memory of my son Johnathan Michael Young 1987-2006**

It has been some time since I last wrote a journal entry, but tonight I was inspired to write. It is now 4:14 am. I am unable to sleep, not because the grandbaby awoke, but because of my earlier thoughts. It is true and I say this from experience, no matter what family and friends may say; when you lose a loved one, especially a child, you will always and forever think of them and speak of them as though they are in the same room. It may or may not be daily thoughts; they may be joyous thoughts or thoughts of sadness, but we as bereaved parents will always keep a child alive in our thoughts.

And so it was with me, only two hours earlier, about 2:39 am; I am sleeping peacefully, the grandbaby is sound asleep, and my husband sleeps quietly tonight. The temperature outside this March evening is mild and a gentle breeze blows allowing me to sleep with my window open.

Then it happened, I wake to the sound of emergency vehicles passing by on the next street over; I lie there in my bed and I think once again of my beloved son. My eyes swell up with tears, I feel a lump in my throat, and I feel the frown upon my face. I remember the night I heard those same sounds, the night I found my beloved son hanging by a cord in death, I thought I saw a ghost. I can still see how caringly and how hard the rescuers tried to put air back into his lungs, but I know it is too late.

Yes it has now been four and half years since that day when the world came to a halt, when my heart broke into pieces and a part of me died too that night. Four and half years have gone by and I still see his face, the saddened memory of that night still remains, but I also have treasured the beautiful memories.

I have moved on with my life since that night, gone back to school, getting ready to graduate, starting my own freelance business as a Print and Web Designer, and enjoying the time I have now with my precious grandbaby whom I think of as a gift. Although my life is good I will never forget the tragedy in 2006 on that August night. No matter what some may say, my son is still a part of my family, he is not here physically but his memory lives on. I have found peace again and I will continue with my journey of grief, I will cry and I will laugh, I will never forget.



**I pray that you as the reader of this message will find hope and encouragement while on your journey through grief.**

**If you have a story, a journal entry, a poem that you would like to share that will help comfort those who have traveled down the road of grief and/or for those who are just beginning their journey, then please contact me, Sindy Vorderstrasse, and I will get it in the newsletter.**

**If you want your name to remain anonymous then just let me know.**

**You can find my contact information on page 2 under Newsletter Editor.**

**Thanks, Sindy Vorderstrasse**