

Angel Whispers

Spring/Summer 2024

Sunny Spring Wishes to our Angel Whispers families and supporters!

This edition is coming to you later than we typically publish our spring/summer edition...why?

Well life happens, there is no other reason than that. However, as each of you I'm sure understand, life doesn't pause for the things we experience in life unless we allow for the stillness that is required. Life and loss happen simultaneously, grief and gratitude happen simultaneously and joy and sadness can happen simultaneously if we give ourselves permission to experience moments of joy amongst our grief. I am forcing myself to slow down amongst the chaos that life can be to spend time creating and formatting the content for this newsletter.

In our fall/winter edition, I focused on the topic of legacies. The legacies our precious babies leave in the short time they are with us and the legacies we want to leave in our lives. I alluded to the whispers I've been listening to about my legacy and what I want for my life. I am formally sharing that I have made the difficult decision to retire from Angel Whispers at the end of 2024, leaving the program in the very capable and loving hearts of several Angel Whispers volunteers who have expressed a desire to carry the program forward into the future. Each of these dedicated and caring volunteers has walked their own journey through the loss of a baby, taking time to grieve and mourn before deciding to volunteer with Angel Whispers as a way to honour their little ones and their legacies.

This will be my second last newsletter before handing over the reigns to those that will be carrying on my legacy. As I complete my final two newsletters I will be publishing shorter newsletters to make this part of the administrative side of Angel Whispers more sustainable should the new coordinators decide to carry on with newsletters twice each year. In the past, our editions have been anywhere between 10-18 pages which takes a great deal of time to produce. These next 2 editions will be shorter while still including the important elements that have become a meaningful part of each newsletter:

- Newly Discovered Angels
- Rainbow and Pot of Gold Baby Birth Announcements
- Healing Opportunities
- Fundraisers
- Support Group Meeting dates
- Thank you's

The Angel Whispers Baby Loss Support Program has been a big part of my life and my heart for the last 23 years. Finding purpose in my pain after the loss of my 2 angels, Loren and Brooklynn has allowed me the honour to support hundred's of families as they have experienced the heartbreaking loss of a baby. Please know each of your stories has touched my heart and has forever changed me.

It has been a true honour to be the Angel Whispers co-founder and Program Coordinator. Thank you to each of you



Angel Whispers continues to provide support to families grieving the loss of a baby to miscarriage, stillbirth, SIDS and neonatal death.

www.angelwhispers.ca/angelwhispers

"To inspire hope & healing and offer compassion & understanding to families devastated by the loss of a baby."

Email: angelwhispersbaby-loss@gmail.com

Phone: 780-974-7054



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for making a difference in my life. I will spend the next 8 months mentoring those that will carry Angel Whispers forward to ensure that this critical lifeline for so many families can continue for years to come. Thank you to these volunteers who share my passion for this program and everything it represents to those that it supports.

With Love and Understanding,

Lori-Ann

Lori-Ann Huot
Program Coordinator
Angel Whispers Baby Loss Support Program
Cell (780)974-7054
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www.angelwhispers.ca/angelwhispers

“To inspire hope and healing and offer compassion and understanding to broken hearted parents grieving the loss of a baby.”



Support means I will walk with you. I will not try to change you or how you feel. I will simply be here beside you.

Rainbow Baby and Pot of Gold Birth Announcements

Bennett MacLean Buschkiel

Born on October 19, 2023 weighing 9lbs 2oz to loving parents Amy and Adam and proud big sister Brynlee. Bennett and Brynee are watched over and protected by their angel sibling in heaven!

Aurora My Tien Goodwin

Born on February 17, 2024 weighing 5lbs 5oz to proud parents Rachel and Evan and loving big sister Adeleine. Aurora has three celestial siblings watching over her from above!

Myla

Born on March 20, 2024 weighing 5lbs 10oz to excited parents Megan and Ryan and loving brother Warren. Myla's angel siblings Amelia and Rivi are celebrating her safe arrival!



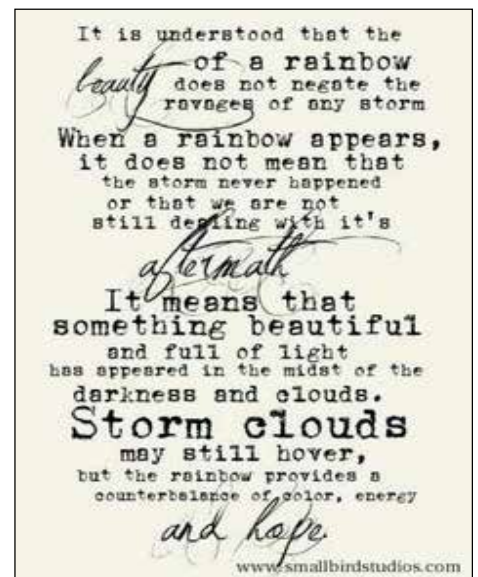
In Memory of our Newly Discovered Angels



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.

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!





Fundraising Opportunities



Online Silent Auction Fundraiser Benefiting Angel Whispers

Traditionally we have held an online Silent Auction in October to mark Pregnancy & Infant Loss Awareness Month. However due to the Tiny Footprints Gala being held in October supporting local baby loss programs, including Angel Whispers, we have decided to hold our online silent auction in May 2024 to mark International Bereaved Mother's Day.

The auction goes live on Sunday, May 5, 2024, bidding will close on Sunday, May 12, 2024.

Stay tuned to Facebook <https://www.facebook.com/groups/163872575936086> (or search 'Angel Whispers online Silent Auction') and our website, www.angelwhispers.ca/angelwhispers for more details about our silent auction! If you are interested in donating an item for our auction, contact Lori-Ann @ 780-974-7054 or angelwhispersbabyloss@gmail.com.

Healing Opportunities

Annual Spring Remembering Our Losses Memorial Service

- Date: Sunday May 26, 2024
- Time: 1 pm
- Location: Hainstocks Funeral Home, 9810-34 Ave. NW Edmonton
- Theme: Feathers

Every spring the funeral homes, hospitals, cemeteries and support groups in the Edmonton area collaborate to hold a special memorial service for families who have lost a baby. There will be a small ceremony and tea followed by a graveside ceremony at a cemetery TBA. If you are unable to attend but would like your baby acknowledged, please contact Lori-Ann at www.angelwhispersbabyloss@gmail.com

HEARTS Baby Loss Support Program

'Dreams Interrupted' Baby Loss Retreat

Date - TBA

For more information, visit the HEARTS website - www.heartsbabyloss.com



Tiny Footprints YEG Starry Night Gala

Date - Saturday, October 5, 2024

Benefiting the Angel Whispers Baby Loss Support Program and other local Baby Loss Support Programs.

The Tiny Footprints Foundation began in 2016 in loving memory of Riley Oriold. Through an annual gala, the organization has since raised over \$700,000 for pregnancy and infant loss programming in Calgary. We are pleased to announce that Tiny Footprints has expanded to Edmonton and is supporting community resources for grieving families in the capital region.

This is why we do what we do:

- 1 in 4 pregnancies end in miscarriage
- 1 in 167 babies in North America are stillborn
- 1 in 300 babies die within 28 days of birth

For more information on Tiny Footprints & the upcoming Starry Night Gala, visit www.tinyfootprintsyeg.ca

Healing Together through Pregnancy and Infant Loss



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Healing Opportunities

12th Annual Baby Steps Walk to Remember

For anyone touched by the loss of a precious baby, during pregnancy or anytime after birth.

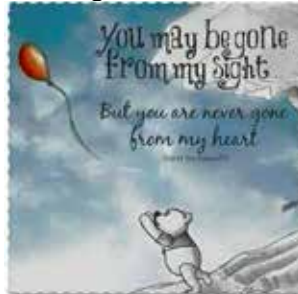
- Date: Sunday, September 8, 2024
- Location: Alberta Legislative Grounds
- Registration and details available <https://www.babystepswalk.com/>



Annual Angel Whispers Picnic and Bubble Release! Summer 2024

Our Angel Whispers families are invited to an afternoon of honouring and remembering our sweet angel babies. Please join us for our Annual Potluck Picnic and Bubble Release! Families welcome! We will no longer be doing a balloon release as we realize the environmental impact and potential harm to animals, instead we will be doing a bubble release.

- Please bring an appetizer, salad or dessert to share with everyone!
- Bring lawn chairs and/or a blanket to sit on. Information and date to be announced closer to the summer.



Stay tuned to Facebook and Angel Whispers website (www.angelwhispers.ca/angelwhispers) for date and details to be announced.

HEARTS (Helping Empty Arms Recover Through Sharing)

Baby Loss Chatline

The HEARTS Baby Loss Program offers a free online service for individuals who wish to connect with one of our team members for a personal and confidential session. The H.E.A.R.T.S. Baby Loss Chatline will be open from Monday to Friday during the week, with the following schedule:

- Mondays from 6:30 pm to 8:30 pm
- Tuesdays from 10:00 am to 12:00 pm
- Wednesdays from 6:30 pm to 8:30 pm
- Thursdays from 10:00 am to 12:00 pm
- Fridays from 6:30 pm to 8:30 pm

The H.E.A.R.T.S. Baby Loss Chatline can be accessed by visiting the website - www.heartsbabyloss.com and clicking on the chat bubble on the right side of the front page, bottom corner. The Chatline is not a crisis line and therefore is not available 24/7.

Angel Whispers Support Group Meetings

We returned to in person support group meetings in January 2023 after meeting virtually throughout Covid, however the in person meetings were not as well attended as the virtual meetings and therefore the decision was made to offer our monthly support group meetings exclusively through Zoom moving forward. Virtual meetings allow families to join from the comfort of their homes from any geographical location. All support group meetings are facilitated by trained Angel Whispers volunteers who have personally experienced the loss of a baby and have journeyed through their grief to a place that they want to give back and support others through their losses. To receive the Zoom link, contact Lori-Ann at 780-974-7054.

Baby Loss Support Group - 7-8:30 p.m.

- Sunday, May 5
- Sunday, June 2
- No meetings in July or August
- Sunday, September 8
- Sunday, October 6
- Sunday, November 3
- Sunday, December 1

Miscarriage Support Group - 7-8:30 p.m.

- Sunday, May 26
- Sunday, June 9
- No meetings in July or August
- Sunday, September 15
- Sunday, October 20
- Sunday, November 17
- Sunday, December 8

Subsequent Pregnancy Support Group - 3-4 p.m.

- Sunday, May 26
- Sunday, June 9
- No meetings in July or August
- Sunday, September 15
- Sunday, October 20
- Sunday, November 17
- Sunday, December 8



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

- Kathy Calvin

A **HUGE Thank You** to the following individuals for their generous support of the Angel Whispers Baby Loss Support Program! Your support allows Angel Whispers to continue to provide hope and healing to families devastated by the loss of a baby.

- Betty Dean for her ongoing support and creativity in designing our Angel Whispers newsletters!
- Debbie Oloriz for her ongoing support with our Angel Whispers website!
- To our Angel Whispers volunteers who have facilitated our monthly meetings over the last year - Bev, Trina, Angela, Cara and Ally!
- To our Angel Whispers families who donate to the program with the gift of time and financial contributions, your generosity and giving spirit is so greatly appreciated!
- To our Angel Whispers families that request donations from family and friends to Angel Whispers in memory of their babies!
- To Shelly Kubbernus for creating and donating Pregnancy and Infant Loss Awareness Ribbons and Forget Me Not Tea for our Angel Whispers care packages in memory of her daughter Zoe!
- To Alberta Blue Cross Hearts of Blue for the donation of Angel Wings for our Care Packages!
- To Angel Whispers families for their generous financial contributions to Angel Whispers in memory of their precious Angel Babies!
- To Christina Baines for her annual donation in memory of her nephew Nicholas!
- To Trish Galley for her annual donation in memory of her nephew Russell!
- To all the individuals & businesses who have donated towards our 2024 online silent auction!



Donations made to Angel Whispers along with our fundraisers help to cover the of: care packages, photocopying, postage, Angel Whispers website, Angel Whispers Zoom account, enhancing our resource library, training for our Angel Whispers volunteers, supplies for our annual Christmas Healing Hands ornament workshop and more!

A HUGE HEARTFELT THANK YOU to *Tiny Footprints YEG* for their generous support of the Angel Whispers Baby Loss Support Program through funds raised at the 2023 Starry Night Gala! Angel Whispers was one of the grateful beneficiaries of funds raised along with other local baby loss support programs! The Starry Night Gala raised \$40,000!



We are so grateful for the \$2,000 donation made to Angel Whispers! These funds will help Angel Whispers to continue to make a difference in the lives of families grieving the loss of a baby!

Coffee, Connection & Conversation

Our monthly Coffee Connection nights will continue to be offered in person, contact Lori-Ann at 780-974-7054 to register and for meeting location details.



Dates:

- Wednesday, May 29
- Wednesday, June 26
- Wednesday, July 31
- Wednesday, August 28
- Wednesday, September 25
- Wednesday, October 30
- Wednesday, November 27
- No Coffee Connection in December

Time: 7-8pm