

Forever Angels



Hello Everyone,

Multiple Births Canada's Conference is coming up in October. MBC is celebrating 30 years this year of supporting Canadian multiple-birth families. Quite an achievement! For more information about the Conference and how to register, details within.

If you change your e-mail address, don't forget to let us know. Or if you want to write in about anything you read in Forever Angels or to share thoughts, poems, anniversaries or anything else, we would love to hear from you.

Blessings from our house to yours.

*Thinking of you,
Lynda*

Forever Fifteen

Anthony will live on in our hearts. For it is there, from this deep, pure cistern of tears that we gather our cherished memories of him.

God gave us the gift of grandchildren. We graciously accepted this gift. As we look back through the years, searching, always searching for a moment in the lives of the twins that sets all others apart. We cannot seem to find it. There are just too many beautiful moments, each woven into one magical patchwork of love.

Everything we did as grandparents seems to replay itself over and over in our heads like some closed loop of long ago film. Once in a while we are able to turn off the projector, step outside the loop, and move forward with our lives. These times are few, but we accept this also. We've watered the boys' growth with our tears of joy *and* sadness as our lives and theirs, moved by much too quickly.

Nick continues to grow into a wonderful young adult. Anthony will be *forever fifteen*. We will have to accept this one day as finality.

These words were inspired by Vivian Smith (Nana)

(Poem written by Ed Smith, Grandfather. Nicholas' twin Anthony was killed when they were 15 years old . He was hit by a car while riding his bike)

If we don't change, we don't grow. If you don't grow, we aren't really living. Gail Sheehy

Loss Questionnaire.....

When I was sending out *Forever Angels* by snail-mail (remember snail-mail?), a Loss Questionnaire was included for completion by new Loss members. The Questionnaire is helpful because it provides important background information on families so that they can more accurately be matched when needed, and we can better learn how to meet your needs of support and/or research. Much of the support resources MBC creates is based on feedback our members provide. In other words, we try to fill the support gaps based on the feedback we receive from you.

If you have not yet completed this Questionnaire and feel you would like to share something about yourselves and your loss(es), would you consider completing it now? The background information you provide also helps MBC address your needs and unique requirements as we are speaking with grief counsellors, NICU nurses and others whom look after our grieving families.

It can be found on Multiple Births Canada's Web Site
at <http://www.multiplebirthscanada.org/english/documents/LossQuestionnaire.pdf>

Thank you for thinking on this and thank you for sharing with us your situation. If you have any questions at any time about anything at all, please don't hesitate to get in touch at loss@multiplebirthscanada.org

Your First Birthday

What a fool I was
To think I could handle
Your twin sister's birthday
And not thin of yours
On this special day.
For I'm not celebrating
Your fist year of life
With us;
You are no longer here.

But how can I not
Think of the day
You were both born,
And all the joy we breathed.
This overwhelming happiness
Which I thought for sure
Would last
Was not meant to be.

As I celebrate your
Twin Sister's birthday,
I'm filled with pain and sadness.
I can't help it;
It's another blow
To my fragile heart.

I'm torn,
Torn by the Joy I feel for one daughter
And sadness I feel for the other.
You're both an integral part of me.
I will always be torn
Because we are two worlds apart,
And we should all be together
Celebrating your first birthday.

To my two wonders, Natasha and Vanessa,
Love Mom
(*Natasha died of SIDS when she and her twin sister Vanessa were one month old*)

Multiple Births Canada's Conference, 17-19th October, 2008

MBC has been providing support and resources for Canadian multiple-birth families for 30 years this year. It is the only Canadian national organization looking out for our special families. I will be speaking at this Conference in October and would love to meet you. Please look for me should you attend.

Please consider promoting the Conference to professionals and families in your community.

If you would like more information or to register, please go to MBC's Web Site at www.multiplebirthscanada.org

*We think of you every day
We often speak your name
We can't forget the things
you did or would have done
Sad are the hearts that loved you
Silent the tears that fall
Living our lives without you
Is the hardest part of all.*

~from an obituary

Questions and Suggestions.....

Ques: Since losing our twins nearly six months ago, I have put on a lot of weight which I really need to lose. I would appreciate any ideas on how I might be able to lose some of this weight.

Do you have any ideas to share to help this Mom with her weight issues? When one is grieving, it is very easy to reach for food, not always the nutritious stuff, in an attempt to fill the void. It can also be very difficult to rally oneself to exercise. Please send your suggestions to loss@multiplebirthscanada.org Thanks so much!