



The Sadie Rose Foundation is a 501(c)3 non-profit organization that offers child, infant, and pregnancy loss support to those in the Shenandoah Valley and beyond. For more information about the support we offer, please visit www.sadierosefoundation.org.

THE SADIE ROSE FOUNDATION

THE STORY OF THE FERN

With tips for Mother's Day after a child has died

By Regina Cyzick Harlow

My husband tried, he really did. But the first Mother's Day after Sadie died proved there was room for better communication between us.

He was still in bed when I walked downstairs that Sunday morning and saw, of all things, a large beautiful fern with a bow and a card tied to the hanger.

I cried so hard I fell to my knees.

Now before I sound ungrateful, I need to give some background to my experience with live plants and Sadie's death. You see, I love plants; I just can't keep them alive. When Sadie died, people sent the most

beautiful live plants and rosebushes I had ever seen, but within several months, I had successfully killed them all.

Every plant that died was another painful reminder of Sadie's death. It wasn't the fault of the wonderful caring people who had given such thoughtful gifts; it was simply that I didn't have "the touch." I felt like a failure.

I thought I had communicated that to Lee, but here, on my first "Angel" Mother's Day was a formidable fern.

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BAKE SALE AND VOLUNTEER OPPORTUNITY

The Sadie Rose Foundation is hosting a fundraiser bake sale Saturday, April 14 from 10 a.m. – 3 p.m. in front of our office. The bake sale will coincide with Dayton's Annual Redbud Festival. We will have coffee, water and a few of Reba Kline's homemade mashed-potato doughnuts for sale. Doughnuts will be for individual sale only. See page 2 for some ways you can volunteer for this event.

Bake Sale Volunteers:

Donate Baked Goods: If you have a specialty that you love to bake, we would love to have it on our table.

Donations can be dropped off at our office at 206 Main Street in Dayton from 1-5 p.m. Friday or 8 - 9 a.m. Saturday. If that time-frame does not work, please contact us and we arrange to pick up your donation or meet you at a different time.

Help Set Up: We need a few volunteers Friday afternoon from 3-5 p.m. and Saturday from 8-10 a.m.

Making Signs: We need volunteers to make signs to post throughout the town. If this is something you are interested in, please contact us for wording and details. Handmade signs are welcome!

Posting Flyers: We need people willing to help post flyers in Dayton. We can also provide additional flyers for anyone wanting to post flyers at their work, church, school or social club.

Sales Help: We need people willing to help sell the day of. Whether you can be there for one hour or the entire time, we welcome your help.

Tear Down: We need a few people from 3-4 p.m. on Saturday to help take down tables and signs and general clean-up.

CALENDAR OF EVENTS

Apr. 12: Informal Coffee, at the Sadie Rose office, 10 a.m. – 12 p.m. Come-and-go-as-you-please. Coffee and light refreshments provided. This is for those looking for support as well as for those interested in learning more about the Sadie Rose Foundation.

Apr. 27: Monthly Support Meeting, Dayton Church of the Brethren, 7 p.m. Our support meetings are low-key and casual. Families are welcome. Childcare provided. Bring a light refreshment if you wish. (Park in the back and enter the double glass doors. Meeting room is first door on the left.) Note: This meeting is the **fourth Friday** of the month, **NOT** the last Friday.

Weekly Online Support Chat, Sundays, 9 – 11 p.m. To participate, visit our website and click on the large "Support Group" button on the right sidebar. This is a great way to fill in the gaps between our monthly meetings or a great way to "meet" people from our group before attending a monthly support meeting.

Ongoing: Lee Harlow's Walk365. Lee is counting down the days as he has committed to walk 365 consecutive days to raise funds and awareness for The Sadie Rose Foundation. Sponsorship is available for \$1 a day, \$7 a week, \$30 a month, \$90 per quarter, \$180 per half-year or \$365 for the full year. If donating a different amount, specify the length of time you wish to sponsor him. He can have multiple sponsors per day/week.

Mark your calendars for June 16 for our first Sadie Rose Run, Walk, 5K and June 22 for our Annual Memorial Picnic and Balloon Release. More details on both events to come.

For more information about any of our events or to volunteer, please write, email or call us.

*P.O. Box 382 Dayton, VA 22821, 540-810-0307 or
info-assistance@sadierosefoundation.org.*

Our new website is up and running! All past and current newsletters can now be viewed on our site. To save mailing costs, please let us know if you will be viewing the newsletter online.

WE WANT TO HEAR FROM YOU...

We know that when a child dies, not only do the parents grieve, but also grandparents, siblings and other family and friends. If you would like to share your story or experience with us, please do.

We welcome your submissions of articles, poems, quotes and events that pertain to grief and child-loss support. We will publish as space allows.

Please ensure that we have permission to publish your submissions. We reserve the right to edit all content for clarity and space purposes.

Email all submissions to Regina@SadieRoseFoundation.org or mail to The Sadie Rose Foundation P.O. Box 382 Dayton, VA 22821.

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So without my baby girl to hold that Sunday morning, I was also painfully aware of the fate of that fern. It eventually joined all the other dead plants on the compost pile. I determined that from that time forward, it was perfectly okay to request no plants.

However, the fact that Lee remembered Sadie with me and acknowledged her life in a special way on Mother's Day meant a lot. Besides having her child back, there's nothing a mother wants more than to have her deceased child remembered and her role as a mother validated. We have not forgotten our children who already have their wings, so remembering them with us is one of the best Mother's Day gifts you can give.

Here are some suggestions for the mothers in your life who have experienced child or pregnancy loss.

- Keep it simple. A smile, a hug, and a card that says "Thinking of you this Mother's Day" will mean the world. If you wish, you can add something like "Remembering (child's name) with you on this Mother's Day."

- A gift basket with some of her favorite snacks or beauty supplies is great. Include a journal and write a few positive hopeful thoughts in the front for her to reflect on. Add a remembrance candle for her to light on special days such as Mother's Day.
- A stuffed animal can be wonderful - something small-to-medium in size that she can sit on a shelf, sleep with, keep in her car, wherever it brings her comfort.
- Make a donation to a charity in her child's name.
- Plant a tree. Obviously, not everyone faces the horticultural challenges that I do, so for some, a live plant or tree might be a wonderful way to remember a child on Mother's Day. But before giving a live plant or any other gift, consider the lifestyle and personality of the recipient.
- Don't push her to attend banquets, functions or meals that might overwhelm her.
- Don't try to ignore it, fix it, make it better or explain it away. Mother's Day without your child is difficult at best. Instead of saying things to try to make it better, just let her know you care.
- Most importantly, be there for her. Ask her if she wants to talk about her child (most moms do.) Then listen.

QUOTE CORNER

"Besides having her child back, there's nothing a mother wants more than to have her deceased child remembered and her role as a mother validated. We have not forgotten our children who already have their wings so remembering them with us is one of the best Mother's Day gifts you can give." Regina Cyzick Harlow

VOLUNTEER OPPORTUNITIES

Want to help? There are many ways to volunteer with The Sadie Rose Foundation. You or a group you are involved with (Sunday school class, social club, family, youth group, service organization) can make and/or donate items for bereavement packages. (Contact us for a list of appropriate items. Any handmade items such as knitted/crocheted prayer cloths, stuffed animals, small stained-glass pieces, etc. are usually fine.) Other opportunities include organizing and/or helping with fundraising events and office duties, including preparing newsletters. To learn about upcoming volunteer opportunities, please email info-assistance@sadierosefoundation.org and type "volunteer" in the subject line and include your preferred means of contact in the message or call our office at 540-810-0307 to be added to the volunteer contact list. We are funded solely by the generosity of those who believe in the support we offer. All donations, monetary/volunteering, are greatly appreciated and help shine a light of hope into someone's darkest night. Thank you for your continued support.

Because the path of grief after losing a child should never be walked alone

For more information, "like" us on Facebook and visit our website at

www.sadierosefoundation.org.

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