



FORGET-ME-NOT

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WNYPBN, Inc.

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Executive Director

SAVE THE DATES

Inaugural Ride to Remember September 6, 2014

Oakfield—Alabama Baptist Church—Near Batavia—See page 4

Southern Tier Walk to Remember October 5, 2014

Ellery Town Park—Near Jamestown—See page 5

Buffalo Walk to Remember October 12, 2014

Cheektowaga Town Park—2600 Harlem Road—See page 5

Pregnancy & Infant Loss Awareness Day October 15, 2014

Acacia Park Cemetery—Tonawanda
Gavin's Light—Olean

WNYPBN MEMBER ORGANIZATIONS

Baby's Sweet Beginnings Lactation & Wellness Center	Kaleida Health Women & Children's Hospital of Buffalo Millard Fillmore Suburban Hospital	SICD: Sudden Infant & Child Death Resource Center
Brooks Memorial Hospital	Jones Memorial Hospital	Olean General Hospital
Catholic Health System Mercy Hospital Sisters of Charity Hospital	Life Transitions Center, Inc.	United Memorial Medical Center
The Center for Hospice & Palliative Care	Mount St. Mary's Hospital of Lewiston	WCA Hospital
Eastern Niagara Hospital— Lockport Division	Niagara Falls Memorial Hospital	Wyoming County Community Health System

LETTER FROM THE EDITOR

Lately, I've been having the most difficult time forcing myself to sit down and put the newsletter together. I don't know if it's because I'm having emotional issues with the subject matter, having to beg and plead to get articles, or am at my limit with how long I should have been the editor. But then, when I actually sit down and start working on it, I find that it is the most important thing I can do for myself and my fellow bereaved families. We need the

validation. We need the knowledge that we are not alone in our unending grief. We need to have time in our day to remember our babies.

Remembering our babies. That is a big part of the upcoming events this autumn. October is Pregnancy & Infant Loss Awareness Month. We need to break the silence about Loss! Too many people are hurting and cannot heal from being shut away emotionally about their babies gone too soon.

I hope that all of you can attend one of our Walks to Remember (the one in Cheektowaga or the one in Jamestown), or the October 15th Remembrance Day ceremonies (Tonawanda or Olean). I not only hope you can attend, but also hope you can talk to people about these events and YOUR loss. You are a parent, and you deserve to talk about your baby.

Peace,



MISSION STATEMENT:

The mission of the Western New York Perinatal Bereavement Network (WNYPBN), Inc. is to assist the community to meet the needs of people facing the pain

of perinatal death. We promote standards of bereavement intervention through educational support, community programs, and referral services to bereaved

parents. The WNYPBN supports an established standard of care following a perinatal death, regardless of the facility where the birth took place.



Network News



From the desk of Christine Scott
WNYPBN Executive Director



Bereaved Mother of Jacob Wesley Scott—May 27, 2000

Buffalo Summers are like a whirlwind... before we know it fall will be upon us. "Whispering Winds" is the theme for this year's Pregnancy Loss & Awareness Month's events throughout the month of October. The Walk to Remember, October 15th Memorial Services and other planned activities are designed to bring grieving parents together to be surrounded and supported by the love of their family and friends in order to honor their babies short lives.

A thousand winds that
know my grief
Whisper your name
to my broken heart.
And in the torrent of sorrow,
I find no relief
that you and I have been
ripped apart.

Yet I find that my soul finds
solace and peace
when I no longer walk alone...
For the whispering winds
call other names, too-
and this sadness
is not just my own.
~DBK

Please remember you are not alone and join us at one or both 2014 Walks this year. The 2nd Annual Southern Tier Walk to Remember will be held on October 5th at Ellery town Park near Jamestown N.Y. The 22nd Annual Walk to Remember will be held on October 12th at Cheektowaga Town Park. Invitation/Registration form will be arriving in homes soon. Website registration and the opportunity to create a memorial page will be available by the end of July. For more information on all Pregnancy Loss & Awareness Month activities please see page 9.

This Spring and Summer has been filled with a flurry of activities. Some of our Highlights are:



Pictured above: Bereaved Moms, Lisa Jerebko and Christine Scott, at the flower release into the Niagara River at the Parent's Day Breakfast

The Wings of Love Parents Day Breakfast that was held on May 10th at ACQUA Restaurant was a beautiful, unique and serene event that honored us as parents as we paid tribute to our children who are no longer with us. I would like to sincerely thank everyone who made this morning beautiful and to John Newman Mission Community, Thomas T. Edwards Funeral Home, Mount Calvary Cemetery Group & Elaine's Flower Shoppe for your generous sponsorship.

The 3rd Annual Elegant Evening

to Remember was a huge success, as we recognized and honored those individuals who have made a significant impact in our bereaved community, while paying tribute and remembering those tiny individuals who have left such a big imprint on our hearts. Over \$15,000 was collected at this event, which will be used to support the various programs of the WNYPBN.

I was recently asked to be a guest presenter and educator with the Community Consortium Members of the Perinatal Network of Monroe County. At this event, over 25 community leaders were able to learn about the programs and services the Network provides our community. I will be visiting the Hornell area in late August to assist them with the beginnings and set-up of their bereavement program. We offer education in-services and work closely and support all of our 13 Labor & Delivery Hospitals in our 8 county area.

Please join us for the Ride to Remember family Five-Mile Fun Ride or 20-Mile Ride on September 6th to support programs of the WNYPBN. This event is being hosted by the Pritchett family in honor and remembrance of Helen Lois Pritchett (January 4-13, 2012). For more information on this ride please see page 4.



Honorees for the Third Annual Elegant Evening to Remember

*"Your Heartache is
someone else's hope.
If you make it through,
somebody else is going to
make it through.
Tell your story."*

-KIM McMANUS



Acacia Park Cemetery and the Wings of Love Memorial Garden. Bereaved mom, Sierra D'Agostino, honoring her daughter, Gisele Bella D'Agostino (10/02/13).

This spring the Personalized Bronze Butterflies were installed at the Acacia Park Cem-

etry. If you are interested in placing one of these beautiful remembrance tokens, please contact the WNYPBN (716) 626-6363. There are two installations yearly: one in the spring and one in the fall. The Fall deadline has been extended until September 1st. These butterflies can be installed at the Acacia Park Cemetery in Tonawanda or at the Lancaster Rural Cemetery. Engraved paving stones can also be purchased and installed for the Lancaster Rural Cemetery, only.

As I wrap up this edition of the Network News I would like to encourage all of you to join us during one or more of our October Pregnancy Loss & Awareness Events that will take place throughout the month of October. Let us unite together to create awareness about the pain of Perinatal loss

and the effect it has on families, break the silence, and honor our children who left this earth too soon.

"In life you can never be too kind or too fair; everyone you meet is carrying a heavy load. When you go throughout your day expressing kindness and courtesy to all you meet, you leave behind a feeling of warmth and good cheer, and you help alleviate the burdens everyone is struggling with."
~Brian Tracy

See you in October!

Sincerely,



Christine

THIS IS HOW YOU STOP THE WORLD

Last month, I was in a room with four hundred women, and we were laughing and crying and just BEING together. Halfway through our time together, a woman stood up and said, "Glennon, what would you say to help people understand the importance of *being there* for a friend who has lost a child? We lost our daughter, Ansley, seven years ago and most of our friends and family have just fallen away. Now on her birthday and Angel Day- I might receive a card or two. It's just not enough. Our baby is gone and we need the people who knew her to talk to us about her, but they don't. Everyone we loved is just silent about it. It makes me feel like Ansley is forgotten. It feels like the world is pretending she never existed."

I just looked at her for a long moment. The room was completely silent. It was clear to everyone that this woman had single-handedly escorted the four hundred of us into the most important moment of the evening.

I finally said, "What is your name?"

She said, "Jessica."

I said, "Jessica- you tell us. What would YOU

tell people to do?"

And she said, "SHOW UP. Show up right away and then keep showing up. Don't worry about saying the right thing, there is no right thing. Just say SOMETHING. Just tell us you haven't forgotten. And say their name. It's like people are afraid to *remind me of her*- as if I'm not already thinking about her every moment of every day. Everyone avoids her name- but we still need to hear their names spoken by people who loved them."

I thanked Ansley's mama for saying what we all needed to hear. For telling us that when it comes to tragedy- what a friend does is pull together all her brave and run towards the heartbreak and mightily resist the urge to try to fix it and instead just sit in it and soak up a little bit of the love and pain.

And then she says her name. Often. *Because your friend is still Ansley's mama, as certainly and surely and eternally and solidly as you are the mama of your babies.* That's who she STILL IS. Somehow now more than ever. She doesn't know herself any other way and she doesn't want to. And

so when you don't acknowledge that part of her, it's like you're not even there with her. She needs you to be there with *her*. *With Ansley's grieving mama.*

I said, "Jessica. I don't know what to say. But listen, I'll tell you one thing. Ansley's Angel Day is not going to pass silently this year. I know some people who would love nothing more than to stop and remember Ansley with you. They are the Monkees. You tell me Ansley's date and then you visit us on her day. "

And Jessica cried and we all cried together - all four hundred of us - for the loss of a baby girl and the pain of a mother and the soothing balm of women who rush toward each other and sit and cry with each other and just give up on saying too many words at all.

By: Glennon Doyle Melton

See more at: <http://momastery.com/blog/2014/07/14/stop-the-world/#sthash.oaN3aWXW.5tRjUr3y.dpuf>

YOUR SEARCH ENGINE

I've always been a Google girl. It's a "favorite" in my web browser. I search all sorts of random things with it. I even find articles and poetry for the newsletter with this search engine. That is all changing and coming to an end!

The DailyGood by goodsearch.com is my NEW search engine. The site is set up as

many homepages are: search window, some information about your account and some headlines that may interest you—in this case shopping opportunities. However, every time you use a feature of this account/website, one penny is donated to the charity of your choice. I chose the Western New York Perinatal Bereavement Network. This morning, just from me look-

ing some things up, \$0.03 is being donated to our Network. Think of how much money we can generate if a dozen or more people used this search engine.

Google is fine—but what have they done for bereaved families in our community?

By: Dawn Both-Kim

INAUGURAL “RIDE TO REMEMBER”

Saturday, September 6th, 2014

Registration begins at **9:00 AM**
Rides begins at **10:00 AM**

Oakfield Alabama Baptist Church
2210 Judge Road
Oakfield, NY 14125

“Ride to Remember” was created in loving memory of Helen Lois Pritchett by her family. The Ride to Remember will be held in Alabama, NY (near Batavia) on Saturday, September 6th, 2014. The Ride to Remember will raise funds for the WNYPBN, Inc., specifically to support the “Remembering Love in a Heartbeat” program. This program supports parents who are faced with a terminal pregnancy diagnosis, offering families the opportunity to have their baby’s heartbeat recorded on a device that is then placed into a



stuffed Bunny or Bear. This is an opportunity for the family to always hear their precious baby’s heartbeat... another beautiful memory.

Helen’s Story...

Two years ago, we were expecting our second child when we found out that our daughter, Helen, had a terminal condition. Through a series of counselors, we were given the Western New York Perinatal Bereavement Network’s (WNYPBN) contact information. This organization provided our family with much support. One of the most treasured items we have of our daughter is a recorded heartbeat from our sonogram appointment. The WNYPBN provided us with the recordable sound box that we took to our appointment & we were able to record her heartbeat. We then made a stuffed animal with the heartbeat device inside.

The purpose of this ride is to support the programs of the WNYPBN, especially the new program, “Remembering Love in a Heartbeat.” This program will provide families facing a similar situation the opportunity

to have their baby’s heartbeat recorded and placed in a bear or bunny so they will always be able to hear their precious baby’s heart beat... another beautiful memory.

There will be two routes offered: a **Five-Mile Family Fun Ride** and a **20-Mile Ride**. Both the Family Fun Ride and the 20-Mile Ride will begin and end at the Oakfield Alabama Baptist Church. There will be a lunch and refreshments available when the riders return.

This Memorial Ride is Sponsored by:

Patricia Schnauer Bogart
Will’s Wallpaper & Floorcovering, Inc.
Lamb Farms, Inc.
Unicorn Specialties, LLC
Anesthesia Care Associates, PLLC
Don & Janet Sage
Genesee Feeds & Needs
Toyota of Batavia
Silver Lake Marine Inc.
Adam Miller Toy & Bicycle
Albion Teaches Association
Chiropractic & Wellness Services PLLC

Please contact the WNYPBN if you would like to participate! 716-626-6363.

By: Christine Scott

RETURN TO ZERO—MOVIE REVIEW

Return To Zero is based on the true story of a successful couple who are preparing for the arrival of their first child. Just weeks before their due date they are devastated to discover that their baby son has died in the womb and will be stillborn. Maggie and Aaron attempt to go on with their lives but cannot escape their postpartum grief. Their lives and relationship have been forever altered by this loss. They try to cope in a myriad of ways — through denial, escape, and alcohol — but when Maggie ultimately discovers that Aaron is having an affair with a co-worker, she decides to end the marriage. Just when Maggie believes she has started a new life, she discovers that she is pregnant by Aaron (from a last ditch ‘this will save the marriage’ getaway to Vegas.) With the help of an empathetic doctor who experienced a similar loss years ago, Maggie finally grieves for the loss of her son. Then she and Aaron must reunite to face a turbulent and terrifying pregnancy.

I watched this movie on its Lifetime premiere. I asked my husband to watch it with me, and I’m so pleased he did. We both laughed out loud at a few spots, and of

course sat morbidly still in others. The movie opened a dialog between us that we hadn’t had in a long time.

“I can’t believe he would go and have an affair, like that. They needed each other and they pushed each other away.”

Although he was happy that a movie was made about perinatal loss, he didn’t like the movie because they were “splitting up.” I told him that I knew of a few marriages that ended after their losses. I have to say that I feel so lucky that my husband feels that same bonding to me and I do to him.

My losses occurred during my third trimester, so the loss in the movie wasn’t unlike what I experienced. There is a point in the movie where Maggie’s mom confesses that she had a miscarriage. Maggie was about to dismiss it, when her mother points out that miscarriage is STILL a loss, where your hopes and dreams of the future are still destroyed. This causes Maggie to take pause and tell her mother that she was sorry she lost a baby. Her mother tells her that no one had ever said that to her before. This makes my heart break. I know it used to happen all the time: women were told to “forget and have a new baby.” And the Network meets so many women and

families that were never able to grieve for their lost babies because society would not have allowed for it. This is why we need to break the silence! So no mother or father or sister or brother has to hide the fact that they are grieving. Their loss is real and painful and should be addressed.

-Dawn Both-Kim

A lot resonated and some parts really hit home. I don’t want to ruin for others but I think that so many couples do have that split- the disconnect in communication- I totally remember the smoking on the back porch and trashing items! I also had a hissy fit at a store- they did that very well!!

-Stacey Stevens

There were so many profound parts of the movie that hit home: very powerful and validated many feelings of grief. This movie is Reality. Nobody grieves or handles their loss the same way, but anyone who experiences a perinatal loss can relate to a piece of this movie. Let’s continue to break the silence of perinatal loss.

-Christine Scott

TASTEFULLY SIMPLE FUNDRAISER

It's that time of year again: Time for the 4th annual TASTEFULLY SIMPLE fundraiser. And here is how YOU can make a difference. We are looking for a minimum of 7-10 people and/or families (or more) that would be willing to host a Tastefully Simple party. This can consist of (1) an in-home taste-testing party, where you invite friends over to sample some delicious foods, and order their favorite products or (2) collect orders by passing some catalogs around. All the while, you earn FREE products as the host. The best part is the profit from the party is do-

nated to "Wings of Love" Memorial Fund, in memory of your baby!

All parties need to be booked and held between 8/1/2014 - 9/30/2014, so that donations will reach Wings of Love in time for the Walk to Remember on October 12th.

Please contact BETH MOTT at (585) 492-1298 or via email (BethMottTS@yahoo.com) to book your party and help make a difference.

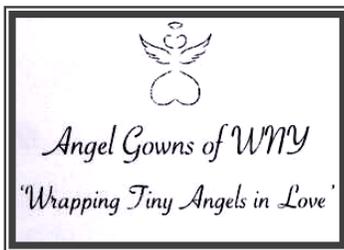
I look forward to each of you hosting a party

with your friends to help Wings of Love raise money to help those in need! Pick a night to party with your friends. We should be able to raise a huge amount towards Wings of Love and help those in need. Thank you, from the bottom of a very grateful heart.



Beth

ANGEL GOWNS OF WNY



Angel Gowns of WNY is dedicated to creating beautiful final-photo and burial gowns, handcrafted by volunteers from generously donated wedding and special occasion dresses, to offer comfort to grieving families during their time of loss.

Angel Gowns of WNY was started in April, 2014 by Missy Ray, after she was unable to find a local Angel Gown organization to which she could donate her wedding dress. Within a week of launching her own organization, Missy discovered the Perinatal Bereavement Network, which services 13 Labor and Delivery Hospitals across WNY. As

soon as Missy and Christine Scott, the WNY-PBN, Inc. Director, met, they knew that the two organizations were a perfect match in their efforts of serving grieving families in the region. The combined organizations have had the honor of distributing, free of charge, these Angel Gowns: a beautiful gift of love to families suffering from infant loss.

For more information on Angel Gowns of WNY and how you can help provide comfort to these families, please visit their website at www.angelgownsofwny.com or call 716-400-9032.

By: Missy Ray

I'M SORRY I CAN'T LIKE YOUR BABY

Every day, I get online and brace myself for what I know will be an onslaught of happy families with healthy babies and glowing pregnancies. I shuffle my way through pictures, announcements, kids wearing 'Big Sister!' shirts, balloons being released from boxes, and grandparents posting ultrasounds.

I sit and stare at each one briefly, part of me wondering what to do. The obvious answer would be - you like it. You push 'like' because you are their friend, or at least you know them through something, and that's just what you do. These people have been kind to you. They feel sad for you.

It's not your baby.

It's not your pregnancy.

Their announcement changes nothing for you.

They didn't get pregnant to spite you.

It's a life.

It's not your baby. Remember?

And yet. Every single time I scroll away. Hit 'unfollow.' Cringe and turn to something else.

I can't 'like' your baby - as petty as I realize that is. And I do realize it. I've been in your shoes 3 times. Wondering why friends with a loss couldn't be happy for me. After all - it wasn't their baby. It didn't have anything to do with them. Be happy for me.

I can't.

Somehow, liking your pictures and an-

nouncements is almost as if I cancel out my own sons. It's as if pushing that button means they didn't matter as much as they did and do.

Somehow, if I 'like' your healthy, alive baby - mine just fades that much further away.

I'm sorry I can't like your pregnancy, your photos, your smiles and laughter. I'm sorry it still hurts so bad to see your child come home and mine didn't even make out of the hospital. I wish it wasn't like this - but it is. I'm sorry I can't like your baby, but I can't. Right now, I have to hold on to anything that allows me to still love mine.

By: Diana Stone

<http://stillstandingmag.com/2014/07/im-sorry-cant-like-baby/>

Forget-YOU-NotS

In Loving Memory Of..

Michael Anthony Anderson April 5, 2005
 Always, Always in our Hearts!
 Love Nana & Papa xxxooo
 We love you always! Love, Mommy, Daddy & Mia
 Parents: *Michael & Kelly Anderson*

Lilya Raine Arena September 26, 2009
 Hugs to the sky, baby! Mommy, Daddy and little sister
 Willow love and miss you.
 Parents: *Kelly & Michael Arena*

Madelynn Paige Bukowski May 27, 2004
 Happy 10th Birthday Maddy! Even though we only held
 you for a little while, our hearts will hold you for all eter-
 nity. Love, Mommy, Daddy, Tyler and Lia
 Parents: *Christopher & Tara Bukowski*

Isabella Moon Comins April 28, 2008
 My beautiful dancing Angel Isabella Moon! You are
 loved more than infinity.
 Parents: *Vivian & Eric Comins*

Riley Croce March 8, 2010
Gabriella Croce August 3, 2010
Baby Croce December 9, 2013
 We love you always.
 Parents: *Dan & Lena Croce*

Madison Leigh Frankowski August 7, 2010
Baby Frankowski December 17, 2010
 Happy 4th Birthday Madison Leigh. We love and miss
 you. Wish we were celebrating with you!
 Love Mom, Daddy and Paige
 Grammy and Pappa
 Parents: *Candace & Andy Frankowski*

Cassandra Elizabeth Goldyn September 13, 1999
 We love you more than all the stars in the sky! Love,
 Mom, Dad & Chelsea
 Parents: *Sharon & Tom Goldyn*

Angelo James Guido May 30-31, 2007
Gregori James Guido May 9, 2008
 Sweet Angel Boys! You are missed so much. Fly high
 til we meet again.
 Parents: *Melissa & Greg Guido*

John Paul Jerebko November 18, 1999
 You will always be remembered
 Parents: *Peter & Lisa Jerebko*

Marrina Kim August 3-4, 2005
Ella Grace Kim June 8, 2007
 Happy Birthdays, my angels! We love you and think of
 you so very often. Please watch over us... now and al-
 ways.
 Parents: *Dawn & Mark Kim*

Baby 6 Kuhrt February 2012
Ava Kuhrt April 25, 2013
Isabella Kuhrt April 25, 2013
 Missing you every second of every day sweet angels.
 We wish that you were here to meet your new baby
 sister. You are always on our minds and in our hearts.
 We love you from the bottom of our hearts!
 Parents: *Lindsey & Jim Kuhrt*

Bud Charles Mott September 12, 2005
Theresa Marie Mott September 12, 2005
Baby Mott January 2014
 You are forever in our hearts, and thoughts. We love
 and miss you always, and know that someday, we will
 all be together again. ~ Love Daddy, Mommy & Alison
 Parents: *Timothy & Beth Mott*

Forget-YOU-Not's

In Loving Memory Of..

Andrew Thomas Paolini September 8-15, 2003
Baby Paolini August 2002
Baby Paolini October 2004
 Always missed; always loved; always in our hearts.
 Love, Mommy, Daddy and Sam
Parents: Becky & Charlie Paolini

Michael James Quigley October 24, 1992
 Mom thinks of you every day!
Parent: Debi Zmuda

Jacob Wesley Scott May 27, 2000
 We love you and think of you every day! Butterfly kisses, buddy! Love, Mom, Dad, Thomas & Mandy
Parents: Phillip & Christine Scott

Emery Nicole Tomaszewski April 28, 2010
 We miss you so much our precious little baby girl. Thank you for safely guiding your two brothers into the world. Carter speaks of you often and loves you without having met you. You are forever missed, forever loved, and never forgotten.
Parents: Nicole & Mike Tomaszewski

Poppy Wilder April 9, 2010
Baby Wilder July 22, 2010
Grace Wilder January 7, 2011
 Forever in our hearts... Love, Mom, Dad and Baby Brother on Earth
Parents: Janeen & Robert Wilder

Nicholas Anthony Wolff July 23, 1989
 I loved you for your entire life, I will love and miss you for the rest of mine. Keep watch over all of us, Nicky. Love you always, Mom, Dad, Eric, Ashley and Mark
Parents: Mark & Lisa Wolff

Grace Lee Zimmer April 12, 2012
 Until we meet again, fly sweet butterfly, fly! A moment in our arms, A lifetime in our hearts. Love, Mom, Dad, Hunter and Luke
Parents: Donna & Russell Zimmer

Anthony Francis McCooley-Viele June 2, 2005
Hope McCooley-Viele January 3, 2008
Nylah McCooley-Male April 8, 2011
 We all love & miss you guys! Love, Mommy, Shawn, Aaron, Alena, Javen and Vinny.
Parent: Starr McCooley

Nicholas Joseph Glomb August 19, 2009
 Happy 5th Birthday Nicholas!
 Mommy, Daddy, Katie and Emma miss you every day. Thank you for looking over your younger sisters. We'll love you forever, we'll like you for always. As long as we are living, our baby you'll be!
 Love, Mommy, Daddy, Katie & Emma
Parents: Tom and Kelly Glomb



Interested in Submitting a Memorial?
 Please email your baby's Forget-YOU-Not to:
forgetmenotnewsletter@hotmail.com
 Submissions are due by the 15th of the month
 prior to the issue month.
 Family members and friends are also encouraged to submit:
 not just parents!

Poetry

Solace in the Written Word

Whispering Winds

I hear them whisper your name,
those mighty winds that blow.
I know that you are close at hand,
the winds just told me so.

The direction from whence they blew,
I am not sure I know.
For only when I hear your name,
am I sure the winds did blow.

Caressing my face with a whisper ...
calling out your name,
the winds of delight entice me.
I will never be the same.

I will follow the singing wind.
where it leads me I do not know.
For the winds that blew you from me ...
will take me where I must go.

Upward into the hills,
calmly across the sea,
Hold on my love, I'm coming ...
The wind has beckoned me.

Free to wander and search this earth,
no matter how far that may be.
Free to follow the whispering wind ...
until it blows me back to thee.

I hear your laughter on the wind.
I try with all my might,
to reach out and touch you
on this windy night.

You must be getting closer
for I feel your whispered love.
I reach out my hand to you,
please find me, my sweet dove.

You grasp my hand in yours
and softly speak my name,
out of the whispering winds
We are together again.



What Makes a Mother—A Poem

I thought of you and closed my eyes; and prayed to God
today I asked what makes a Mother and I know I heard him
say... A Mother has a baby, this we know is true. But God
can you be a Mother, when your baby's not with you?

Yes you can, he replied with confidence in his voice I give
many women babies, when they leave is not their choice.
Some I send for a lifetime; and others for a day And some I
send to feel your womb, but there's no need to stay.

I just don't understand this God, I want my baby here He
took a breath and cleared his throat; and then I saw a tear. I
wish I could show you, what your child is doing today If you
could see your child smile with other kids and say "We go to
earth to learn our lessons of Love and Life and Fear, My
Mommy Loved me oh so much, I got to come straight here..

I feel so lucky to have a Mom, who had so much love for me
I learned my lesson very quickly, My mommy set me free. I
miss my Mommy oh so much but I visit her each day when
she goes to sleep, on her pillow's where I lay.

I stroke her hair and kiss her cheek; and whisper in her ear
Mommy don't be sad today, I'm your baby and I'm here." So
you see my dear sweet one, your children are okay Your
babies are here in my home; And this is where they'll stay.
They'll wait for you with me, until your lesson is through And
on the day that you come home; they'll be at the gates for
you.

So, now you see what makes a Mother, it's the feeling in
your heart It's the Love you had so much of; right from the
very start.

By Marge Tindal

Read more at: <http://www.netpoets.com/> © netpoets.com

Submitted by: Dawn Both-Kim

By Jennifer Wasik

Submitted by: Tara Bukowski

PREGNANCY & INFANT LOSS AWARENESS DAY

—OCTOBER 15TH

October 15th: Pregnancy & Infant Loss Awareness Day Memorial Services commemorate babies who have died due to miscarriage, ectopic pregnancy, stillbirth or early infant death.

The WNYPBN will be hosting our **Third Annual Pregnancy & Infant Loss Awareness Day Memorial Service** at Acacia Park Cemetery in North Tonawanda (4215 Tonawanda Creek Road North). The event will take place on Tuesday, October 15th at 6:30 PM with a Candle-Lighting at exactly 7:00 to help create a wave of light across the world! Please contact Christine Scott at the WNYPBN Offices to let us know you are coming! We want to make sure we can accommodate the number of families that

come. 716-626-6363 or via email at christine@wnypbn.org

The WNYPBN is again teaming up with Amy Buckner and **Gavin's Light Annual Pregnancy & Infant Loss Awareness Day Memorial Service** on October 15th. This event will begin at 6:30 PM at the Oratory of the Sacred Heart in Portville, NY (near Olean). Contact Amy Buckner for more information: gavinlight@yahoo.com

Yotality Frozen Yogurt is sponsoring the WNYPBN on Pregnancy & Infant Loss Awareness Day, October 15th! 15% of the sales will be donated to us when you mention the WNYPBN between 4:00 and 8:00

PM on October 15th. This sales event will be available at the Rochester-Brighton (12 Corners), Dunkirk, Orchard Park, Williams-ville and Elmwood locations only.

As if we needed a reason to want to eat frozen yogurt—well... now we have one! Please contact the WNYPBN for more information or see up to date information on our website: www.wnypbn.org

By: Dawn Both-Kim



WALKS TO REMEMBER

Southern Tier Walk

Sunday, October 5, 2014

Ellery Town Park - Jamestown

~

Buffalo Walk

Sunday, October 12, 2014

Cheektowaga Town Park

Registration begins at 11:00 AM
Program begins at 12:00 PM

Participating in the Walk to Remember is an opportunity to join with others who share a similar experience.

All are encouraged to attend and make the Walk to Remember a celebration of Life!

Again this year, we will sponsor two different Walks to Remember. The Cheektowaga Town Park or "Buffalo" Walk will remain the same as it has been during Columbus Day Weekend. The Southern Tier Walk again will be held at Ellery Town Park outside of Jamestown. These purpose

for TWO Walks is to accommodate more families in our Network. We realize that Cheektowaga is a far distance for those families in the Southern Tier, like Olean, Jamestown, etc.

Throughout the nation, parents, family members, friends and healthcare professionals gather to pay tribute to the approximately 870,000 babies who die each year due to miscarriage, ectopic (tubal) pregnancy, stillbirth or early infant death. For the parents who have experienced perinatal loss, this event is an opportunity to listen to beautiful songs and poems, plant a tree, and come together with other parents to remember their beloved children.

Like other memorial walks, the Walk to Remember promotes awareness about serious health-related issues, as well as raises money to help support those afflicted by a tragic loss. We ask that those participating in the Walk obtain donations to help support the Western New York Perinatal Bereavement Network, Inc. (WNYPBN). Although donations are not a requirement, they are encouraged.

Pennant-shaped signs with your baby's name(s) and honored date(s) will again be available to purchase. All newly ordered signs will be placed along the Walk path. You are welcomed to bring your previous years' signs to be placed by our volunteers.

We will also be selling Chocolate brown hoodies for this year's Walks. These will be available for Pre-Order with only a few available the day of the Walks on a first come-first serve basis. Pre-Order yours so you won't be disappointed the day of the Walks!

We are requesting a SUGGESTED registration fee of \$15 per person or \$30 per team/family. You can set up a memorial page in honor of your baby(ies) on our website to help you collect donations!

www.wnypbn.org/2014Walks

If you have the means, please utilize the website to register, collect donations, order your sign or hoodies, etc.

By: Dawn Both-Kim

BUTTERFLIES FOR BABY ANGELS—

REMEMBRANCE FLAGS

Bereaved mom, Crystal Swader, bereaved mom of Gabriela Joy Swader, will again be collecting Remembrance Flags to display throughout WNY to help promote Pregnancy and Infant Loss Awareness. The flags should be approximately 12x12 inches square with some extra material at the top

to attach to the string. The idea is that our messages will be sent by the breeze to our angels. Send them to :

Crystal Swader
PO Box 233
Clarence, NY 14031

For a visual representation of the flags see the album named "Flags for Baby Angels" on the Butterfly for Baby Angels' facebook page at <https://www.facebook.com/ButterfliesforBabyAngels>.

By: Dawn Both-Kim

Safe Arrivals

To Grant Others Hope

Kurtis Graeme Graupmann was born to Danae and Andrew Graupmann on May 13, 2014 weighing 7lbs 3oz and 20 inches long. A year and a week after his big brother Graeme Lee Graupmann was born to heaven on May 6, 2013, our Kurtis came safely into the world. We know our sweet angel is watching over us!

Candace, Andy and Paige Frankowski would like to announce the arrival of **Haleigh Mae Frankowski!** She and mom are happy and healthy! She was born on July 21 at 11:47 AM. She weighed 7pounds 13 ounces. The

family will always remember Madison Leigh (August 7, 2010) and Baby Frankowski (December 17, 2010).

Lindsey, Jim, and big brother Aidan proudly welcomed **Liliana Faith Kuhrt** into this world on July 2, 2014 at 8:26 AM. She weighed 7lbs 2oz and was 20 inches long. She was sent to us from above and is being watched over by her three angel baby siblings: Baby 6 (February 2012), and Ava and Isabella (April 25, 2013). We feel so incredibly blessed to have her here!

Cole Nicholas Tomaszewski was born on June 11th, 2014 at 5:17 PM. He was 7lb 8oz and 19.75 inches long. Together with his parents, Mike and Nicole, his big brother Carter will tell him about their big sister in Heaven Emery Nicole (April, 28, 2010).

Interested In Submitting Your Safe Arrival?
Please email your new baby's information as well as their heavenly sibling's information to: forgetmenotnewsletter@hotmail.com
Submissions are due by the 15th of the month prior to the issue month.



AREA SUPPORT GROUPS

"Tiniest Angels" Parent Bereavement Support

Miscarriage, ectopic pregnancy, stillbirth and early infant death

When: 3rd Wednesday @ 7 PM
30 S Cayuga Rd—Lower
Williamsville

FREE—Please call to register

Facilitated by Margaret Husted and Kelly Arena

Contact:

Christine Scott, (716) 626-6363



"Tiniest Angels" Support for Subsequent Pregnancy

Support for pregnancy after a perinatal loss

When: 3rd Tuesday @ 7 PM
30 S Cayuga Rd—Lower
Williamsville

FREE—Please call to register

Facilitated by Terri Fronczak

Contact:

Christine Scott, (716) 626-6363

"Tiniest Angels" Grandparent Support

Support for grandparents after a perinatal loss.

When: Last Tuesday of the month
@ 6:30 PM

FREE—Please call to register

Different craft projects every month.
Facilitated by Joanne Ferrelli and LouAnn Bajdas

Contact:

Christine Scott, (716) 626-6363

"Tiniest Angels" Support Groups are being added regularly. If you are in need of support, please contact the WNY-PBN office for information on a support group that is convenient for you! 716-626-6363 or Christine@wnypbn.org

Parent Telephone Support Team (PTST)



Speak with another bereaved parent who has endured a similar perinatal loss.

This service is a program of the WNY-PBN, Inc.

Contact:

Christine Scott, (716) 626-6363

Caring Arms Support Circle

Stillbirth and Early Infant Death

When: 2nd Tuesday @ 7:00 PM

Ministry Center, Rm #4

100 Gregory Ct, Williamsville

Next to Millard Fillmore Suburban

Contact:

Denise Hudden, RN, 716-568-6653

Circle of Hope

Death and/or Serious Illness—Niagara Hospice

4675 Sunset Dr., Lockport or

2186 Liberty Dr., Niagara Falls

Contact:

Outreach Dept. 716-280-0777

Footprints on the Heart

Stillbirth and early infant death

Call for further details

When: 3rd Tuesday @ 6:00 PM

Life Transitions Center

1140 Delaware Ave, Buffalo

Contact:

Amy Creamer (716) 862-1678



Heart to Heart

Early loss, miscarriage and ectopic pregnancy

When: 2nd Tuesday @ 6:00 PM
M. Steven Piver Center,
Sisters Hospital, Seton Bldg
2157 Main St., Buffalo

Contact:
Amy Creamer (716) 862-1678

**Hopeful Hearts /
Subsequent Pregnancy**

Support for pregnancy after a perinatal loss

When: 1st Tuesday @ 6:00 PM
M. Steven Piver Center,
Sisters Hospital, Seton Bldg
2157 Main St., Buffalo

Contact:
Amy Creamer (716) 862-1678

**SIDS Family Support Group**

SIDS and Infant Death

Joan A. Male Family
Support Center
60 Dingens St., Buffalo

Contact:
Jan Walkden, (716) 822-0919

Sibling Grief

Siblings 5 years and older

When: 2nd Wednesday @ 6:30 PM
First Trinity Lutheran Church
1570 Niagara Falls Blvd,
Tonawanda

Contact:
Tara Young, (716) 878-7681

On-Line Help and Internet Resources

The Western New York Perinatal Bereavement Network, Inc. (WNYPBN)
www.WNYPBN.org

Babies Remembered and Wintergreen Press
Babiesremembered.com

The Website of Sherokee Ilse: Bereaved Parent, International Speaker and Author of *Empty Arms: Coping with Miscarriage, Still-birth, and Infant Death* and many other books, including *Miscarriage: A Shattered Dream*

Baby Photo Retouching Service

www.babyphotoretouch.com

Transforms your precious baby photos through digital technology to correct some of the damaged image.

Bereaved Parents USA

www.bereavedparentsusa.org

A national non-profit self-help group that offers support, understanding, compassion and hope especially to the newly bereaved.

A Blog for Fathers When a Baby Dies

www.fathersgrievinginfantloss.blogspot.com

Born Angels Pregnancy Loss Support

www.bornangels.com

Provides links to pregnancy loss support, infertility support, neonatal loss support, and adoption resources.

Celebration Forest

www.celebrationforest.com

Allows you to plant a tree in honor of your deceased beloved one

CJ Foundation

www.cjsids.org/grief

A national non-profit devoted to eliminating the tragedy of sudden unexpected infant deaths and early childhood deaths, supporting grieving families, advancing medical research, furthering parent and professional education, and advocating for the health and survival of all children.

Compassionate Friends

www.compassionatefriends.org

Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a child, and helps others better assist the grieving family.

Facts About Miscarriage

<http://www.pregnancyloss.info>

The Grief Recovery Institute

<http://www.griefrecovery.com>

The action program for moving beyond loss

H.A.N.D.

www.handonline.org

—Help After Neonatal Death

Helping cope with the loss of a baby before, during, or after birth

Healing Hearts for Bereaved Parents

www.healingheart.net

Provides grief support and services to parents who are suffering as the result of the death of their child or children.

A Heartbreaking Choice

www.aheartbreakingchoice.com

For parents who have interrupted their pregnancies after poor prenatal diagnosis.

Hygeia.org

www.hygeia.org

An online journal for pregnancy and neonatal loss.

Memory Pendants

www.memorypendants.com

Use code: **112188** to receive a discount for families affiliated with our organization

Owner Chuck Huffman- L. Huffman Studios

M.I.S.S. Foundation

www.misschildren.org

Provides immediate and ongoing support to grieving families, empowerment through community volunteerism opportunities, public policy and legislative education, and programs to reduce infant and toddler death through research and education.

National Share Office

www.nationalshare.org

To serve those whose lives are touched by the tragic death of a baby.

A Place to Remember

www.aplacetoremember.com

Uplifting support resources for those who have been touched by a crisis in pregnancy or the death of baby.

Remembering Our Babies

<http://www.october15th.com/>

The official site of pregnancy and infant loss remembrance day.

Sudden Infant and Child Death Resource Center

(Satellite Offices in Buffalo, Syracuse, Albany, Manhattan & Long Island)

www.stonybrookmedicalcenter.org/SIDS

Stone Art Memorial

www.stoneartmemorial.com

The Right way to commemorate your memories.



**Western New York
Perinatal
Bereavement
Network, Inc.
30 S Cayuga Rd
Williamsville, NY
14221**

**Phone: 716-626-6363
Fax: 716-626-6368
E-mail: christine@wnypbn.org**



*Helping Families
Honoring Lives*

This newsletter is FREE for one year (4 issues) after your loss. If you would like to continue your subscription, please send \$5 to help defray mailing costs for an additional year. You may also find this newsletter for no cost whatsoever on-line at www.wnypbn.org. Make checks payable to WNYPBN, Inc. and send the completed form below to WNYPBN—Newsletter, 30 S. Cayuga Road—Lower, Williamsville, NY 14221. If you are receiving duplicate mailings, please let us know.

Name: _____

Address: _____

Phone: _____ **Email:** _____

Baby's Name & Honored Date(s):

Editors reserve the right to grammatically edit or reject materials submitted. Views and opinions in this publication are not necessarily those of the WNYPBN or its member organizations, but those of the individual authors.

If you would like to be removed from the mailing list, please contact the above address. Please know that we will be here for you if you need us in the future!

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Forget-Me-Not

