

5 YEARS LATER

We hadn't expected it to be this way nor had we wanted it to be this way. A lot has changed with or without our choice. Our first and only baby girl Vayda Irene Oliver Porochnavy was born Aug 2-2006 and unexpectedly passed before our very eyes Sept 2-2006. We found out shortly that she had LCHAD which at that time the province of BC did not do newborn screening for LCHAD. They have now expanded the screening program and have included LCHAD as of Oct 2007. Horray for the next generation of babies. It's a hollow victory for us.

As time goes by we take it day by day. We have good days and bad days. Still wondering how and if and when that hollow empty spot in our hearts will ever heal. We have made progress to the point of getting up and out of bed and now back into the work force. Grieving definitely is work and a constant battle. At times there's no choice only to give in. Like you're bleeding. I often decline and withdraw from gatherings that involve a lot of little ones. Sometimes my soul and heart cannot cope, it's too heart-wrenching. I ask myself what can or what is the answer to this soul less void in my heart? Fill it with another child/ adopt? My biological clock is/has ticked. Soaking up religion? That's not my cup of tea. I do involve myself with sports which I truly enjoy. I work fulltime which too I enjoy. I visit family and speak with them often. I travel fairly often for a vacation. There's something missing? There's always something missing and I will keep searching to find it. Perhaps it just doesn't exist and I have what is worse known as "Broken Heart."

We have gone to meetings/support groups and we are at the point where now it's up to you, yourself to either mourn or live on. We do choose to live on, but that living road sure isn't a picnic. It is difficult and we struggle daily, but manage in a way we know best. We miss our little angel Vayda every day and visit her often at her plot. Writing this letter/short story to submit to the FOD site was very emotionally draining. I knew I had to do it. It's our story.

5 YEARS WITHOUT HER

VAYDA IRENE OLIVER POROCHNAVY

Aug. 6-2006 --- Sept 2-2006 Lchad no nbs at that time

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