

Angel Whispers

Winter, 2020

Angel Whispers
Newsletter

is a resource for parents
who have lost a baby
during pregnancy or
shortly after birth.

Meetings are held in
Sherwood Park and
Fort Saskatchewan.

For meeting information,
or to receive our
newsletter or a special
care package, please call
780.998.5595, ext. 225.

You can also reach us by
email at [angelwhispers@
familiesfirstsociety.ca](mailto:angelwhispers@familiesfirstsociety.ca) or
visit our website at
www.angelwhispers.ca.



Families First Society
FORT SASKATCHEWAN

#thisisourvillage

Happy Holidays to our Angel Whispers families,

Happy...not a word that many bereaved families relate to early on in grief and yet it's a word that society uses often during the holiday season.

Society expects people to be happy and joyful at this time of year but for those that have experienced the heartbreaking loss of a baby, sadness is often the hallmark of their emotions. That same sadness that often intensifies as holidays and milestones approach. It is important that you allow yourself to feel it to heal it. Healing will not mean you every "get over" the loss of your sweet baby, but it will mean you learn to integrate the loss into your life and experience joy and happiness alongside your grief.

In the midst of grief, it's important to give yourself permission to smile, laugh and experience joy. In no way does joy dishonour your baby. Emotions do not have to be experienced in isolation, allow yourself to experience paradoxical emotions. A paradox is defined as "a situation or statement that seems impossible or is difficult to understand because it contains two opposite characteristics". Give yourself permission to experience both joy and sadness in the same moment, in the same breath during this holiday season. Not only can emotions be experienced paradoxically, but grief can be experienced paradoxically between partners. It's quite common for bereaved mothers and fathers to grieve and express their grief very differently. There are many factors that will influence

an individual's grief experience, a few of which are:

- Family of origin
- Personality
- Gender
- Support System

Men and women are inherently different, and those differences are often magnified through grief. I recall after my husband and I lost our baby girl Loren back in September 1998 we were in completely different places in our grief. My husband returned to work quickly and seemed "okay" and I was at home completely devastated. Finally, after a few weeks of growing frustration and resentment towards my husband for his seemingly "normal" existence, I expressed my feelings to him. I asked him how it was possible that life seemed ok for him while I was struggling to function.

He gently explained that he was sad but that he was trying to be strong for me as that is how he was raised. He also explained that his connection to our baby was different than mine and as much as he knew we were pregnant, he couldn't feel our baby move or kick and therefore my pregnancy wasn't as tangible to him and his connection to our baby was more tied to hopes and dreams for the future. I shared with him that I appreciated his strength but that I needed to know he was hurting too and asked that he share with me when he was feeling sad. That conversation created a foundation

Continued from Pg. 1

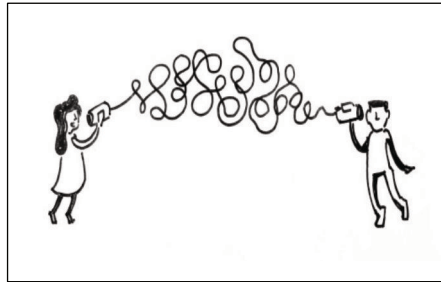
for communication moving forward. Not that we hadn't communicated in our relationship before then, but this was the first significant challenge we had faced together as a couple and we needed to learn together how to move forward and heal.

Fast forward to now...22+ years later and we still firmly believe in the importance of communication but have we perfected it? Absolutely not, but we continue to try and recognize the significant value of communication in our relationship. Throughout 25 years of marriage, there were many times we both questioned why we were each so different from each other in so many ways. I do agree that opposites attract, but differences also lead to potential conflicts.

I remember reading the book *"Men are from Mars, Women are from Venus"* by John Gray as I tried to better understand our differences. One quote stood out for me; *"Men mistakenly expect women to think, communicate, and react the way men do; women mistakenly expect men to think, communicate, and respond the way women do."* This is so true, once we can let go of expectations from our partners and respect the differences in who they are and how they think, feel, communicate and express emotions the less misunderstandings are created.

As I continued to search for ways to better understand our relationship and how to improve our communication, I discovered the book *"The 5 Love Languages"* by Dr. Gary Chapman. This book and Dr. Chapman's concept of the 5 different love languages: **Quality Time, Words of Affirmation, Acts of Service, Physical Touch and Receiving**

Gifts has truly made the world of difference in our relationship. The concept of each partner having a specific love language they speak and the potential for each partner to have a different love language would be comparable to the example of each partner speaking a different language. If you speak English but your partner speaks Italian it would create challenges and prevent you from communicating effectively with your partner. Once my husband and I took the love languages assessment to identify our individual love languages, it started to make sense why we didn't always communicate effectively, we had been speaking different languages.



My primary love language is Acts of Service, my husband's primary love language is Quality Time. It's important you learn not only to use your primary love language to communicate but for you to learn to speak your partner's love language. I feel love the most from my husband when he does things for me; vacuuming the house, making the bed, putting air in the tires on my vehicle etc. My husband feels love the most from me when I spend time with him, it could be time watching tv or playing cards, but the key part to that time is that it's uninterrupted, so no cell phones during that time together. Each of our

secondary love languages is Words of Affirmation, so taking time to express our love and appreciate for each other through the words we use, either verbally or with little notes or even texts to each other when we aren't together.

I love to buy my loved one's gifts, it brings me great joy! I had always been disappointed by my husband's lackluster reactions to the gifts I gave him. After he took his love languages test I understood why...he scored a "0" on receiving gifts, meaning that it is not one of his love languages. It doesn't mean he doesn't appreciate the gifts I give him, he does but that to him it is not an expression of love. He always thanks me for the gifts I give him as he knows it is one way I show my love.

Learning your own love language and the love language of your partner is not only valuable for communication, it is also beneficial for determining the best self care practices for yourself. In addition, Dr. Alan Wolfelt has identified ways to support a loved one who's grieving by speaking their love language.

This newsletter edition includes the *5 Love Languages Assessment* by Dr. Gary Chapman along with self care ideas based on your love language and an article by Dr. Alan Wolfelt on *'Identifying and Asking for the most effective Grief Support'* based on your love language. If you have children you carry in your arms in addition to the children you carry in your hearts, Dr. Chapman has a wonderful book on learning and speaking your child's love language.

Continued on Pg. 3

Continued from Pg. 2

Spending life together is filled with highs and lows; creating memories, celebrating holidays and milestones, love and laughter, but it's also about experiencing stress, loss and grief and unexpected events like the COVID pandemic which adds an entirely new level of stress on a relationship especially during periods of isolation or quarantine together.

These times in life are much easier when you have strong, effective communication with the one you love.

May you find comfort and support in the pages of this

newsletter edition as you learn ways to improve communication with those you love, including yourself.

Wishing you peace, hope and love as you approach the holiday season. May 2021 be filled with cherished moments and memories for you and your families!

With love and understanding,

Lori-Ann

Lori-Ann Huot

Program Coordinator -
Bereavement Services
Angel Whispers Baby Loss
Support Program

Fort Saskatchewan Families First
Society

780 998 5595 Ext.225

angelwhispers@familiesfirstsociety.ca

www.angelwhispers.ca/angelwhispers



5 Love Languages

Ways to Show You Care

I love you

Words of Affirmation

- Compliment them
- Say you're proud of them
- Brag to others about your partner
- Write them letters or notes
- Active listening
- Be their biggest cheerleader
- Mention a few reasons why you love them
- Tell them you love them often



Quality Time

- Put your phone away
- Weekend getaways
- Listen without multi-tasking
- Schedule date nights onto the calendar
- Eat meals together
- Take a walk together



Gifts

- Prepare a lunch and bring it to their work
- Pick them up their favorite snack when you're out
- Don't forget special days like birthdays and anniversaries
- Bring them their favorite flowers
- Make something from the heart



Physical Touch

- Hold their hand
- Hug them for no reason
- Kiss them for no reason
- Reassuring touches
- Sit together closely
- Cuddle
- Passing touches
- Playing with their hair



Acts of Service

- Tidy up the house
- Take on a difficult task for them
- Cook a meal
- Say "let me do that for you"
- Assist them in task they're doing
- Do things without them having to ask
- Unload the dishwasher

In Memory of our Newly Discovered Angels

*Theodore Ainsley Drewes - May 19, 2020
Pumpkin Flowers - December 5, 2020*

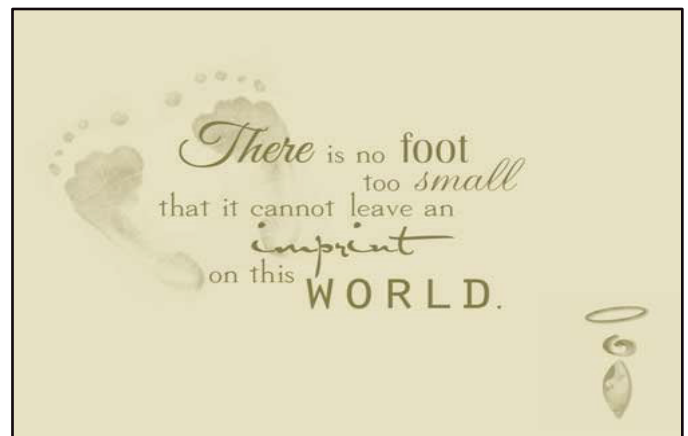
We've had several new families reach out to Angel Whispers for support over the past several months. Many of these families experienced the loss of their sweet babies prior to finding out the gender of their little ones. We want to acknowledge all these precious angels even though they may not have been named or have a nickname.

If you would like your baby to be acknowledged with our other newly discovered angels in future newsletter editions, please know that your baby doesn't have to have a name or nickname to be included. We can use "Baby" and your last name instead.

Every little life matters...regardless of gestation!

All angels can be found on our website at www.angelwhispers.ca/angelwhispers. Please call or email us if you would like to submit your baby's name to be remembered.

If we have forgotten to remember your baby on this page, or have misspelled your angel's name, please let us know.



Upcoming Meetings

Because of the current COVID-19 pandemic, our in person support group meetings are suspended until further notice. Contact Lori-Ann at 780- 974-7054 for more information on virtual support group meetings. For families seeking additional support please see:

<http://www.angelwhispers.ca/angelwhispers/support>



What's Your Love Language?

Identifying and Asking for the Most Effective Grief Support for You

by Alan D. Wolfelt, Ph.D.

When it comes to our mourning and how others can best help us, there's no one right way. That's because every person and every loss is unique. Not only are each of us singular individuals with unique histories and personalities, but the people we grieve the loss of — as well as the circumstances of the loss — are also one-of-a-kind. After a significant loss, what we think and feel inside, in what ways it helps us to express those thoughts and feelings, and how we feel supported by others vary from person to person and loss to loss.

Yet in his landmark 1995 book *The Five Love Languages*, author Dr. Gary Chapman introduced us to the idea that human beings feel cared for by others in five primary ways:

1. Receiving gifts
2. Spending quality time together
3. Hearing words of affirmation
4. Being the beneficiary of acts of service
5. Experiencing physical touch

According to Dr. Chapman, each of us "speaks" one of the five love languages. In other words, we feel most loved when we experience the language that is best suited to our unique personalities and ways of being in the world. We might also respond to a second or third love language, but we always prefer our primary love language.

In my articles and books about how we can support one another in grief, I've written extensively about all five of these methods of grief support as well as many

more. But in reviewing Dr. Chapman's love language's recently, I also realized that grouping the various helping techniques in this way could help mourners understand and recognize which forms of support and communication might be most effective for them.

I invite you to consider the following five ways of being supported in your grief. Which love language helps you the most?

RECEIVING GIFTS

In Dr. Chapman's body of work, gifts of love are actual gifts — tangible, visible objects that we give to someone we care about

as a means of expressing our affection and devotion. People whose primary love language is receiving gifts see presents as physical symbols of others' love and thoughtfulness.

Do you enjoy getting presents? Are you someone who displays gift items in your home and feels a burst of love and support each time you see them? If so, receiving gifts might be your love language.

If you are someone who values the love language of gifts, consider letting your friends and family know that you really feel supported by tokens of empathy. You might appreciate flowers, for example. You might

WHAT'S YOUR SELF-LOVE LANGUAGE?
By Blessing Manifesting

Physical Touch Things that make your body feel good or focus on your physical being. Massages Soft blankets Physical activity Spa days Skincare routine Swimming Stretching	Acts of Service Doing or arranging things for yourself that make you feel good. Therapy Acts of Kindness Scheduling Cleaning Delegating Going Out	Receiving Gifts Treating yo'self by purchasing things that make you happy. Trips Craft supplies Comfy clothes Little gifts Indulgences Investing in yourself
Quality Time Spending time alone, hobbies & doing things that you love. Meditation Hobby/creative time Taking yourself on dates Relaxing	Words of Affirmation Giving yourself pep talks and encouraging yourself. Positive self-talk Daily affirmations Journaling Mantras	

Continued on pg. 7

What's Your Love Language?

Continued from pg. 7

also welcome gifts of special food, inspirational books, photo frames, music, candles, and ornaments.

With this love language, it can be tricky to ask for what you need. "Please give me gifts!" would be considered an impolite directive by many. Consider sharing what you've learned about your love language with a good friend or empathetic family member who is also an excellent communicator. Perhaps she can take on the role of explaining to others the lasting meaning and ongoing support you find in physical objects. And when you do receive a gift, be sure to write a heartfelt note of thanks explaining your gratitude, what the gift means to you, and how you will use the gift. A thank-you phone call is also appropriate. Once everyone understands how you feel about gifts, you're likely to receive more of them in the future.

SPENDING QUALITY TIME TOGETHER

For many people, there is no present more precious than the gift of presence.

Do you love spending time with the people who care about you? Do you enjoy their company, even when you're not doing anything special together? Do you prefer company to solitude? If so, quality time might be your love language.

Let your friends and family know that the best way they can help you during your time of grief is simply to be there for you — literally. You crave and need their physical presence. Maybe you don't want to be alone. If so, tell them that. Maybe you like lots of people around. If so, tell

them that.

Also think about how you like to spend the time you have together with others. Playing cards? Watching TV? Going out and about? Hanging out in the same house but doing separate activities? Whatever you prefer, let your friends and family know, because they may feel unsure about what to do (and what not to do).

Consider, too, if you feel supported when you have the opportunity to talk to others about your grief. In general, sharing your story of love and loss is a good idea. It helps you work through your thoughts and feelings. Bottling those thoughts and feelings up inside can seem safer, but it's actually more dangerous because it puts you at risk of becoming stuck in your grief journey.

Of course, your friends and family members aren't the only ones who can help you with this love language. Be proactive about getting involved in your community. Volunteering, participating in activities at a place of worship, socializing with neighbors — these are all effective ways to build in more quality time with other people.

And don't forget that grief never completely ends. If this is your love language, you will need the healing presence of friends and family not just in the first month or two after the death but far into the future. Reaching out to plan ongoing get-togethers will help you receive the support you need.

HEARING WORDS OF AFFIRMATION

This griever feels most supported by words that are kind and encouraging. "Words of affirmation" might be your love language if you have a deep appreciation for hearing others tell you:

- I love you.
- I care about you.
- I'm here for you.
- You are so loved/strong/genuine because _____.
- I have seen how you _____.
- You make a difference in the world by _____.
- Many people _____ you.

If this describes you, let your friends and family know how meaningful you find it when they share these kinds of verbal messages with you. Tell them that their words of encouragement and support lift you up and help you through the darkest times. Written words may be affirming to you as well. While they're no replacement for in-person or phone conversations, handwritten notes, emails, and even texts may also be helpful and encouraging to you. If you're a verbal griever, be sure to encourage all forms of spoken and written communications.

BEING THE BENEFICIARY OF ACTS OF SERVICE

For some grievers, actions speak more loudly than words or mere presence. Do you appreciate help with tasks? Do you feel cared for when others go out of their way to help you with things that need doing? If so, this might be your love language.

Continued on pg. 8

What's Your Love Language?

Continued from pg. 9

Since the death of your loved one, have others said to you, "Let me know if I can do anything"? It's a natural impulse for friends and family members to want to do something to show their support. Usually what happens, though, is that grievers don't ask for assistance, so no assistance takes place.

So please, ask for assistance! People often do genuinely want to help, but they don't know how. Suggest tasks and to-dos that suit their strengths. Ask your gardener friends to help with yard work, for example. Ask your bookkeeper family member to help with home accounting, bill paying, or tax preparation.

If one of your friends or family members is a good administrator, you might sit down with this person and go over all of the tasks that you need help with. This person can then assign the tasks out to others in your circle of support.

Finally, if this is your love language and you've asked your inner circle for help with tasks but aren't receiving help, don't be reticent to reach out beyond your inner circle. Others are waiting in the wings. Places of worship, volunteer organizations, neighborhood committees—these and other service-oriented groups often have programs and maintain lists of volunteers to assist with needs such as yours. It is likely that helping veterans' families is something they would be glad to do. All you have to do is ask.

EXPERIENCING PHYSICAL TOUCH

The griever who thrives on physical

touch needs closeness. Are you someone who enjoys hugging, sitting close to others, maintaining eye contact, holding hands, and/or walking arm-in-arm? If so, this might be your love language.

If you're someone who's always valued physical touch, your friends and family members will know to expect it from you. Don't stop now! You may, however, want to emphasize to them how extra-necessary you find their hugs and physical closeness during your time of grief.

If this is your love language, you might also be more prone to physical symptoms of grief. It's common for people in mourning to experience stomachaches, heart palpitations, headaches, lack of sleep, and other physical symptoms. If bodily problems are making it hard for you to function and focus on healing, it's a good idea to schedule a physical exam. Your primary caregiver may be able to help you with insomnia or other symptoms and may put fears of illness to rest as well. Those who crave touch will be soothed by regular contact. In addition to physical closeness with family and friends, massage and physical activity may help you right now. Or consider inviting someone to take a walk with you each day. Physical proximity combined with exercise and supportive conversation may be just what you need to feel loved and supported right now.

I believe Dr. Chapman's love languages offer a helpful framework for recognizing and understanding your own primary love language so that you know how to ask for and receive the most effective support in your grief. If you are interested in learning more about the love

languages, you may want to read one of Dr. Chapman's books on the topic. He has written versions focused on partners, parenting children, men, and other types of relationships. The original and flagship title in the series was reissued in 2015 by Northfield Publishing under the title *The Five Love Languages: The Secret to Love That Lasts*.

About Dr. Alan Wolfelt Author, educator, and grief counselor



Dr. Alan Wolfelt is known across North America for his inspirational teaching gifts. His compassionate messages about healing grief—based on his own personal losses as well as

his experience supporting children, teens, adults, and families over the last three decades—speak not only to the intellect but to the hearts of all who hear him. Perhaps best known for his model of "companionship" versus "treating" mourners, Dr. Wolfelt is committed to helping people mourn well so they can live well and love well. Founder and Director of the Center for Loss and Life Transition,

Dr. Wolfelt presents numerous educational workshops each year for hospices, hospitals, schools, universities, funeral homes, community groups, and a variety of other organizations. He also teaches the 4-day trainings described on this website in beautiful Fort Collins, Colorado.

Dr. Wolfelt is a popular media resource who regularly provides his expertise to many top-tier television

Continued on pg. 9

shows, newspapers, and magazines.

Recipient of the Association for Death Education and Counseling's Death Educator Award, Dr. Wolfelt is also a faculty member of the University of Colorado Medical School's Department of Family Medicine.

"Mourning in our culture isn't always easy. Normal thoughts and feelings connected to loss are typically seen as unnecessary and even shameful. Instead of encouraging mourners to express themselves, our culture's

unstated rules would have them avoid their hurt and 'be strong.'

"But grief is not a disease. Instead, it is the normal, healthy process of embracing the mystery of the death of someone loved. If mourners see themselves as active participants in their healing, they will experience a renewed sense of meaning and purpose in life

To learn more about Dr. Wolfelt and his Centre for Loss & his extensive Resource Library, visit [http://www-centerforloss.com/](http://www.centerforloss.com/)

Gary Chapman, PhD,



is the author of the bestselling 'The 5 Love Languages®' series, which has sold more than 12 million worldwide

and has been translated into 50 languages.

Dr. Chapman travels the world presenting seminars on marriage, family, and relationships, and his radio programs air on more than 400 stations.

To learn more about Dr. Gary Chapman and his 5 Love Languages and his relationship books, visit www.5lovelanguages.com

Rainbow Baby Birth Announcements

We have several Rainbow Babies due to be born in the next few months...we look forward to sharing their announcements in our Spring and Summer newsletter editions!

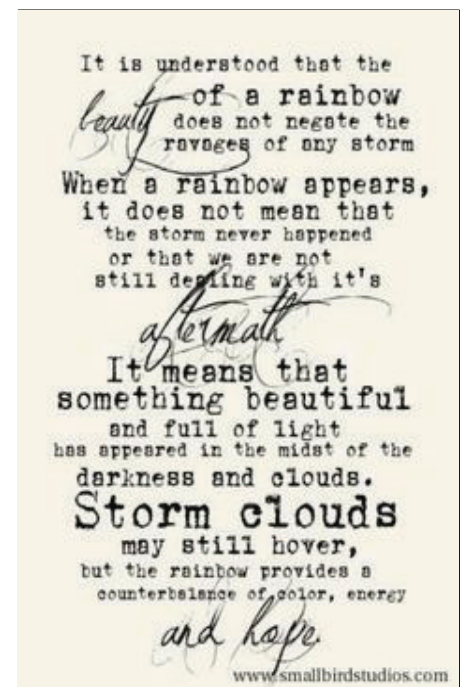
The Angel Whispers Rainbow Connection group exists to give families a safe, supportive environment to celebrate their rainbow babies while having opportunities to grieve for their precious babies. This group has changed format through the years from a structured support group to an informal play group. We seem to have challenges in finding the perfect day and time to offer this group in a format that meets the needs of all families.

The vision for this group is to

see Angel Whispers Rainbow families taking turns planning informal get-togethers in their homes on days and times that work for them, and inviting other Angel Whispers Rainbow families to join them. The babies and children can play while the parents talk, share and grieve together.

If you are interested in being part of the Rainbow Connection group and would like to plan a get-together contact Lori-Ann at angelwhispers@familiesfirst.ca.

We also have a private Rainbow Families Facebook group. If you aren't a member of the group and would like to be, send Lori-Ann an email at angelwhispers@familiesfirstsociety.ca.



Gary Chapman's Five Love Languages Assessment

Words of Affirmation ♥ Quality Time ♥ Receiving Gifts ♥ Acts of Service ♥ Physical Touch

Which of these is your primary love language? The following profile will help you know for sure. Then you and your partner can discuss your respective love languages and use this information to improve your relationship! The profile consists of 30 pairs of statements. You can only pick one statement in each pair of statements, and then, in the right hand column, circle the letter that matches up with the statement you choose. Pick the statement that sounds **most** appealing of the two. Once you've finished making your selections, go back and count the number of times you circled each individual letter. List the results in the appropriate spaces at the end of the profile. Your primary love language is the one that receives the most points!

1	Receiving love notes from my partner makes me feel good. I love my partner's hugs.	A E
2	I like to be alone with my partner. I feel loved when my partner does a chore around the house for me.	B D
3	Receiving special gifts from my partner makes me happy. I enjoy taking long trips with my partner.	C B
4	I feel loved when my partner helps with my homework. I like it when my partner touches me.	D E
5	I feel loved when my partner puts his/her arms around me. I know my partner loves me when he/she surprises me with gifts.	E C
6	I like going most anywhere with my partner. I love to hold my partner's hand.	B E
7	I value the gifts my partner gives me. I love to hear my partner say he/she loves me.	C A
8	I like for my partner to sit close to me. I like when my partner tells me I look good.	E A
9	Spending time with my partner makes me happy. Even the smallest gift from my partner is important to me.	B C
10	I feel loved when my partner tells me that he/she is proud of me. When my partner helps me clean my room, I know they love me.	A D
11	No matter what we do, I love doing things with my partner. Supportive comments from my partner make me feel good.	B A
12	Little things my partner does for me mean more to me than things he/she say. I love to hug my partner.	D E
13	My partner's praises mean a lot to me. It means a lot to me when my partner gives me gifts I really like.	A C
14	Just being around my partner makes me feel good. I love it when my partner gives me a massage.	B E
15	My partner's positive reactions to my accomplishments are so encouraging. It means a lot to me when my partner helps me with something that I know he/she hates.	A D
16	I never get tired of my partner's kisses. I love that my partner shows real interest in the things I like I do.	E B
17	I can count on my partner to help me with my projects. I still get excited when opening a gift from my partner.	D C

Five Love Languages

Page 1

18	I love for my partner to compliment my appearance. I love that my partner listens to me and respects my ideas.	A B
19	I can't help but touch my partner when he/she is close by. My partner sometimes runs errands for me, and I appreciate that.	E D
20	My partner deserves an award for all the things he/she does to help me. I'm sometimes amazed at how thoughtful my partner's gifts to me are.	D C
21	I love having my partner's undivided attention. I love that my partner helps clean my house.	B D
22	I look forward to seeing what my partner gives me for my birthday. I never get tired of hearing my partner tell me that I am important to him/her.	C A
23	My partner lets me know he/she loves me by giving me gifts. My partner shows his/her love by helping me without having to ask.	C D
24	My partner doesn't interrupt me when I am talking, and I like that. I never get tired of receiving gifts from my partner.	B C
25	My partner is good about asking how he/she can help when I am tired. It doesn't matter where we go, I just like going places with my partner.	D B
26	I love cuddling with my partner. E I love surprise gifts from my partner.	E C
27	My partner's encouraging words give me confidence. I love to watch movies with my partner.	A B
28	I couldn't ask for any better gifts than the ones my partner gives me. I love it that my partner can't keep their hands off me.	C E
29	It means a lot to me when my partner helps me despite being busy. It makes me feel really good when my partner tells me that they appreciate me.	D A
30	I love hugging and kissing my partner after we've been apart for a while. I love hearing my partner tell me that they miss me.	E A

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation
 B = Quality Time
 C = Receiving Gifts
 D = Acts of Service
 E = Physical Touch

Your primary love language is the one that received the highest score. You are "bilingual" and have two primary love languages if your point totals are equal for any two love languages. If your second highest scoring love language is close in score but not equal to your primary love language, then this simply means that both expressions of love are important to you. The highest possible score for any one love language is 12.

Well what does this all mean and how can this be beneficial to my relationship?

Your partner may express love in certain ways and it is helpful to understand this about him/her. In the same way, it will be helpful for your partner to know your love language and express his/her affection for you in ways that you interpret as love. The payoff to speaking each other's love language is a greater sense of connection. This translates in to better communication, increased understanding, and ultimately, improved romance!

After taking this assessment, how can I apply it to my relationship?

The first step is having your partner take the assessment as well. Once you find out what their primary love language is, follow the following steps:

- A. If **your partner** scored high in Words of Affirmation...
1. Express your love emotionally by using words that “build up,” such as verbal compliments and words of appreciation. The object of love is not getting something you want but doing something for the well-being of the one your love. It is a fact, however, that when we receive affirming words we are far more likely to be motivated to reciprocate.
 2. Use words of encouragement. Encouragement requires empathy and seeing the world from your partner’s perspective. We must first learn what is important to our partner!
 3. Use words of kindness. If we are to develop an intimate relationship, we need to know each other’s desires. If we wish to love each other, we need to know what the other person wants.
- B. If **your partner** scored high in Quality Time...
1. Practice togetherness. A central aspect of quality time is togetherness. I do not mean proximity... Togetherness has to do with focused attention!
 2. Practice quality conversation. This means maintaining eye contact while your partner is talking, don’t listen to your partner and do something else at the same time, listen for feelings, observe body language, and refuse to interrupt.
- C. If **your partner** scored high in Receiving Gifts...
1. Give the gift of “self.” Physical presence in the time of crisis is the most powerful gift you can give if your partner’s primary love language is receiving gifts.
 2. Discover the value of “hand made originals.” It is not the amount of money spent, but the thought involved!
- D. If **your partner** scored high in Acts of Service...
1. Remember: requests give direction to love, but demands stop the flow of love.
 2. What we do for each other during the beginning of a relationship should be done throughout the relationship’s entirety!
- E. If your partner scored high in Physical Touch...
1. Physical touch is a very powerful way for communicating love. Holding hands, kissing, embracing, and giving a massage, and sexual intercourse are all ways of communicating emotional love to one’s partner. All of these things make a partner feel secure in your love.
 2. Remember: nothing is more important than embracing your partner during times of crisis!

A: _____ B: _____ C: _____ D: _____ E: _____

A = Words of Affirmation

B = Quality Time

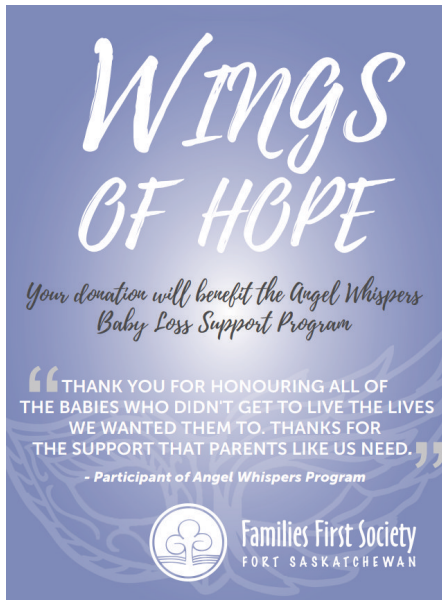
C = Receiving Gifts

D = Acts of Service

E = Physical Touch

Fundraising Opportunities

Whispers of Hope Gala benefiting the Angel Whispers Baby Loss Support Program



In light of the ongoing and continuously evolving COVID-19 situation, and because the health and safety of our Angel Whispers families, supporters and volunteers is of utmost importance to us the Whispers of Hope Gala Planning committee made the

difficult but necessary decision to postpone the **2nd Annual Whispers of Hope Masquerade Gala** originally scheduled for March 14, 2020.

We were hopeful that a new date could be set once we had a bit more certainty of the future of this pandemic, however we are doubtful that we will be able to host an event in person in the near future. Emails have been sent to those that have purchased tickets to offer a refund. Alternately, if you have purchased a ticket and would rather donate the cost of those tickets to the Angel Whispers Baby Loss Support Program, you can receive a tax receipt for your donation.

If you have not yet communicated your preference to receive a refund or donate your ticket cost to the program, please contact Lori-Ann Huot, Program Coordinator at angelwhispers@familiesfirstsociety.ca with your preference.

The Whispers of Hope Gala committee met recently to discuss the future of our gala, because COVID is ongoing and unpredictable we are looking at alternate fundraising options (ie. online gala vs. online silent auction). We are hopeful that we can begin our

online fundraising in February 2021.

We would like to thank you for your patience and for your understanding of our decision to cancel the Gala and instead offer a virtual fundraiser!

Thank you for your ongoing support!

The Whispers of Hope Gala planning committee

The Angel Whispers Baby Loss Support Program receives no contract funding.

Instead, Angel Whispers relies on fundraisers, grants, donations and community partnerships to sustain programs and supports for grieving families.

To make a Wings of Hope donation to the program, please contact Lori-Ann Huot, Program Coordinator @ (780)995-5595 ext 225 or angelwhispers@familiesfirstsociety.ca.

If you have fundraising ideas for Angel Whispers or if you are interested in offering a fundraiser benefiting the Angel Whispers Baby Loss Support Program, please contact Lori-Ann @ (780)995-5595 ext 225 or angelwhispers@familiesfirstsociety.ca.

Can You Help?

The Angel Whispers Baby Loss Support Program receives no contract funding. Instead, Angel Whispers relies on fundraisers, grants, donations and community partnerships to sustain programs and supports for grieving families.

To make a Wings of Hope donation to the program, please contact Lori-Ann Huot, Program Coordinator @ (780)995-5595 ext 225 or angelwhispers@familiesfirstsociety.ca.

Healing Opportunities

Pilgrims BriarPatch Centre for Grieving Families

*Expressive Arts for Children ages 5 to 12 years old who have experienced the death of someone they love. We offer art, music, play, puppetry and drama for our youngest mourners to explore their unique grief journey in a safe and compassionate setting. Our parent/guardian group meets concurrently for other family members.

*Expressive Arts for Teens ages 13 to 18 years old who have experienced the death of someone they love. We offer art, music, writing and movement for our youth to explore their unique grief journey in a safe and supportive environment. A parent/guardian group meets concurrently for other family members.



For more information on these children's grief programs, contact Cheryl Salter-Roberts at cherylsr@pilgrimshospice.com or 780.413.9801 ext. #302.



Yoga for Grief Support

Yoga specifically designed for people who have suffered the death of a loved one. Classes involve yoga postures, breathing and meditation along with educational and supportive topics related to bereavement support. Guided by Sandy Ayre, an Occupational Therapist and Certified Yoga Instructor. For more information and upcoming class dates and online courses, please visit www.yogaforgriefsupport.com

We appreciate our Angel Whispers volunteers!

Thank you to our dedicated volunteers who contribute their time and experiences to helping other bereaved families.

Would you like to help? We are currently looking for volunteers to help plan and organize upcoming fundraisers.

If you would like to volunteer your time to help Angel Whispers raise much needed funds to sustain supports and services to grieving families, please contact Lori-Ann at 780 998 5595 ext. 225 or email angelwhispers@familiesfirstsociety.ca.

Upcoming Meetings

Because of the current Covid-19 pandemic, our in person support group meetings are suspended until further notice. Contact Lori-Ann at 780- 974-7054 for more information on virtual support group meetings. For families seeking additional support please see:

<http://www.angelwhispers.ca/angelwhispers/support>



“Giving is not just about making a donation, it’s about making a difference.”

- Kathy Calvin

A HUGE Thank You to the following companies, businesses, agencies, community partners and individuals for their generous support of the Angel Whispers Baby Loss Support Program over the past several years! Your support allows Angel Whispers to continue to provide hope and healing to families devastated by the loss of a baby.

- To Strathcona County Family and Community Services, the Mayor of Sherwood Park and council for the 3 year Social Framework Community Grant to help Angel Whispers sustain programs and supports to grieving families.
- To the Alberta Government for the Community Initiatives Program Grant to help Angel Whispers sustain services to grieving families.
- To Natasha Stelmach from Navy n'Co. for the generous donation to the Angel Whispers Baby Loss Support Program through the Angel Wing Car Decal fundraiser! To learn more about Navy n'Co. and the personalized products they offer, visit their Facebook Page - <https://www.facebook.com/NavynCo>
- To Brooke DeMille with Epicure for the generous donation to Angel Whispers from the recent Epicure Fundraiser she offered! To learn more about Epicure or to place an order with Brooke, please visit her website - <https://brookedemille.epicure.com/>
- To Posh & Cozy Clothing for their incredible \$1900 donation to Angel Whispers from their Pregnancy and Infant Loss Awareness Month Promotion. To learn more about Posh & Clothing's products, visit their website - <https://www.poshandcozy.com/>
- To Queen of Hearts for their support and generous donation of over \$800 to the Angel Whispers Program from their recent Peppermint Stix Christmas market fundraiser! To learn more about Queen of Hearts and their markets, visit their website - <https://www.qohearts.ca/>
- To the Andrews family for the fundraiser benefiting Angel Whispers in memory of Eric Andrews.
- To Cheryl Budziszyn, one of our Angel Whispers mommas for raising money for Angel Whispers; Cheryl bakes incredible cakes and in lieu of payment requests a \$300 donation to Angel Whispers!
- To DOW Canada for the donation towards our Angel Whispers Care Packages and Resource Library!
- To all the families who donate to cover the costs for our care packages, birth certificate keepsakes and memory box program.
- To the Rasmussen family and their friends and family for the generous donations made to Angel Whispers in memory of Spencer Keith Rasmussen.
- To everyone who has donated online through Canada Helps in memory of the sweet babies of our Angel Whispers families.
- To our Angel Whispers families that request donations from family and friends to Angel Whispers

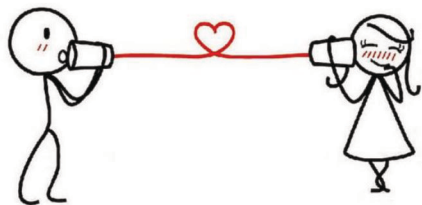
Thank You's con't. on pg. 16



Thank You's con't. from pg. 15

in memory of their babies.

- To Strathcona Family and Community Services for allowing us use of their meeting space! Even though we have been unable to use the space for most of this year due to COVID, we are forever grateful that when we can meet again in person we have a space to do so!
- To Shelley Duffin and Natasha Stelmach for generously donating their time to put care packages together and make sympathy and thank you cards for Angel Whispers!
- To Betty Dean for her ongoing support and creativity in designing our Angel Whispers newsletters!
- To all our Angel Whispers volunteers!
- To the 2020 Whispers of Hope Gala planning committee: Jacqueline, Clark, Kyla, Alana, Meagan, Crystle, Carol-Anne and Angela!
- To our 2020 Whispers of Hope Masquerade Gala Title Sponsor - Straightline Chrysler! Thank you Straightline!
- To everyone who supported the 2019 Whispers of Hope Gala. Whether you attended as a guest, volunteered your time, became a sponsor, donated a silent auction or raffle item or made a Wings of Hope Donation you made a difference! Over \$20,000 was raised in support of the Angel Whispers Baby Loss Support Program!
- Thank you to everyone who has donated towards the 2020 Whispers of Hope Gala originally planned for March 14, 2020. Because of the COVID-19 pandemic, the Gala has been cancelled, your donation will instead be used towards our online fundraisers early in 2021!
- Thank you to everyone who had purchased a ticket for our 2020 Whispers of Hope Gala who chose to donate the cost of their tickets back to the program in lieu of a refund!
- To our Angel Whispers families who donate to the program with the gift of time, financial contributions or gifts purchased in memory of their sweet babies to be donated to families in need, your generosity and giving spirit is so greatly appreciated!



What's Your **Love** Language?

About Angel Whispers



Angel Whispers was created by three moms in the Edmonton area who experienced the loss of their babies: one shortly after birth, one through miscarriage, and one through still birth.

It is a program of Families First Society of Fort Saskatchewan, a non-profit charity funded primarily through individual donations.

Donations, in memory of your baby, are acknowledged in our newsletter at your request. Charitable donation receipts are issued upon request.

Angel Whispers Care Packages

Angel Whispers sends out care packages to grieving families. Each package includes a special memento and strategies for coping. Birth Certificate keepsakes are also available. If you would like to receive or send a care package, please call us or email angelwhispers@familiesfirstsociety.ca.

Angel Whispers provides:

- Baby loss support group
- Miscarriage Support Group
- Subsequent Pregnancy Support Group
- One-on-one support
- Healing Hands Group
- Resource lending library
- Quarterly newsletter
- Special care packages
- Memory Box program
- Birth certificate keepsakes

To receive our newsletter or a special care package, please call 780.998.5595, ext. 225.



Families First Society
FORT SASKATCHEWAN

Families First Society is a non profit organization established in 1996. We are directed by a volunteer board and work in partnership with many community agencies to offer a variety of programs and services. Our programs promote positive parenting and early childhood development.

Families First Society offers parent education, programs for young children to learn and play, and family support services, as well as information and referral to other programs and services in the community.

Fort Saskatchewan Families First Society (main office)
9901-90 St. T8L 3T1 or Box 3285 T8L 2T3
Fort Saskatchewan, AB

Phone: 780-998-5595 Fax: 780-998-5503

Angel Whispers is a non-denominational program.

We honour and respect the individual beliefs of our families.

Upcoming Meetings

Because of the current Covid-19 pandemic, our in person support group meetings are suspended until further notice. Contact Lori-Ann at 780- 974-7054 for more information on virtual support group meetings.

For families seeking additional support please see:

<http://www.angelwhispers.ca/angelwhispers/support>