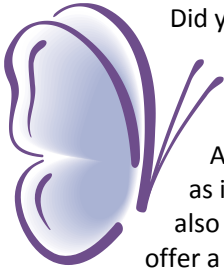




**Capital Region
Medical Center**

*Offering Hope and Support for families who have lost a baby
through miscarriage, stillbirth, or newborn death*





Did you notice the butterfly which fluttered by? As thoughts about a precious little baby filled the air, there it was, seemingly out of nowhere, but certainly fluttering by with a sweet greeting. Yes, we did notice the butterfly. And did you notice the little bird? How lovely its song was as it flew near! Yes, we noticed the little bird too. Did you also see the dragonfly? Oh so quietly, it fluttered by, as if to offer a reminder of love's gentle presence. Yes, we saw the dragonfly flutter by. And was that the rustle of an angel's wings as they scooped up all that love and offered it as a source of comfort? Yes, it surely must have been the rustle of an angel's wings. Glimpses of hope surround us, and through the gifts we receive from the wings of butterflies, birds, dragonflies, angels, and more, we are encouraged that we are not alone. In the midst of everyday life, in the midst of grief, and in the midst of healing, Wings of Hope emerge.

Here at Capital Region Medical Center, we believe Hope matters, especially as we journey through times of loss and grief. The death of a baby is a tremendous loss, and we are here to walk with you as you grieve. Wings of Hope, CRMC is a program designed specifically for families whose precious baby has come and gone from this earth much too quickly. From the moment of crisis, through the time of loss, and well into the future, we are here for you. We care about you and your precious baby. We will remember, and we will be honored to offer Wings of Hope, CRMC as you walk this path.

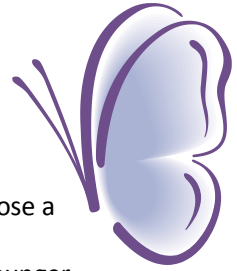
The Wings of Hope, CRMC Program Offers Hope and Support

At the time of a loss

A specially trained member of the Wings of Hope, CRMC team is available to offer emotional and grief support at the bedside at the time of a loss for patients and/or family members. Some patients prefer privacy at the time of a loss; we understand and respect that. Informational brochures regarding grief issues specific to the death of a baby are available at any time for parents and families. Additionally, volunteers lovingly crochet or sew baby blankets in an effort to offer comfort and hope to parents.

Wings of Hope, CRMC team members are also specially trained to talk with parents regarding the options and choices available for burial, cremation, and/or funeral arrangements. Prior to a patient's departure from the

hospital, a staff member will assist the patient with completing a form which designates the patient's preferences.



Parents have several options to consider when making their baby's final arrangements. Some parents will choose a private burial. Some will choose cremation. Some will choose to have a funeral. For those whose baby was younger than 20 weeks gestation, the option of participating in the communal burial and Memorial Service offered by the Wings of Hope, CRMC team is available.

Capital Region Medical Center participates in a Memorial Service twice each year at the Resurrection Cemetery in Jefferson City, Missouri. At this communal burial and remembrance service, the babies who were *under the age of 20 weeks gestation* at the time of their death are buried and honored. Parents who choose this option for their baby's final arrangements are invited to attend the Memorial Service. An invitation will be mailed a few weeks prior to the service, unless the parents have indicated they prefer not to be contacted. All family members are welcome to attend the Memorial Service.

For babies who were *20 weeks gestation or older* at the time of their death, parents may choose to make private burial or cremation arrangements through a funeral home. A specially trained Wings of Hope, CRMC team member is available to talk with parents and assist in setting up such arrangements. Additionally, through the generosity and compassion of *Footprints from Heaven*, an organization dedicated to offering comfort and hope to bereaved families, a memory box and several keepsakes are given to parents. Footprints, handprints and photographs can also be created.

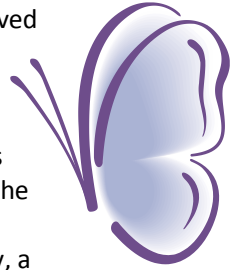
After a loss

We invite all bereaved parents to consider becoming part of the Wings of Hope, CRMC Support Group. Specially trained facilitators from the Wings of Hope, CRMC team are present at these meetings, and all adult family members are welcome to attend. The Wings of Hope, CRMC Support Group is specifically for families who have experienced the death of a baby. Some have faced an ectopic pregnancy loss. Some have faced a miscarriage. Some have faced a stillbirth, and others have faced the death of an infant.

All have faced the pain and heartache of losing a baby. These monthly meetings have become an incredible source of hope and strength for many



bereaved parents because it is at these meetings where you will meet and hear from other bereaved parents. Only another bereaved parent can truly understand the depth of grief which comes after the death of a baby. Through sharing and caring for one another, bereaved parents can catch glimpses of hope that healing is possible. Many parents have shared that a butterfly has fluttered by at exactly the times when they have been thinking about or especially missing their precious baby. The presence of a butterfly, a dragonfly, a bird, or another winged creature has offered hope to these parents, as they remember they are not alone; some have even started collections of a specific item, like dragonflies or angels, and have them in their homes as reminders of their baby. Similarly, being part of the Wings of Hope, CRMC support group has encouraged many parents to know they are with others on this journey of grief who understand and care. As each one remembers his or her own tiny baby by sharing their story and experiences, glimpses of hope emerge, and they encourage and empower healing.



It may be that you are not comfortable attending a support group. Please know that we are here for you should you want to talk with someone individually. Members of the Wings of Hope, CRMC team are not professional counselors, but we do care, and we know that the heartache you feel is real. Feel free to call to set up a time to visit privately with one of our Wings of Hope, CRMC team members. Additionally, we encourage you to seek out at least one particular person with whom you feel comfortable sharing your thoughts, feelings, and questions. This may be a family member, a friend, a member of the clergy, or another trusted person. Support is a key element as you journey through your grief.



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