

# Forever Angels



*Hello Everyone,*

*Thank you to those of you who wrote in to offer condolences on the loss of my father-in-law. Taking time from your day to offer warm greetings and sympathies was much appreciated.*

*I'll bet many of you are the gripes of either the snow or rain (depending upon the area of the Continent you live) system that currently is above much of North America. Quite a difference from last year when Winter didn't really hit and stick around until mid-January, at least in Ottawa. So many neighbours and friends I have been speaking to have mentioned that this is more like they remember as kids, i.e. when the snow arrived mid-November and mountains of it stuck around until mid-May. Several dusted off memories of shoveling, sliding, skiing (both downhill and x-country), making snow angels and building snowmen. With all of that, I also remember a little different side when snowsuits pant legs wouldn't stay in boots which buckled closed and those buckles would pop open when we ran around, and of trying to have my mother push hard enough on my mitts to reach up over the coat sleeve so that they wouldn't separate and snow/ice/water work their way in to numb the arms. Or how about those scarves we would wind around our necks and faces to try and shield us from chilly winds and blowing snow? I remember it well and from this perspective, quite fondly. Now the sleek, water repellent materials, Velcro closings and extra long mitts are a bonus to playing, climbing and sliding in all of that white stuff. In addition, the materials are lighter, faster drying and not so bulky! But nonetheless, there was nothing like trying to run and chase a friend through that fluffy stuff or see whom could build the biggest snow fort. One good thing about the "olden days" are all of the memories we have stored and which only require a little nudge or gentle reminder to retrieve, polish off and share. Memories can help the world go around.*

*Thinking of you,*

*Lynda*

\*\*\*\*\*

Beautiful memories  
are wonderful things,  
they last till the longest day,  
they never wear out,  
they never get lost,  
and can never be given away.  
To some you may be forgotten,  
to others a part of the past.  
But to us who loved and lost you,  
your memory will always last.

~~~from an obituary

\*\*\*\*\*

Correction: **Forever Angels**, #07-10

It was brought to my attention that I mixed up Bev Swanson's Web Site address and it should read [www.copewithgrieving.com](http://www.copewithgrieving.com). Sorry for any confusion as a result. Do check out her Site. It contains a wealth of grief information and support.

\*\*\*\*\*

**MBC's Fact Sheet, Holidays and Grief**

*A detailed copy with lots of holiday-coping suggestions can be ordered off of MBC's Web Site at <http://www.multiplebirthscanada.org/english/booklets.php#Bereavement> or by downloading the Publications Order Form at [http://www.multiplebirthscanada.org/english/documents/PubOrderFormSeptember2007\\_001.pdf](http://www.multiplebirthscanada.org/english/documents/PubOrderFormSeptember2007_001.pdf).*

The holidays are nearly upon us again and for bereaved families it can be a difficult and trying time. Some days one can wish Christmas and all its gaiety would simply disappear. That just isn't going to happen but there are things that a bereaved family can do to feel more in control. Here are some ideas that may help you and your family and yet perhaps still allow you to be able to enjoy the holidays:

- ~make some fundamental changes in your holiday routine. Have your main meal Christmas Eve instead of Christmas Day.
- ~if you usually host the holiday meal, ask your family or friends if one of them would mind doing it this year. If you still want to contribute something, buy something yummy from the local bakery shop or delicatessen.
- ~if you have survivors or other children in your family, make space for them to enjoy their gifts and festivities. Children still need to enjoy this special time of year.
- ~light a special candle and let it spread its light during this time.
- ~perhaps buy a special ornament in memory of your baby(babies) or child to hang on your tree.
- ~make a donation to the Children's Wish Foundation or Toy Mountain in your area to ensure less-fortunate children receive a gift this year.
- ~shop early so that you don't have it all happening near Christmas and end up feeling overwhelmed.
- ~be gentle with yourself. Keep the lines of communication open with family and friends and tell them what you need and what you would like them to do (e.g. I need to be quiet for a few moments; I need to feel sad; Could I have a hug?)
- ~decline functions where you think you will not be able to cope, e.g. office party.

*Even if this is not a time of year for your celebrations, may you find peace and comfort from your memories, family and friends.*

\*\*\*\*\*

*Juliette and Chloé*

I was due to deliver identical twins at the end of November. It was with great sorrow that we discovered that one of our twins had died in utero. In order to save her twin, an emergency caesarian was performed on the evening of Sunday, October 21st.

Our first beloved Angel was delivered at 19:12pm and weighed 4pds 11 ounces. We named her Juliette Sarah Angeline Dubeau. We were able to hold her in our arms and try to make peace with her short time with us. She spent the night cuddled with her Mom and Dad and the next day we said Goodbye.

Our second beloved daughter was delivered at 19:13pm and weighed 4pds 7 ounces. We have named her Chloé Sarah Jasmine Dubeau. She had a very rough start as her heart stopped at delivery and the levels of oxygen in her blood were dangerously low (38 instead of 200) but she was quickly re-animated (1 minute) and given a blood transfusion to raise her levels of hemoglobin (oxygen). After many tests, she seems to be on the right path and is now home with us.

I can say without a doubt that the hardest day of our lives was saying goodbye to Juliette but Yves and I are holding on. Some days are better than others and we are cherished enough to have Chloé to help us through this difficult time.

Suzie, Yves and Chloé

\*\*\*\*\*

*Some thoughts for the grieving person*, from Bev Swanson

---

This is the most vulnerable time in your life. It is important that you know that you will heal. But firstly for some time you are likely to feel very vulnerable.

Instead of judging yourself and calling this vulnerability "weak", use this as a time of "allowing" yourself to feel and heal as you need to.

Open to your vulnerable feelings. Let your feelings flow without judgement and express them in healthy ways to yourself and others.

Those who embrace this within their grieving time are often well embraced by others. They are easy to be with as they are honest about what is happening for them.

Then when you think you have spent enough time in your feelings, move to the next stage of vulnerability, which is to open to life without your loved one.

This is also a very difficult stage and a very vulnerable spot to be in. Life as you knew it is now different, sometimes very different.

If your loss was of an immediate family member your every day or moment changes. Ever so gently move forward into this vulnerable place of change.

Sometimes you will need to take a step forward and then retreat a bit and then take another forward. Go at your pace, not at the expectation of others.

***NOW ON LINE.....***

Back issues of *Forever Angels*. If you would like to read some back issues of *Forever Angels*, please check them out at the Loss Support Network section of MBC's website at <http://www.multiplebirthscanada.org/english/ForeverAngels.php>.