S♥S

STORIES OF SURVIVORS

From My Heart to Yours

ISSUE THREE | NOVEMBER 2026

Gratitude and grief can live in the same heart.

A Note From My Heart

As Thanksgiving approaches, I find myself thinking about the people around our table and the ones we wish were still sitting beside us. I am grateful for the love in my life, and I miss Scott. Both feelings belong here.

If this season feels tender, please give yourself permission to be honest about it. You can enjoy a beautiful moment and still feel the ache of someone missing. You can change a tradition, say their name, or take a little time for yourself. There is no perfect way to do the holidays after loss.

This November, S.O.S. makes room for spiritual connection, the journey through infertility, and more honest conversations with people who have a story to share. I am also so happy to share an important step forward: Spirit of Scotty Inc. is now a 501(c)(3) nonprofit.

Thank you for listening, sharing, voting, and showing up with your whole heart. You help these conversations reach someone who may need them more than we know.

With love,
Serina

A new chapter for Spirit of Scotty

Spirit of Scotty Inc. is now a 501(c)(3) nonprofit focused on suicide prevention and public education. Carrying Scott's memory forward through compassion and connection means so much to me. If you would like to support this next chapter, I would love to hear from you.

To arrange a donation, message me at @smdansker

PLEASE VOTE FOR ME IN NEXT TOP HOST

Help me share more stories of survival and remind more people they are not alone. Your vote and your willingness to share this mission mean so much to me. Thank you from my heart.

https://tophost.org/2026/serina-dansker

This Month on S♥S

Join me on Sundays at 1:30 PM Eastern for new conversations about the things we carry and the ways we keep going.

NOVEMBER 1

Self Love Club Spiritual Journey

A special Self Love Club conversation making space for spiritual exploration and connection.

NOVEMBER 8

My Solo on Infertility

I am opening up about my own journey with infertility. If you have carried the longing to become a parent, I hope you will feel a little less alone.

NOVEMBER 15

Rich Dunning

Rich joins me to share his story in an honest S.O.S. conversation.

NOVEMBER 22

Michael Solomon

A new conversation with Michael Solomon. I look forward to sharing it with you.

NOVEMBER 29

A Thanksgiving Pause

There will be no new episode in honor of Thanksgiving. It is a wonderful day to revisit some amazing conversations from Season 1, including Brad Scott, Anna Raimondi, and Arthur Lih. There may be something waiting for you that you hear differently this time.

Watch and subscribe on YouTube

Listen to S.O.S. on your favorite podcast platform

From My Book

S.O.S.: A Lesson on Love, Loss, & Survival

My memoir holds my letters to Scott, his poetry, and the story of learning to live with a loss that changed everything. If our conversations have touched your heart, the book offers a more personal look at the love behind S.O.S.

Explore the book at www.SerinaDansker.com

IN OUR COMMUNITY

Come Say Hello in Norwalk

I would love to see you at the 10th Annual Norwalk Author Celebration. I'll be there with my book, S.O.S.: A Lesson on Love, Loss, & Survival, and I hope you'll stop by to say hello.



Saturday, November 7, 2026

10:00 AM to 4:00 PM Eastern

Norwalk Public Library
1 Belden Avenue
Norwalk, Connecticut

Come meet local authors, discover your next great read, and spend a little time with people who believe in the power of a story.

Writing S.O.S. gave me a way to share my love for Scott and the words he left behind. Being able to bring that story into our community means so much to me.

View the library's event details

A Heartfelt Thank You to Union 12 Design

A special shout-out to Union 12 Design for printing our S.O.S. T-shirts and helping bring this message into the world: "No matter what you're going through, I'm glad you're here."

To me, these shirts are a way to start a conversation and remind someone that they matter. Thank you, Union 12 Design, for helping us carry that message beyond the show. I am so grateful for your care and support.

Please show them some love at union12design.com

IN CASE YOU MISSED THEM

October Moments Worth Revisiting

October brought conversations I hope you will come back to. Here are a few moments that might make you press play.

Bethany Scott | A daughter's name lives on

Before she created clothing for recovery after birth, Bethany studied fashion and became a nurse. After the stillbirth of her daughter Campbell and her own C-section experiences, those parts of her life came together in the Campbell Core Collection, named for Campbell. Listen for how a deeply personal loss helped shape what she wanted to offer other mothers.

Listen to the conversation

Eric and Jodi Hannah | Resilience is something we can practice

Their work with young people moved from entertainment and special events toward helping them cope with hurt, pressure, and rejection. Their approach, "Face it. Release it. Replace it." gives families a starting point for conversations that can be difficult to begin. This one is worth sharing with a parent, teacher, or young person in your life.

Listen to the conversation

Barbara Rittner | There is still room to dance

My cousin Barbara talks about the guilt that can come with happiness after losing a child. She also shares the joy she has found through dancing, bocce, new friendships, and becoming a grandmother. Her conversation makes room for a question so many grieving people carry: Am I allowed to feel happy again?

Listen to the conversation

Jessica Koralus | Two small words that stayed with her

After years of caring for her father, Jessica had to figure out who she was without that daily role. His words, "Get up," became a starting point when life felt overwhelming. She also shares the meaning of the hummingbird behind KORAL Wellness. And a personal connection touched my heart: her dad and mine were both named Lester.

Listen to the conversation

Please Vote for Me in Next Top Host

Your vote can help bring S.O.S.: Stories of Survivors to more people who need to hear that they are not alone. Please vote and share my page with your friends. Every bit of support means so much to me. Visit the page for the current round and voting options.

Vote here: https://tophost.org/2026/serina-dansker

Scott's Words

My 8 Reasons Why

(5/12/2019)

You are my world,
You are my life
You are my reason why
You are my love,
You are my pride,
You are the reason why
You are my thoughts,
You are my lies,
You are the reason why
You are my queen,
You are my lives,
You are the reason why,
You are my reasons why and nothing will change my 8 reasons why.

Scott Dansker

I shared this poem in October, and I wanted to return to it as we enter a season centered on love and family. Reading Scott's words keeps his voice part of the conversation.

How Is Your Heart Today

Before the holiday plans fill your calendar, ask yourself what would make this season feel gentler. Maybe it is asking for help, leaving a gathering early, or telling a favorite story about someone you miss. You are allowed to make room for what your heart needs.

A little kindness to carry into November

Think of someone who may be facing a first holiday without a loved one. Send a message, invite them for a walk, or offer a specific way to help. You do not need perfect words to let someone know you are thinking of them.

You Do Not Have to Carry It Alone

In the United States, the 988 Suicide & Crisis Lifeline offers support for emotional distress or suicidal crisis.

Call 988 | Text 988 | Chat online

Stay in Our Circle

If this note brought someone to mind, pass it along. I would love to welcome them into our S.O.S. community.

Join the mailing list at www.SerinaDansker.com

@smdansker • YouTube @sosstoriesofsurvivors

No matter what you are going through, I am glad you are here.