



# IRIS INFANTS REMEMBERED IN SILENCE

## Whispers of the Heart Newsletter

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Offering parents, families, friends and professionals support, education and resources on the death of a child in early pregnancy, or from premature birth, stillbirth, neonatal death, birth defects, sudden infant death syndrome (SIDS), illness, accidents, and all other types of infant & early childhood death.

### 2022 Board Members

Han Fuchs-Aldrich - Northfield  
 Denise Gillen - Northfield  
 Anna Kettering - Faribault  
 Chris Petricka - Kenyon  
 Michele Priebe - Waseca  
 Jennifer Hanson - Webster  
 Jason/Jessica Krohn - Faribault

### Founder and Executive Director

Diana Kelley  
 Founded in 1987

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### 7th Annual Heaven's Angels Motorcycle Run



Heaven's Angels Motorcycle Run will be held on August 6, 2022.

This 2 hour ride will start and end at Faribault Harley-Davidson (2704 W. Airport Dr., Faribault MN). All types and sizes of motorcycles welcome!

This years route will take you through majestic rolling hills and on beautiful back roads of the southeastern Minnesota countryside. To register and for more details visit: [irisRemembers.com](http://irisRemembers.com)

### Save the Dates

- **August 6th** - Heaven's Angels Motorcycle Run.
- **August 14th** - IRIS 35th Anniversary Open House.
- **October** is National Pregnancy and Infant Loss Remembrance Month.
- **October 15th** - International Pregnancy and Infant Loss Remembrance Day. Remembrance Service at the IRIS Office at 7 pm.
- **November 24th** - IRIS Turkey Trot
- **December 4th** - IRIS Holiday Service of Remembrance
- **2nd Wednesday of the month** - Mid-day Support Groups from 11am - 1pm at the IRIS office.
- **4th Tuesday of the month** - Evening Support Groups - from 7 - 8:30pm at the IRIS office.



I heard quite often "men don't cry"  
 Though no one ever told me why.  
 So, when I fell and skinned a knee,  
 No one came by to comfort me.

And when some bully-boy at school,  
 Would pull a prank so mean and cruel,  
 I'd quickly learn to turn and quip,  
 "It doesn't hurt," and bite my lip.

So, as I grew to reasoned years,  
 I learned to stifle any tears.  
 Though "Be a big boy" it began,  
 Quite soon I learned to "Be a man."

And I could play that stoic role,  
 While storm & tempest wracked my soul.  
 No pain or setback could there be,  
 Could wrest one single tear from me.

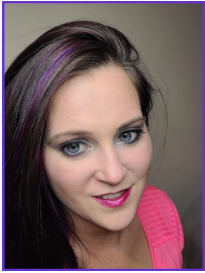
Then one long night I stood nearby,  
 And helplessly watched my son die.  
 And quickly found, to my surprise,  
 That all that tearless talk was all lies.

And still I cry and have no shame.  
 I cannot play that "big boy" game.  
 And openly, without remorse,  
 I let my sorrow take its course.

So those of you who can't abide,  
 A man you've seen who's often cried,  
 Reach out to him with all your heart,  
 As one whose life's been torn apart.

For men DO cry when they can see,  
 Their loss of immortality.  
 And tears will come in endless steams,  
 When mindless fate destroys  
 their dreams.

**Welcome to Katie Savoie  
Administrative Assistant**



Katie may look familiar to some of you! She has been an IRIS volunteer for approx. 24 years! Katie has volunteered putting Bereavement Support Packets together, worked on the IRIS Burial Clothing Sets, assisted with the Common Burial Site at Maple Lawn Cemetery in Faribault, she has made Angel items for the Holiday Service, she has hung posters for every event and fundraiser that IRIS has and she has been active in many IRIS Silent Auctions. Katie has been involved in the Heaven's Angels Motorcycle Run for the past 7 years. As you may have guessed Katie started volunteering for IRIS when she was in about first grade! Katie has been working 20 hours a week since February 2022.

Katie is the mother of two, Lincoln who is 4 and Maleia who is 2. Lincoln was born with hydrocephalus and has some special needs. These needs have Katie traveling to Dr. appointments 2-3 days a week.

**Lost Love**

*By: Debbie Gasparovich*

I never got to see you,  
My precious bundle of joy.  
I never got to know you,  
Were you a girl or a boy?  
I never got to hold you,  
And rock you to and fro.  
I never got to kiss you,  
Or count your little toes.  
I never got to see your face,  
Eyes open with a smile.  
I never got to have you,  
Even for a little while.  
I never got to keep you,  
I had to let you go.  
I never got a chance to say,  
I really love you so.

**Welcome to Brandi Petricka  
IRIS Bookkeeper**



Brandi probably looks familiar to you as well!. Brandi has been an IRIS volunteer since she was 2 years old. She has worked on countless Silent Auctions, is heavily involved in the Pancake Breakfast & Bingo Bash, and she has volunteered at the Turkey Trot for the past 14 years where she has helped with the check-in/registration process. Brandi is also on the Little Black Dress committee and has helped with everything from Bereavement Support Packets, Burial Clothing, Cleaning the IRIS Office, Newsletter proofing, labeling, & stamping. She has done countless hours of data entry, written thank you notes and much more! Brandi works approx. 5 hours a week keeping the IRIS books up to date. This includes check books, savings accounts, special funds, grant and payroll deductions, etc.

Brandi is the mother of one, Jaxsyn, who is 7. Brandi is also an aunt to Addie - 13 and Camryn Jo who was born on August 27, 2013 and died on April 7, 2019 at the age of 5.

**Remember Me**

Remember me when flowers bloom,  
Early in the spring.  
Remember me on sunny days, In  
the fun that summer brings.  
Remember me in the fall, As you  
walk through the leaves of gold.  
And in the wintertime ~ remember  
me in the stories that are told.  
But most of all, remember each day  
~ right from the start,  
I will be forever near, for I live with  
your heart.



**I'll Be There**

Daddy, please don't look so sad,  
Mama please don't cry,  
Cause I am in the arms of Jesus  
and he sings me lullabies.

Please, try not to question God  
Don't think he is unkind,  
Don't think He sent me to you  
And then He changed is mind.

You see, I am a special child  
And I'm needed up above.  
I'm the special gift you gave Him  
The product of your love.

I'll always be there with you  
To watch the sky at night.  
Find the brightest star  
that's gleaming  
That's my halo's brilliant light.

You'll see me in the morning frost  
That mists your window pane,  
That's me in the summer showers,  
I'll be dancing in the rain.

When you feel a little breeze,  
From a gentle wind that blows  
That's me I'll be there  
Planting a kiss on your nose.

When you see a child playing  
And your heart feels a little tug.  
That's me I'll be there giving  
your heart a hug.

So Daddy, please don't looks so  
sad, Mama don't you cry.  
I'm in the arms of Jesus and He  
sings me lullabies.



- Clorox Wipes
- Vanish toilet bowl cleaner
- Swiffer mop pads
- Toilet Paper
- Paper towels
- IRIS bulbs
- Light bulbs
- Avery Labels 5160
- Printer Ink Cartridges HP 61  
Color and black
- Furnace Filters (16x25x1)
- Mulch for gardens

## 14th Annual IRIS Turkey Trot

5K Walk, 5K & 10K Run,  
Tot Trot, & Gobble Wobble



November 24th, 2022 (Thanksgiving morning)

- Your input is needed!
- Do you have suggestions on ways to improve the Turkey Trot? We would like to hear from you!
- Improvement and suggestions are ALWAYS good!
- You don't have to join the committee to offer a great suggestion.... But you could if you want too!
- Email your suggestions & ideas to:  
Trot@irisRemembers.com  
Or call the IRIS office at 507-334-4748 and talk to Diana, Katie, or Jackie about your idea!



To the following people for their  
Donations of Time, Talent, and Supplies

- Han Fuchs-Aldrich, Kevin Voracek, Irene Helgeson, Jennifer Hanson, and Tara Niner - for Online Auction & in person Auction assistance.
- Faribault American Legion - Wreaths, Heart, Cross, & Angel garden stakes.
- Baby Blankets, Hats, Prayer Shawls, & Sewing: Audrey Arndt, New Perspective (Barb), Christ Lutheran Church Volunteers, Janet Christenson, Jean Farr, Theresa Flintrop, Ruth Havumaki, Kristine Koerner, Cindy Lee, Nicole Matejcek, Barb Meinstsma, Lori Mickelson, LeeAnn Murphy, RoseAnn & Katherine Rypka, Bert Stenzel, Melissa Stoltz, Pa Vang, Carol Weaver, Brenda Weiland, Elsie Youtzy, Lorna Zincke, & Sarah Kuball.
- Cedar Chiropractic - copy paper every month.
- Gwen & Patrick Culhane - Bouquet of flowers, angel wings, headbands, and Faux Fur Blanket.
- Brad Donahue's Window Cleaning - Cleaning of 12 lower level office windows.
- Julie & Eric Drey - Teddy Bears and Candles in memory of their son Asher Drey.
- Mother's Day Event Space - Congressional Church Parish Hall & Pastor Susan Lester.
- M Loved Designs - Embroidered Remembrance Ribbon Wing Pins.
- Rice County Sheriff's Office - Coloring Books.
- Sertoma Club - Poinsettias for the Holiday Service.
- Jim Trotman - Wooden Shaker Boxes
- A Surprise Yarn Shower from Classy Living Society from Atlanta GA. approx. 100 scans of yarn were donated for volunteers to make burial blankets with.



### Fingerprints

© 2001 - Tom Krause

Your fingerprints are on my heart.  
Even though I never held your hand  
~ you touched me.

Even though I never heard you speak  
~ you taught me.

You taught me about love.  
You taught me about caring.  
You taught me about courage.  
You taught me about faith.  
You taught me about happiness.  
You taught me about sorrow.  
You brought me closer  
to my loved ones.

You brought me closer to myself.  
In the time I cared for you,  
my how life changed.  
Never to be the same again.

Because of you  
I know I will somehow be stronger.

Because of you  
I know I will be more prepared for life.  
All this from tiny fingerprints  
that touched my heart.

Because of this  
you will live forever in my soul.  
~ never to be forgotten.  
I will always love you.  
You are my child.



### *Dress Drive*

#### For IRIS

A Wedding Gown Dress Drive was held in October with over 45 gowns being collected. The gowns collected by IRIS are being used by volunteers to create items such as Blessing Pillows, Blessing Cloths, Teddy

Bears, and other keep-sake items for parents who have a child die. Gowns are currently NOT being accepted. Thank You to everyone who donated this past October.





# *In Loving Memory*

- ♥ **Abigail Elizabeth Brandt**  
Elizabeth & Eric Brandt
- ♥ **Noah Roland Emil Brandt**  
Elizabeth & Eric Brandt
- ♥ **Faith Brandt**  
Elizabeth & Eric Brandt
- ♥ **Grace Brandt**  
Elizabeth & Eric Brandt
- ♥ **Hope Brandt**  
Elizabeth & Eric Brandt
- ♥ **Baby Brandt**  
Elizabeth & Eric Brandt
- ♥ **Aubrey Corionna Dozark**  
Lori & Peter Dozark
- ♥ **Carolyn Ann Dozark**  
Lori & Peter Dozark
- ♥ **Addison J Sommers**  
Bonnie & Rick Sommers
- ♥ **Allison Prechel**  
Holly Dettling
- ♥ **Payton Prechel**  
Holly Dettling
- ♥ **Amundson Family Babies**  
Phyllis Stade
- ♥ **Angel Babies Racine**  
Chris & Jeff Racine
- ♥ **Anthony Michael Zimprich**  
Vanessa & Jon Zimprich  
Jean & Dennis McBride  
Wayne Kukacka
- ♥ **Baby**  
Jessica Matakis
- ♥ **Baby Beery**  
Kayli Timm
- ♥ **Baby Boy Rudstam**  
Debra Petersen
- ♥ **Baby Girl Smith**  
Hayley Zismer
- ♥ **Baby Havumaki**  
Christina Havumaki
- ♥ **Baby Weaver**  
Joyce & Richard Elsen
- ♥ **Ben**  
Lauren Esposito
- ♥ **Bethany & William DeGrood**  
Connie & Joe DeGrood
- ♥ **Bianca Hoelmer**  
Deborah Vetter
- ♥ **Blair**  
Marjean Hendrycks
- ♥ **Blake Wilson**  
G. W. & C.L Hoganson  
James Spinner
- ♥ **Brent**  
Cindy Boelter
- ♥ **Brielle Marie Trcka**  
Shirley Trcka  
Seneca Foods
- ♥ **Brinley Rae Kispert**  
Kelsey & John Kispert  
Debra Guse
- ♥ **Callum James Duncan**  
Jerry Samson
- ♥ **Camryn Jo Krause**  
Brandi Petricka  
Grammy & Papa Petricka
- ♥ **Chance John Louks**  
Julie Kubat Louks
- ♥ **Chase Fredrick LeVoy**  
Karen & Bob Wagner
- ♥ **Christian Kriesel**  
Julie & Larry Kriesel
- ♥ **Clara Joyce Vicki Jones**  
Victoria Jones
- ♥ **Danny Novak**  
Karen & Donald Novak
- ♥ **Derek Joseph Sundwall**  
Diana Kelley  
Angie Sundwall
- ♥ **Dillon Lane Bendt**  
Kyle Bendt
- ♥ **Emma Rose Weaver**  
Joyce & Richard Elsen  
Sarah Weaver
- ♥ **Emmanuel Juliet**  
Michael Galvez
- ♥ **Ezra Wyss**  
Cassie & Brian Bittinger
- ♥ **Erica Kay Vandereide**  
Marianne & Jay Vandereide
- ♥ **Kelly Jean Vandereide**  
Marianne & Jay Vandereide
- ♥ **Garrett William Soltau**  
Paula & Randy Soltau
- ♥ **Erin Grace Kriesel**  
Julie & Larry Kriesel
- ♥ **Eric Ambur**  
Sonja Ambur
- ♥ **Ethan Ryan Painter**  
Cara Painter
- ♥ **Grace Elizabeth Anderson**  
Jane & Steve Cross
- ♥ **Hadley Joan Peterson**  
Hugh Cullen  
Mary Manderfeld  
New Harizons MN  
Sammy & Matt Peterson
- ♥ **Hope Iris Searle**  
Elisha Cicio
- ♥ **Hunter Meyer**  
Brian Groh
- ♥ **Ireland Mae Mahoney**  
Amanda Bryan
- ♥ **Jace Russell Nutter**  
Cheryl Nutter
- ♥ **Jasmine Faith Wilson**  
Susan Pitkanen
- ♥ **Jayden Anne Krohn**  
Jessica & Jason Krohn  
Sharon Krohn
- ♥ **James Richard Brown IV**  
Nancy Tannehill DuPont
- ♥ **Joseph Lake**  
Amy & Chris Lake
- ♥ **Joshuah Daniel Neubauer**  
Angie & Dan Neubauer
- ♥ **Juniper Linea Holle**  
Patricia King



# *In Loving Memory*

- ♥ **Kendall Kasper**  
Christine Gefre
- ♥ **Korbin A. LeMieux**  
Becky & Allan Baker
- ♥ **Langerfeld Angels**  
Sharon Langerfeld
- ♥ **Lila Novotny**  
Linda & Novotny Family
- ♥ **Lizzy Dienst**  
Beth & Nick Dienst
- ♥ **Loren Ambur**  
Sonja Ambur
- ♥ **Lucas James Loomis**  
Andrea & Mark Loomis
- ♥ **For My Grandson**  
Joyce & Richard Elsen
- ♥ **Molly Nystrom**  
Laura Nystrom
- ♥ **Natalie Rose Michel**  
Richard Anderson  
Jamie & Family Brock  
Elizabeth & Paul Carlson  
Katie Eder  
Steven Eul  
Richard Falck III  
Margaret Ludwig  
Mary & Scott Marvin  
Irene Michel  
Sara Michel  
Tracy & Jerry Oeltjenbruns  
Patricia & Ben Rezac  
Carol & Ed Terry
- ♥ **Olivia Joy Brittain**  
Ruth & Will Brittain  
Myrtle & Scott Brittain  
Stephanie & Brian Buscho  
Julie & Gregory Sullivan
- ♥ **Ossian**  
Debra Petersen
- ♥ **Our Little Angel**  
Jane & Morris Marguette
- ♥ **Peter John Barten**  
Rachel & John Barten
- ♥ **Phoenix Gonzalez Jackson**  
Sunil Agrawal
- ♥ **Pink Angel**  
Dawn Ogren
- ♥ **Reagan June Schepers**  
Anne Storms  
Elizabeth Vlasak  
Linda Groh  
Carmen & Robert Mueller
- ♥ **Reid Alan Lund**  
Cheryl & Aaron Lund
- ♥ **Richard C Barnes**  
Kay & Terry Clemans
- ♥ **Sam Hoke**  
Leah Inman
- ♥ **Scott Carver**  
Judy & Gary Carver
- ♥ **Scottie Nicholas**  
Dawn Ogren  
Ryan Nichols
- ♥ **Sydney**  
Robyn Wagner
- ♥ **Sydney Wald**  
Amy Wald
- ♥ **Tessa Marie**  
Iris Johnson
- ♥ **Theodore Stadler**  
Angie Stadler
- ♥ **Trevor Pint**  
Deb & Matthew Hoffer
- ♥ **Willow Hruska**  
Gail DeGrood  
Shirley & Donald Woodward
- ♥ **William Thomas Wagner**  
Shari & Tim Wagner
- ♥ **Wyatt Michael Bauer**  
Gail & Charles Sheridan
- ♥ **Wyatt Lee Wolfe**  
Sue Scott
- ♥ **Zach Hoelmer**  
Deborah Vetter
- ♥ **Zachariah David**  
Amber Brockmiller
- ♥ **Skylar Etta Anderson**  
Robert Ferguson  
Marjorie Hance  
Monica & Don Maiers  
Debra Kruger  
JoAnne Sander  
Terri & Donovan Muchow  
Kathy & Gordon Anderson  
Jacki & Roy Rossi  
Barb & George Klosinski  
Kathryn Nowak  
Cheryl & Jon Templin  
Joleen, Phil, & Cory Nowak  
Diane & Randy Wischmann  
Deb & Greg Holtz  
Brenda Jacques  
Mary & Leroy Brelje  
Jenny & Mike Schuette  
Brenda & Brian Mace  
Charlene & Roger Dostal  
Lucy & Jonah Kanaventi  
Connie Huber  
Julie Erickson  
Kelli Nowak & Kelly Anderson
- ♥ **William Mark Bisek**  
RaeAnn & Rodney Storm  
Trudy Schueth  
Dianna & Gerald Smith
- ♥ **William Dale Brunner**  
Beth & Josiah Bellows  
Tonya & Nathan Craig  
Angela & Jonathon Delf  
Fr. Henry Doyle  
Jill Drewitz  
Jill & Scott Finstuen  
Mary Green  
Suzanne & Steven Johnson  
Kenyon Volunteer Fire Dept.  
Karl McKay  
Angela Mills  
Leah Solo  
Jill & Todd Wallace  
Jamie & Gary Walburn





## From Diana's Desk



Well, here it is, the long awaited IRIS newsletter! We are sorry for the delay, Covid did more than disrupt staffing and volunteering, it also changed the way we operate. We hope that you understand that we made the decision to hold off on printing the newsletter because of the cost of printing, mailing, and the lack of volunteers to help with mailing out 1500 newsletters. It will cost IRIS approx. \$2,500 to mail out this newsletter. During Covid, we felt these funds would be more important to save and use for the huge influx of parents experiencing losses due to the virus. Our numbers of losses doubled during Covid.

You will notice in this newsletter that there is a lot of changes at IRIS. Covid did allow us time to regroup, gave us time to purge files, empty the closets, attic, and basement, improve events and fundraisers, and more. While the volunteers were not allowed in the office during Covid, IRIS never stopped providing services, and never missed working with a grieving family. We had to become creative and find ways to work smarter not harder, but as far as we know, we worked with everyone who requested our help and are very proud of that. That is a huge accomplishment and speaks volumes about the wonderful IRIS Advocates.

The IRIS Board of Directors and I would like to thank several volunteers who stepped up to volunteer during Covid.

- ♥ Tara Niner volunteered to come into the office and fill in as administrative assistant, organize the office, silent auctions, and October 15th lighting across MN and the USA. This is no small task when you do not have any computer training and have never worked with IRIS before. Thank you Tara - we would have been lost without you.
- ♥ Thank You to Irene Helgeson who came in and cleaned, organized the office, the Turkey Trot room, and supplies, and helped secure items for silent auctions both online and in person. Again, not easy when you are trying to stay at least 6 feet away from each other.
- ♥ I would also like to thank Kelly Krause who was our Admin. Assistant for several months. Kelly was born into the IRIS family and knows her way around the organization and computers. She was the perfect person to start the reorganizing process. Better yet, she was not afraid to tell me I had to do some jobs that I was avoiding. Thanks Kelly!
- ♥ Thank You to the IRIS Advocates who worked in Hospitals and Funeral Homes during Covid. Kira Anderson, Kathy Hanek, Megan Lamont, and myself put in many hours to make sure that IRIS services were provided to everyone who requested them. We left many funeral homes at midnight and we didn't always get to see the parents, but we were able to help with keepsakes. From all of us, Thank You!

## Grief is like a River

by: Cynthia G. Kelley

My grief is like a river, I have to let it flow,  
 But I myself determine just where the banks will go.  
 Some days the current takes me in waves of guilt and pain  
 But there are always quiet pools where I can rest again.  
 I crash on rocks of anger, My faith seems faint indeed  
 But there are other swimmers who know just what I need.  
 There Are loving hands to hold me, when the waters are too swift  
 And someone kind to listen, when I just seem to drift.  
 Grief's river is a process of relinquishing the past.  
 By swimming in Hope's channels, I'll reach the shore at last.

## It's Okay...

It always amazing how some days memories can make me smile, and other days they bring tears. Holidays, birthdays, anniversaries, the weather, and special events definitely have this effect on many of us. Some years are filled with tears, and others are filled with warm memories that bring smiles and even laughter. *Remembers that it's okay to:*

- Be smiling one moment and crying the next.
- Be able to go to one event and not go to the next event.
- Want to talk about my child with someone who misses him/her.
- Talk about my child with someone who doesn't know his/her life story.
- Not want to talk about my child right now to anyone.
- Fall apart and be a mess because something triggered a wave of grief. It's normal.
- Finally have a burst of energy one day and not be able to get out of bed the next. One day in bed won't hurt you, more than one can be a sign of grieving problems.
- **IT'S OKAY TO NOT TO BE OKAY!** It's normal.
- **It's Okay to ask for help!**



## In Memory Of...

-Author Unknown

You never said I'm leaving  
 You never said good-bye  
 You were gone before I knew it,  
 And only God knew why!

A million times I needed you,  
 A million times I cried.  
 If love alone could have saved you,  
 You never would have died.

In life I loved you dearly,  
 In death I love you still.  
 In my heart you hold a place  
 That no one could ever fill.

It broke my heart to lose you,  
 But you didn't go alone,  
 For part of me went with you,  
 The day God called you home!

## 2022 Little Black Dress - Tutu's and Tiara's



The 2022 Little Black Dress Committee would like to thank everyone who donated to the event and wish to extend a huge Thank You to those who attended. The LBD is a women's only event. Each year a new theme is selected for the women to accessorize their black dress with. This year's theme, in honor of our speaker Miss Minnesota, was Tutu's and Tiara's. The LBD also features a Dessert Dash which is a competition among tables to see whose table can raise the most money for IRIS. The winning table gets the honor of choosing their dessert first. A representative of each table is given up to 5 seconds to run to the Dessert Table and select a decadent dessert. The dessert has to be off of the table and fully in your possession for it to be off limits. Yes, desserts are taken right out of people hands, there is no hesitating when it comes to desserts! New this year was a designer purse raffle. There was a 50/50 split of the cash raised and the winner got to keep the designer purse. This year's winner donated all of the cash back to IRIS.

A very special Thank You to:

- Elle Mark - Miss Minnesota (Miss Elle), our guest speaker, who spoke about her platform of Mental Health. Thank you for your special message, taking part in the dessert dash, and being apart of countless photos!
- Pastor Susan Lester from the Congregational Church in Faribault for her beautiful blessing.
- Owatonna Country Club for their wonderful facility, delicious meal, and helpful staff.
- Last, by not least, True North Photography - Nikki Manges for taking fabulous photo to document the LBD. Visit the IRIS FB page or the True North website to view all of the pictures. <https://mtruenorth.com/> click on Client Adventures.

The event was a huge success with over \$8,245 being raised for IRIS by 102 women all dressed in black dresses with tutu's and tiara's. There was nonstop laughter (thanks in part to an impromptu cake auction), wonderful food and beverages, decadent desserts, fantastic speaker, beautiful decorations, and a fabulous silent auction.

### LBD Sponsors

#### **Emerald Tiara Sponsor - \$500**

- Wenger

#### **Pink Tutu Sponsor- \$250**

- HomeTown Credit Union

#### **Other Cash Sponsors**

- Bosch - \$100
- Einhaus, Mattison, Carver & Haberman, PA - \$50
- Signature Massage - \$50

### Silent Auction Donations

- Central Ave Nutrition
- Petricka Trucking
- Community Co-Op
- Diane Bouldin
- Firehouse Liquor
- Finally a Gift Store
- Forget Me Not Floral
- Four Daughters Vineyard
- Joe's Sports Café
- We Bead!
- Kathy Marie Nails
- Klecker's Kreations
- La Ropa
- Jennifer Hanson
- Mary Cinchy
- The Measuring Cup
- MN Wild
- Monarch
- Paulette Jameson
- Reliance Bank
- Ronda Prechel
- Sister's Salon
- Sheldon Theatre
- Tareen Dermatology
- Taylor Falls Scenic Boat Tours
- The Upper East Side
- Torey's
- Many Anonymous Donations

### Thank You For The Desserts

- Boonies - Faribault
- Cakewalk - Northfield
- Cream of the Cakes - Lakeville
- Custom Cookies by Kathe - Owatonna
- Gram's Kitchen - Owatonna
- Homemade by Holly Medin - Nerstrand
- Kneady Lady Bakery - Farmington
- Martha's Eats & Treats - Northfield
- Owatonna Country Club
- Ronda Prechel - Faribault
- Sara's Sweets - Owatonna
- Sugar Momma - Lonsdale
- Sweet Assurance - Bloomington
- Sweet Treats by Holly - Owatonna



## Thank You for Your Donations



### The Olivia Fund

IRIS received a very special donation from Olivia's Mom and Dad. In February of 2017, Olivia Joy was stillborn 5 days before her due date. As the five-year anniversary of Olivia's birth/death approached, her parents organized the fundraising event called "Olivia's Ball". A portion of the funds raised from that event were donated to IRIS with the designation that it must be used to help pay medical bills for children that are stillborn at Owatonna Hospital after 2/22/22. (A stillbirth is the death of a child at 20 gestational weeks or greater.) Thank you so very much to Olivia's family and friends that attended the Ball. You are truly making a difference in the lives of many grieving parents.

- ♥ The Olivia Fund will pay up to \$1,000 of a mother's medical bill after insurance payments have been applied to the bills.
- ♥ IRIS will make a payment directly to the Owatonna Hospital and/or Clinic after grant approval.
- ♥ Funds are limited and grants are not guaranteed.
- ♥ The Olivia Fund will remain confidential. Only necessary IRIS Staff will know the name of the applicant.
- ♥ Olivia's parents will be notified when a payment has been made but will not be given names.
- ♥ Funds are a gift in memory of Olivia and **do not need to be repaid**.
- ♥ For more information or to apply, contact Diana at the IRIS office at: (507) 334-4748 or email: support@irisRemembers.com.

### Donations \$2,000 - \$7,500

- Barta Machine LLC
- Christ Lutheran Church - Faribault (Holy Smoke Program)
- Dodge County United Way
- Northfield Hospital & Clinics
- Northland Business
- Solutions INC.

### Donations \$1,000 - \$1,999

- Knights of Columbus Montgomery
- Remington Arms Employees Club
- Rice County United Way
- River Valley Church - Faribault

### Donations \$500 - \$999

- Catholic Daughter's - Medford
- James Talcott Fund
- Lake County United Way
- Mayo Foundation
- Premier Bank Minnesota
- Wings: Women's Fund - Northfield

### Donations \$251 - \$499

- American Legion Post - Elysian
- Amazon Smiles
- Eagles Auxiliary - Owatonna
- Frontstream Employee Giving

### Donations \$250 & Under

- American Legion - New Prague
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- Women of the Moose - Faribault

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# Adult Memorial



## A Mother's Love

Author Unknown

I didn't have to look into your eyes,  
To fall in love with you.  
I didn't have to hear you cry,  
To know you loved me too.  
I didn't need to hold your hand,  
To cherish you always.  
Within my womb  
we shared our hearts.  
You touched my soul,  
You sweetened my spirit,  
You gave me memories I'll always  
Hold very dear.  
Yes, my heart aches since  
You departed so soon,  
But a mothers love does not  
End with death.  
For you are my child  
my love is forever yours .



## Angel Baby

**A** is for "a baby",  
a mothers pride, a fathers joy.  
**N** is for your natural beauty,  
if only viewed from inside.  
**G** is for the gentle touch,  
of the one we love so very  
much.  
**E** is for everlasting,  
the memories we must trust.  
**L** is for the one,  
we will always love so much.

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Shopping at [smile.amazon.com](https://smile.amazon.com) benefits IRIS. Amazon donates 0.5% of your eligible purchases at no cost to you. Same company, same products, but with a built in donation! Sign in using your existing Amazon account to get started. To date Amazon has donated \$2,161.58 to IRIS at no cost to you. Simply make Infants Remembered In Silence your charity!

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- ♥ **Dr. Ben & Pat Tuma**  
Diana Kelley



## A Lifetime Wish

If I could have a lifetime wish  
A dream that would come true.  
I'd pray to God with all my heart  
for yesterday and you.

A thousand words can't bring you back.  
I know because I've tried.  
And neither will a million tears  
I know because I've cried.

You left behind my broken heart.  
and happy memories too.  
I never wanted memories,  
I only wanted you.





## Secure your Mental Health from Social Media

Social media is a daily reality for millions of people. It is easily the go-to method to connect with family and friends, consume breaking news, buy or sell things, watch videos, and so much more. But like many other technology platforms, social media has its pros and cons and some of the negative aspects like cyber bullying, anxiety, lower self-esteem, and sleep deprivation can adversely affect your mental health. It's important to recognize these harmful effects and protect your mind when using social media.

Even though social media seems to have been around forever, it only became popular in the late 1990's when blogging and networking sites first appeared. In fact, Facebook, which is the biggest social network with billions of users worldwide, is only about 15 years old.

As social channels continue to evolve, research studies have shown a link between depressive symptoms and Facebook overconsumption. And according to a survey from the American Psychiatric Association, almost 40% of Americans think social media has a harmful effect on their mental health and believe it leads to loneliness and social isolation.

People who are grieving the loss of a loved one can be especially vulnerable to social media's side effects. When someone dies, seeing other people post about it on social media can be disconcerting - tragically, some families even find out about the death of a loved one through social media. All it takes to send condolences on Facebook is a few clicks, but sometimes this doesn't go over well for families in need of real comfort and support.

Although this isn't always the case, it helps to be aware of how social media can make you feel worse about your personal situation and your life in general. There are various ways you can protect your mental health from social media woes - here are a few examples:

### Declutter your Social Media Space

Take a page out of Marie Kondo's decluttering philosophy and organize your social media home. Examine all your platforms and channels, and mute, unfollow, or unfriend all the people who no longer bring you joy. Your

feeds will be more streamlined, and you'll soon notice lasting benefits from consuming positive content.

### Take Extended Breaks

It's OK to take a break from social media. Many people have successfully managed to digitally detox from their feeds by disabling notifications or deleting social media apps completely. Suspending social media usage can last for a few hours or several months - the length of time is up to you. If you start to feel stressed or anxious when on social media, take a quick break and make an effort to re-center yourself. You can silence your phone and place it face down, or close your computer screen and take a few deep breaths.

### Do Not Make Comparisons

If you've ever experienced anxiety or "FOMO" (fear of missing out) while using social media, then your mental health has probably taken a hit. It's best to avoid making comparisons to your own life when you see posts or updates that make you feel "less-than." Remember that a lot of social media sharing is heavily curated - people show their successes and achievements more often than their failures and disappointments. Don't fall into the trap of comparing yourself to others online.


### Go Offline

Scrolling through social media channels for hours on end can leave you feeling physically and emotionally exhausted. To avoid a mental burnout, do something offline, e.g., take a walk outdoors, have lunch with friends, visit an art gallery, etc. You can significantly improve your mental health by engaging in activities that don't require you to take a selfie and post it online, so look for different ways to enjoy life offline.

Social media doesn't have to rule your life, and there are many ways to protect your mental health from the negative effects of too much social. If you still have trouble coping with social media issues, consider talking to a professional therapist or counselor.

## 5 Common Myths About Bereaved Parents

by Loni



The trauma experienced by those who lose a baby is unimaginable to most. Most people won't even allow their minds to ponder such a tragedy. When my daughter Aisley died during childbirth I recall an overwhelming amount of love and support being offered in the initial weeks as friends and family learned of her death. Unfortunately, as time passed, so did the support. A few people asked me when I would start focusing on moving on. People stopped mentioning her name. No one asked if I was okay anymore. I found that most people just didn't understand grief and therefore didn't know how to help.

In order to help bereaved parents, we need to open up the discussion around what it means to lose a baby. We can't change the outcome, but we can change the way we react and support grieving parents. I'd like to share some common myths and misconceptions that many people have about bereaved parents.

### **Myth #1 – If you mention our baby's name it will remind us they died and make us sad.**

Let me assure you, no one forgets that their child has died. Not a day has gone by that I don't think of my daughter and what she would be like today. Losing her shattered my entire world and I often found myself wondering how the rest of the world could go on. On the contrary, I love when people mention her or say her name. She already means the world to me but by mentioning her it shows she meant something to you. We don't get to hear our baby's names enough so whenever we do, it's very special.

### **Myth #2 – We are dwelling on the loss of our babies and it is unhealthy to continue to talk about them.**

When your mother/father/brother/sister/grandparent, etc. dies, do you erase them from your minds? Do you stop talking about them? Of course not! It is healthy and important for us to talk about our babies. We talk about them because they will always be a part of our family. Even death cannot remove a parent's bond with their child. Remembrance is an important and continual part of grief. We don't just accept their deaths and "move on," we acknowledge and love them everyday as we continue living without them.

### **Myth #3 – We are looking for attention when we mention our loss or grief.**

When a bereaved parent mentions their child they are not seeking attention for themselves, just as a parent that mentions their living child is not seeking attention. We are expressing love. Additionally, if someone is sharing that they are struggling with grief they are reaching out and seeking comfort. It's not easy to ask for help so please offer this person love and support.

### **Myth #4 – We have no joy in our lives.**

Indeed, there will be a pocket of sadness that I carry with me, a tear with every smile; however, I experience an abundance of joy in my life. Sorrow and joy coexist. In fact, losing my daughter has taught me more about appreciating life and being present than I ever could have known before.

### **Myth #5 – If we seem happy, we must be finished grieving.**

The clearest way to explain grief is this: I will stop grieving my daughter's death when I stop loving her, which is... never. Simply put, there are no clear stages to grief and no end to grief. It changes as the years pass but it never stops. Just because we seem happy doesn't mean we are all better. Don't forget to ask how we are doing every now and again.

The more we talk about grief the more we can understand it. It is my hope that with this understanding and compassion, we can all create a more supportive and empathetic environment for bereaved parents (and anyone grieving any type of loss).

Infants Remembered In Silence ©  
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*Celebrating 35 years of Caring!*  
1987 ~ 2022

Inside this newsletter:

- ♥ Poems
- ♥ New Staff
- ♥ Memorials
- ♥ Upcoming Events



Join the IRIS Board of Directors, Advocates, Volunteers, and Staff at an

**Open House**  
**Celebrating our 35th Anniversary!**

Sunday, August 14, 2022  
12 - 2 pm

At the IRIS Office - 218 3rd Ave. NW, Faribault MN

Lunch will include  
pulled pork sandwiches, potato salad, pasta salad, dessert, and beverages.