

January 2020



IRIS INFANTS REMEMBERED IN SILENCE®

IRIS

218 NW 3rd Ave.

Faribault, MN 55021

Phone: (507) 334-4748

e-mail: suport@irisRemembers.com

www.irisRemembers.com

Offering parents, families, friends and professionals support, education and resources on the death of a child in early pregnancy, or from premature birth, stillbirth, neo-natal death, birth defects, sudden unexplained infant death (SUDI/SIDS) and related syndromes, illness, accidents, and all other types of infant and early childhood death.

Twinkle, Twinkle Little Star

*In memory of
Holly Madeleine Gansley*

Twinkle, twinkle little star,
We'll always know right where you are.
You're in our souls,
you're in our hearts,
Nothing could ever tear us apart.
We'll look above each moonlit night,
To see the glimmer
of your shining light.
Look down on us and feel our love.
For you are our star above.
The sun will rise, the day is new.
As we wait for darkness
so we can see you.
Never a day will ever pass,
When we will not find your light.
So long as the clouds will clear a path,
You'll be with us tonight.

Love always, Uncle Mike

IRIS Support Group Gatherings

Midday Meetings

are held the second Wednesday of the month from 11 am - 1 pm

Evening Meetings

are held the fourth Tuesday of the month from 7 - 8 pm

All IRIS Support Group Gatherings are held at the IRIS Office
218 3rd Ave. NW
Faribault, MN 55021

Everyone is encouraged to join us regardless of where you live, when your child died, the cause of death, or where the child died.

Whispers of the Heart Newsletter

Join Us At Our Up Coming Events!

**Infants Remembered In Silence
23rd Annual Family Friendly
Pancake Breakfast & Bingo Bash
Faribault American Legion
112 5th St NE
February 9, 2020**



**Breakfast
8 AM - 12 Noon**



**1 PM - 3:30 PM
Children & Adults
Welcome!**



**For More Information
or To Donate to the
Silent Auction and/or the
Bake Sale visit:**

**IrisRemembers.org
Or call the IRIS Office at:
(507) 334 - 4748**

Ladies Night Out!

IRIS presents
The Little Black Dress!

Sat. March 14, 2020

5 P M



Owatonna Country Club

*Silent Auction

*Dessert
Dash

Come dressed in your
favorite black dress
with your

**Roaring
20's
flair**

Order tickets
by
Feb. 28, 2020
at
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or call
(507) 334-4748

supporting
Infants Remembered
In Silence[©]

Limited tickets
Available.

Photo Booth by
Images 4 Life
Photography



Please join us at the Infants Remembered In Silence

6th Annual

Bereaved Mothers Day Brunch

Saturday, May 16, 2020

10 am - 12 noon

Congregational Parish Hall

located next door to the IRIS Office
218 3rd Ave. NW, Faribault MN 55021

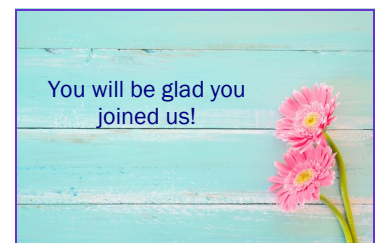
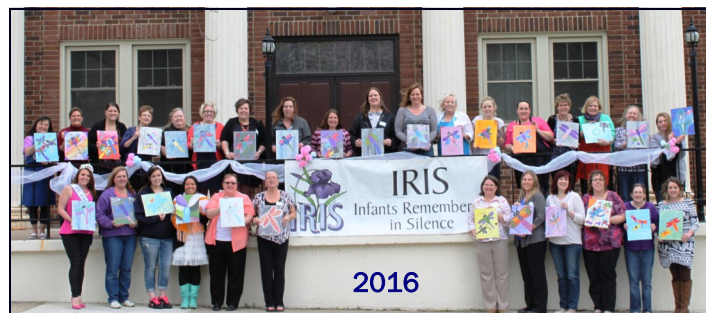
Open to bereaved mothers, sisters, grandmothers, aunts, friends,
co-workers, professionals, and other supportive women.

The IRIS Mothers Day Brunch includes:
Canvas Painting with Suzanne Schwichtenberg,
Brunch, and Program.

\$25 per person

(There is no reason to not join us, Scholarships are available by simply asking Diana.
“All we need to know is you want to come and need a little help”

Online Registration opens soon at www.irisRemembers.com



Should I or Shouldn't I Join a Grief Support Group?

By Nan Zastrow



15 Things You Need to Know

Donna stood outside in the parking lot, in the dark, trying to talk herself into entering the building. Once in the door, the next step would be to take the stairway to the conference room. The thought of it caused her palms to sweat and her heart pound. Then what? She would need to enter the room to meet a roomfull of strangers who were likely grieving just like her. “What did I get myself into?” she questioned.

“Will I have to speak? What will people think about me? What if I cry?” Her fears were beginning to overcome her reasons for joining a grief group. This raised her anxiety level even more. She tried to visualize someone else contemplating the same decision and wondered, “Is it possible someone else might bound out of their car and enter the room eager for the same experience? Why am I afraid?”

The truth is, over the twenty plus years that we’ve been facilitating education/support groups, participants have expressed these feelings both ways. The idea of attending a support group to some people is intimidating. Let me suggest that sharing the experience with someone else going through the loss of a loved one far outweighs the burden of thinking

grief is something I should be able to handle on my own.

Here are some basic points to consider as you weigh the choice of attending a group. Knowing what to expect might be the comfort you need to join.

1. Grief groups aren’t just for wailing women. Our earlier culture depicted women as the wailers and grievers in the family, while men were meant to be stoic and hold the family together. Today’s groups are a mixture of men and women, young and old, relationships of every kind, and death situations that vary from sudden to anticipated to traumatic. Grief has no boundaries.

2. Grief groups dynamics may differ. We are all individuals with unique expectations. Like most encounters in life, something needs to “click” for you to feel comfortable with someone you are meeting and sharing personal information with. How many times have you changed doctors, teachers at school, neighbors, or friendships just because they didn’t click? Give your group a try, and if it doesn’t work, look for another option.

3. Not all grief groups are alike. Be aware of the kind of group you join. Some are educational, some are faith-based, some are sharing groups. There are also drop-in groups where you go when you feel like it. Or there are open-end groups that typically meet about once a month and participants change frequently. Closed groups typically run for a set number of weeks and participants attend consecutive weeks.

4. Grief groups are not formal therapy or professional counseling sessions. They are an assembly of individuals facing a similar experience. It's a place to find comfort when another person's experience feels similar to yours. Groups are a place to share and support, but not to get professional advice on how to deal with the specifics of your loss or other problems that result from loss.

5. You may not be "ready" to attend a grief support group. If it's too early in your grief, the thought of sharing feelings might be overwhelming. You may also be looking for instant validation that grief gets easier, and the truth is it takes time. There are no quick fixes. You know yourself best. Some people are ready in weeks, for others it may take months or years before they are ready to accept the loss and moving forward.

6. Grief groups are not just a place to vent about your sadness, your uncertainty, your fears, and your shoulda, woulda, and coulda thoughts. It's a place to learn how to replace these insecurities with action plans to help you move past your hardest moments.

7. Grief groups allow you to voice your regrets and acknowledge outbursts of anger and guilt. After all, these are the real. You are protesting how loss has changed your life. These often-hidden emotions of grief can be uncovered and neutralized with positive grief work.

8. Grief groups will not take away all of your pain or grief. They are meant to help you through the difficult days and give you coping skills to manage your loss until you learn to live with it. You can live with it when you understand it; and it doesn't consume every waking moment.

9. Grief groups are a place for stories and memories. After all, it's the positive memories that remain long after the pain of grief. They are the keepsakes that honor the lives of our loved ones. Though some memories may fade, others will continue to bring you peace and joy!

10. Grief groups can help you discover choices that may enrich your life in the future. Healing your grief sometimes involves difficult choices, forward planning, and perseverance. No one can "grieve" for you or determine your future path. You will be challenged by changing values and priorities. A grief group can help you recognize your options.

11. Grief groups avoid judgment. As the cliché goes "You can't understand someone until you've walked a mile in their shoes." Grief groups provide a safe place and avoid comparison. No one can determine that his or her loss is more significant than another's.

12. Grief groups help you understand that familial and social relationships are often misunderstood following a death. You may even find fighting within the family and your support system may seem to crumble. Understand the combination of factors that might be the trigger. While the group can't resolve your problems, it may help you get a new perspective on how to rebuild the peace.

13. Grief groups respect the role of all religions and spirituality in grief. Some groups build their support around Biblical verse, teachings, and consolation. Others recognize that sometimes grief challenges one's faith for a period of time. Groups may offer practical everyday ways to heal one's wounded faith. Any group should welcome participants to share their beliefs as part of their healing process.

14. Grief groups offer Hope. Grief groups help rebuild self-esteem, establish resiliency, and create stability. After significant loss, you are forever changed. Discovering your new normal and the "new you" reveals so many possibilities for future growth and empathy.

15. Ultimately, grief groups serve a purpose other than admitting that loss hurts. It's a place to recognize that you are not alone. It's a place to surrender your hurt and allow others to absorb your pain along with their own. It's a place to heal.

Don't pass up this opportunity on your grief journey. We make a lot of choices in life and when loss has complicated our day-to-day existence, choose to allow others to understand you, nurture you, and offer you their friendship. Grief groups don't need to be scary. They can be the best choice you make in living after loss.



In Loving Memory

Eric & Loren Ambur

Roxanna Swaney
Diane & Owen Ambur
Arvidene Stanley

Logan Joseph Babcock

Belinda Larson

April Baldwin

Lori & Bob Mickelson

Olivia Joy Brittain

Myrtle Brittain

Angel Baby Boy

Beverly Hughes

James Richard Brown IV

Nancy Tannehill Dupont

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Kathy, Rick, and Aubrie Hallanger
Connie & Joe DeGrood

Isaiah Elzen

Margaret & Gary Elzen

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Margaret & Gary Elzen

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Kari & Brian Bunkers
Kristen & Benji Hager
Sarah Naatz
Allyson & Gregory Skillestad

Vanessa Halder

Erica Hoops
LuLa Roe, Inc.

Baby Havumaki

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Andrea and Mark Loomis

Baby Martin

Staci Martin

Baby Matakis

Jessica Matakis

Joseph Thomas Markman

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Aspyn Marquette

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Cory Pauly

Trevor Pint

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In Loving Memory

Payton Prechel
Holly Dettling

Allison Prechel
Holly Dettling

Grace Reker
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Maren Elise Kolbeck Schieck
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Mary Ellen and Clarence Slama

John Paul Slama
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Stephanie & Mickey Baker

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Virginia & Roger Schmidt
Nancy & Lance Kracht



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Tom McDonough**
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Alice Eggum

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Norval Hoverstad

Tom & Janice Hoverstad
Diane & Malcolm McCorkell

Armin Tesch

Southern MN Initiative
Foundation



In Honor Of

Stacy Chmelik

JoAnn and Marv Chmelik

Diana Kelley

Pat and Robert Johnson

Lori Mickelson

IRIS Board of Directors

Margaret & JD Walker

Diana Kelley
Francis Raidt
the IRIS Board of Directors

A Grieving Parent Is

By Judy Skapnik

A grieving parent is someone who will
never forget their child
no matter how painful memories are.

A grieving parent is someone who yearns to be with their
dead but cannot conceive leaving their living ones.

A grieving parent is someone who has part of a heart as
the rest is buried with their child.

A grieving parent is someone who begs for relief from
the memories which plague them and then feels guilty
when they get it.

A grieving parent is someone who pretends to be happy
and enjoying life when they really are dying inside.

A grieving parent is someone who can cry or laugh at
the drop of a hat
whenever they remember their beloved child.

A grieving parent is someone who feels as if they just lost
their child yesterday no matter how much time has passed.

A grieving parent is someone who fears for their remaining
family because they cannot bear to have any more losses.

A grieving parent is someone who sits by their child's
gravestone and feels a knife stabbing their heart.

A grieving parent is someone who wants to help others who
have lost loved ones because somehow their loss is theirs all
over again.



Personal Donations

- ♥ Connie and Joe DeGrood
- ♥ Courran Johnson
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- ♥ Larry Evenstad



For Your Donation

Donations \$3,000 - \$3,999

- ♥ Legacy of Angels
- ♥ City of Faribault - Charitable Gambling

Donations \$2,000 - \$2,999

- ♥ Northfield Hospitals and Clinics
- ♥ MN Valley Electric Trust

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

- ♥ Knights of Columbus, Montgomery
- ♥ Hammond Family Foundation

Donations \$500 - \$999

- ♥ DaVita Dialysis Center
- ♥ Eagles, Owatonna
- ♥ WINGS, Northfield

Donations \$250 - \$499

- ♥ Eagles Auxiliary, Owatonna
- ♥ Northfield Hospital Auxiliary

Donations up to \$249

- ♥ Sertoma Club of Faribault
- ♥ Bruzek Funeral Home
- ♥ VFW, Owatonna
- ♥ VFW Auxiliary, Owatonna
- ♥ New Prague Chamber of Commerce
- ♥ St. Paul's Lutheran Church, Meriden
- ♥ American Legion Auxiliary, LeCenter
- ♥ Knights of Columbus, New Prague
- ♥ American Legion, Faribault
- ♥ Elks Club, Faribault
- ♥ Sanford Health
- ♥ Eagles Auxiliary #1460 Faribault
- ♥ MCHS - New Prague
- ♥ Amazon Smiles - Donation %of sales
- ♥ FaceBook - All FB Birthdays are Anonymous



For Your Capital Campaign Donation

- ♥ Ronda Prechel
- ♥ Suzy's Smile Shines



One Caring Heart ...
Makes all the difference !



United Way Donations

- ♥ United Way of Dodge County
- ♥ Greater Twin Cities United Way – Donor Designated (Sondra Mattke)
- ♥ United Way of Faribault
- ♥ Northfield Area United Way – Donor Designated (Mary Jo Voxland)
- ♥ Rice County United Way



In-Kind Donations

- ♥ Sherry Lee, Nancy Moe, Carol Kaune, Barbara Geyer, Cindy Steinberg, Danna Goettl, Mary Kemmy Lwanga, Diana Kelley, Sage, Lorna Zincke, and Jean Farr - For Baby Blankets, Hats, Prayer Shawls, Sewing
- ♥ Jean & Dennis McBride, and Tom Helgeson – For snow removal
- ♥ Cedar Chiropractic – Monthly case of paper
- ♥ Insty Print Shine Grant - Printing grant
- ♥ Cory Pauly – skeins of yarn in memory of Triston
- ♥ Sarah DeGroot – sorted and counted Milk Moola
- ♥ Jim Trotman and family – handcrafted wooden keepsake Shaker boxes
- ♥ Lori & Bob Mickelson, Jean & Dennis McBride – office & cleaning supplies, paper products
- ♥ Valerie Oldfield, Author – lending library books “Where’s Our Baby”
- ♥ Lisa Southwick – gift certificate to Bloom Floral
- ♥ Margaret and JD Walker – note cards & stamps
- ♥ Margaret Walker, Krystjan Petersen, Carrie Petersen, Lori Jo Markman, Laura Hermanson , Ruth Faith – handwritten thank you notes
- ♥ Brian Gjerde – office furniture and table
- ♥ Erin Mammen – Paige Bears, “You are the Mother of All Mothers” book - Lending Library
- ♥ Jason Krohn – furniture moving, yard waste removal
- ♥ City & Lakes Disposal – trash removal for a year
- ♥ Mary Dunn, Debbie Bellingham – lights and lantern decorations
- ♥ All IRIS Event Committee Members and Event Volunteers



Hats Off to the Amazing IRIS Volunteers

An Amazing Volunteer
offer their gift of time,
inspires hopes and dreams,
enjoys helping others,
encourages teamwork,
is selfless, generous and kind,
extends a helping hand and
Make a difference.
The KEY to our success
Rests in people like you,
Who embody the sprit of greatness
by saying,
“Yes I can”
and “You can, too!”



Sign language for I Love You



Dad is a Survivor

*By Kaye Des'Ormeaux - October 16, 1998
Dedicated to any man who has lost his child*

My Dad is a survivor too...
which is no surprise to me.
He's always been like a lighthouse
that helps you cross a stormy sea.

But I walk with my dad each day
to lift him when he's down.
I wipe the tears he hides from others.
He cries when no one's around.

I watch him sit up late at night
with my picture in his hand.
He cries as he tries to grieve alone
and wishes he could understand.

My Dad is like a tower of strength.
He's the greatest of them all!
But there's times when he needs to cry...
Please be there when he falls.

Hold his hand or pat his shoulder...
and tell him it's okay.
Be his strength when he's sad.
Help him mourn in his own way.

Now as I watch over my precious Dad
from Heaven's up above...
I'm so proud that he's a survivor...
And I can still feel his love!



My Mom is a Survivor

*By K. D'Ormeaux © October 15, 1998
Dedicated to all the moms who have lost a precious child*

My Mom is a survivor,
or so I've heard it said.
But I hear her crying at night
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 on the beach
that never wash away...
I watch over my surviving Mom,
who thinks of me each day.

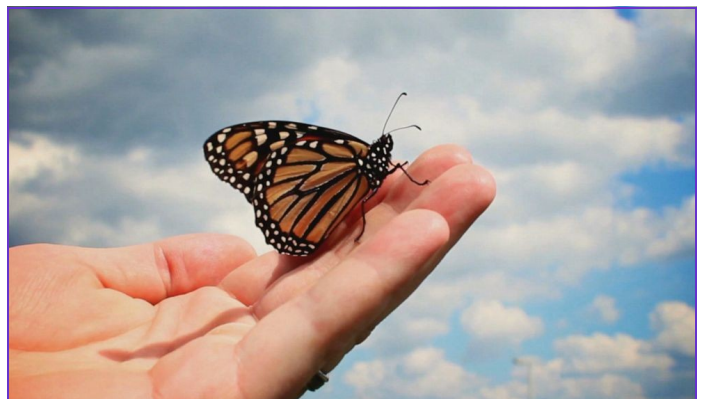
She wears a smile for others...
a smile of disguise.
But through Heaven's door
I see tears flowing from her eyes.

My Mom tries to cope
with death to keep my memory alive.
But anyone who knows her knows
it is her way to survive.

As I watch over my surviving Mom...
through Heaven's open door,
I try to tell her that angels protect me
forever more.

But I know that doesn't help her
or ease the burden she bears.
So if you get a chance,
go visit 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



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In this issue:

- ♥ Poems
- ♥ Up Coming Events
- ♥ Memorials
- ♥ And much more!

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 <p>Breakfast 8 AM - 12 Noon</p>	 <p>BAKE SALE</p>
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<p>For More Information or To Donate to the Silent Auction and/or the Bake Sale visit: IrisRemembers.org Or call the IRIS Office at: (507) 334 - 4748</p>	

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***Silent Auction**
***Dessert Dash**

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Photo Booth by Images 4 Life Photography

Limited tickets Available.