



FORGET-ME-NOT

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www.WNYPBN.org

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Executive Director

SAVE THE DATES

Caring Arms Support Circle's Annual Memorial Candlelight Service

December 14, 2014 at 7 PM

St. Gregory the Great Church

Women & Children's Hospital of Buffalo Remembrance Service

December 3, 2014 at 7 PM

Hellenic Orthodox Church of the Annunciation

Footprints on the Heart Annual Holiday Candlelight Service

January 2, 2015 at 7 PM

Sisters Hospital Chapel

For More information on all of these events, see Page 3

WNYPBN MEMBER ORGANIZATIONS

Baby's Sweet Beginnings
Lactation & Wellness Center

Brooks Memorial Hospital

Catholic Health System

Mercy Hospital

Sisters of Charity Hospital

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SICD: Sudden Infant & Child
Death Resource Center

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LETTER FROM THE EDITOR

Such a busy few months! October is Pregnancy and Infant Loss Awareness Month, and the Network hosted so many events. I hope you had a chance to attend at least one of them. Please look through this edition of the newsletter to see more information.

As always, I hope you will also find time to submit something to the newsletter for me to

publish in honor of your lost babies. It doesn't have to be long, or even grammatically correct (there is a reason I have this job! 😊). Please consider writing from the heart and sharing with our Network. Take a look at page 10 to see my emotional spill for ideas!

Also, please consider going to one or more of the holiday remembrance services. They

are always so lovely and meaningful... especially the first few years after a loss. (pg 3)

Finally, be kind to yourself during the holidays. Don't expect too much of yourself... always remembering that your baby would want you to be happy.

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

As part of the caregiving community for bereaved parents who have witnessed and personally experienced the loss of their child, I recognize that as a parent nothing is more important than their child. There is not a more tragic loss than the loss of a child. The need to grieve the loss of our children and have our many feelings validated is an essential part of our journey.

The WNYPBN continues to grow our programs and bring our families services that fulfill our mission, which is to assist the community in meeting the needs of people facing perinatal death: the death of a baby due to miscarriage, ectopic pregnancy, stillbirth or early infant death. As we still live in a society that is still sending mixed messages about the need to grieve a perinatal loss, we are making it our mission to create awareness and break the silence. October was filled with services and programs that were designed to do just this. We hosted two Walks to Remember that honored our families and our babies. Over 1100 babies were remembered in our program this year. These events pay tribute to all of our precious children gone too soon. Although the circumstances of our losses are greatly varied, we all share the common need to remember them and to love them. Over 900 people came together between both of our Walks to do just that. See pages 4-5 for more information.

On October 15th, we participated in this worldwide day of recognition of Perinatal loss and Infant death by hosting two Memorial services. Gavin's Light was held in Portville, NY

for our Southern Tier families. We also held one in Buffalo at Broderick Park - at the foot of the Peace Bridge alongside the Niagara River. At both of these services, we lit candles at 7 pm as a symbol of unified support. This was done in every time zone and provided a wave of light around the world. At the Buffalo service, we were able to light Chinese Lanterns that floated over the Peace Bridge which was lit in Pink and Blue. Niagara Falls on the American side displayed the beauty of pink and blue lights to commemorate this day. Our Canadian Friends at the PAIL Network had their side of the falls lit in purple. It was a truly beautiful site. Please visit our Facebook page or our website so see the incredible pictures. Our friends at Phillips-Lytle and the entrances of the Seneca Casino also had their buildings illuminated. What a beautiful display of community togetherness and support.

We, at the Network, wanted to thank all our hospital caregivers for all they have done and continue to do for families that have experienced the death of a beloved baby. Helping families through such a devastating loss takes courage, love and strength of heart. We want to make sure that our 13 collaborating hospitals and their staff know how grateful we are. Their compassion is greatly appreciated. I would like to thank all of the volunteers who helped me bake cupcakes and hand deliver these special treats, awareness pins, and thank you cards throughout this month: Leah Costanzo, Jan Walkden, Lisa Wolff & Denise Miller, Jennifer Pritchett, Jenine Linenfelser, Dawn Both-Kim,

Lisa Jerebko, Amber Hultgren, Rosemary Battaglia, Amy Buckner, Stefanie Kent, Rhonda Howard and I baked, decorated and/or delivered these treats. I truly do believe that each caregiver that bereaved parents have contact with along the way become the guide for that part of their healing journey. It is so very important that we keep promoting standards of bereavement assistance and intervention to our health care professionals.

Also we want to recognize Beth Mott, Laura and Dr. Andy Reyda, and Ashley Gorlick. These individuals organized Fundraisers to promote Pregnancy & Infant Loss Awareness. Beth is a Tastefully Simple consultant and has donated her proceeds from several Network parties throughout the month of October to the Wings of Love Memorial Fund. The Reydas, from Village Veterinary Clinic of Hamburg, donated half the profits of their appointment visits on October 15th. Ashley Gorlick from Yotality Frozen Yogurt organized five locations throughout Western New York to donate 15% of their profits for her October 15th Awareness Campaign.

Please help me in welcoming our new University at Buffalo Intern, Amber Hultgren. Amber is in her last year of the Masters of Social Work (MSW) program with the university. She has been very instrumental in assisting me with day to day Network tasks, has been assisting with our parent programs, all October Pregnancy and Infant Loss Awareness Activities, support groups, and so much more. Amber will be taking the lead with myself and several professional volunteers to plan

"I've learned that people will forget what you said, people will forget what you did, but they will never forget how you made them feel."

-MAYA ANGELOU

our 2015 professional conference: "Impacting Positive Birth Outcomes: Addressing the effects of Pregnancy Loss". Please see below for conference details. Welcome Amber! We are so lucky to have you on board.

I also want to thank the Prichett family for organizing the Inaugural Ride to Remember that took place September 6, 2014. The event was very successful and will support the programs of the Network, especially the Remembering Love in a Heartbeat Program which supports parents who are faced with a terminal pregnancy diagnosis. Please see our website and below

for more information about the event and the program.

With the crisp, hollowing chill in the air and turning of the leaves, Fall has arrived and so has the Holiday Season. This can be a very difficult time. Some suggestions for self-care: Remember your baby by lighting a candle, decorating the gravesite or memorial site. Take care of yourself by keeping a holiday diary of how the family is doing, getting plenty of sleep and eating well. Limit social gatherings by choosing the ones you feel give you the holiday spirit, or not attending some at all. Please don't feel you need to send cards this year. You

may also want to have a stocking, ornament or poinsettia in memory of your baby or change your current traditions. Consider attending one of the memorial services listed below. It is important to do what you feel is right for you and your family. Please know we are here for you and your family. The WNYPBN Board of Directors and I wish you all a blessed and peaceful holiday season.

No matter what day, month, year or season it is, the love for our babies will remain rooted in our hearts forever.

Sincerely,
 Christine

BIANNUAL PROFESSIONAL CONFERENCE

The WNYPBN is pleased to announce that its biannual Professional Education Conference will be held on Thursday, February 26th, 2015 from 8:30am to 4:00pm at Salvatore's Italian Gardens. The 2015 conference topic will be "Impacting Positive Birth Outcomes: Addressing the Effects of Preg-

nancy Loss". The presentations will help nurses, social workers, mental health and grief professionals, chaplains, and other support professionals assist families who have experienced perinatal loss in dealing with the challenges of a subsequent pregnancy.

Registration information coming soon!



If you have any questions, please contact Amber at

amberhul@buffalo.edu or call the WNYPBN office at 716-626-6363.

INAUGURAL RIDE TO REMEMBER

The WNYPBN, Inc. would like to thank the Pritchett, Ritter and Schnauffer families for organizing and hosting the Inaugural Ride to Remember in loving memory of Helen Lois Pritchett. You truly created a wonderful event in loving memory of a very special baby who will live on in your hearts forever!

We would also like to thank all the volunteers who donated of their time and talents to make this Memorial Ride a successful one! The event could never have gone on so smoothly without your dedication, and we thank you from the bottom of our hearts.

Sincerely,
 Christine Scott
 Executive Director, WNYPBN, Inc.

Sponsors:

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- Lockport City, Lodge Number 617
- Kreher's Farm Fresh Eggs, LLC.

Caring Arms Support Circle's Annual Memorial Candlelight Service

Sunday, December 14, 2014
 at 7:00 PM

St. Gregory the Great Church
 100 St Gregory Ct,

Near the intersection of St Gregory Ct and Maple Rd
 Contact Terri Fronczak (716) 743-1159

Women & Children's Hospital of Buffalo Remembrance Service

Wednesday, December 3, 2014

Hellenic Orthodox Church of the Annunciation
 146 W Utica St.
 (corner of Delaware)
 Buffalo 14222

Contact Sr. Brenda 716-878-7773

Footprints on the Heart Annual Holiday Candlelight Service

Friday, January 2, 2015 at 7:00 PM

At Sisters Hospital Chapel

Must RSVP by December 19th

716-862-1678 or acreamer@chsbuffalo.org

ADULT ONLY EVENT

HOLIDAY ROCKING HORSE RAFFLE

The WNYPBN, Inc. is raffling off this gorgeous, sturdy and hand-crafted rocking horse made in loving memory of Helen Lois Pritchett by her great-grandfather, Ken Schnauffer.

Tickets are \$5 each or 5 tickets for \$20. The Raffle will be held at the WNYPBN of-

fices on December 15, 2014—just in time for you to win a special holiday gift for a special child in your life.

All proceeds will benefit the important programs of the WNYPBN, Inc. Please contact Christine Scott for tickets: 716-626-6363

By: Dawn Both-Kim





The 22nd Annual Walk to Remember

The 22nd Annual Walk to Remember was held on October 12, 2014 at Cheektowaga Town Park. It was a beautiful and special ceremony that paid tribute to the over 870,000 babies who die each year due to miscarriage, stillbirth, ectopic pregnancy or early infant death. Nearly 700 family members, friends, health care professionals and volunteers attended and helped create a safe and calming atmosphere in which to remember our lost babies.



The Walk to Remember Pathway lined with Memorial Signs in honor of our babies

The Day was cool and sunny—a perfect day for our event! The wind made our beautiful “Butterfly Garden of Hope” flutter and sway while we all were attentive to the lovely and meaningful ceremony prepared by Christine Scott in the band shell. Family members and friends were able to view the service from the bleachers, while sitting in the warm sun. This format for the event made it so much easier to hear the poems and music, and was much appreciated by all.

Pre-registered families were given a personalized butterfly garden stake with their baby’s name and/or honored dates for the “Butterfly Garden of Hope” again this year. These stakes were placed in front of the



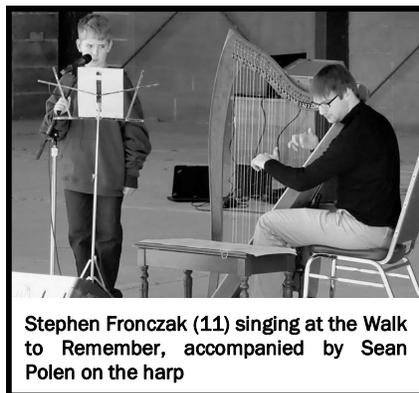
Butterfly Garden of Hope

band shell stage for viewing during the ceremony. All families were able to take home their stakes after the Walk program was completed.

We were again blessed to have Fr. Richard “Duke” Zajac give a Prayer of Gathering. His words and incite give so much peace and comfort.

Amy Buckner, Lisa Casper, Patrick Hultgren, Tim Mott and Christine Scott read poems and lit the candles during the ceremony (poems were printed in this edition of the newsletter, as well as Whispering Winds that was printed in V11 I3 of the Forget-Me-Not newsletter). Each candle marking points in our healing journey through grief.

Eleven year old, Stephen Fronczak, sang beautifully in honor of his sister, Jenna Mary Fronczak, accompanied by Sean Polen on the harp. Amy Buckner also sang during the balloon release, in honor of our babies gone too soon. We appreciate their lovely performances and feel lucky to have them as a part of our Network.



Stephen Fronczak (11) singing at the Walk to Remember, accompanied by Sean Polen on the harp

The Walk banner was presented by Amy Creamer (bereavement coordinator at Sisters of Charity Hospital), and MaryAnn Murphy (South Buffalo Mercy Hospital). So many of the bereaved families appreciate the support they receive from the hospital staff, including these two amazing women! We appreciate their assistance, support and love they show to the bereaved on a daily basis.

The Second Annual Southern Tier Walk to Remember was held at Ellery Town Park in Greenhurst, NY (near Jamestown) on October 5, 2014. Nearly 200 people were present for this beautiful event. We would like to recognize and thank Rhonda Howard for all the work she put into making this event wonderful!



The Southern Tier Walk to Remember

The Kids’ Zone this year was fun-filled for the little ones. Bounce houses provided by Leaping Beauty, Chuckles the Clown (Paul Chuddy), WNY Dental Crew, The Blue Cross—Blue Shield Healthy Zone Cruiser, along with myriad crafts and games made for a fun time while the adults could concentrate on the day.



MaryAnn Murphy (South Buffalo Mercy Hospital) and Amy Creamer (Sisters of Charity Hospital) presenting the Walk to Remember Banner

The lovely Walk to Remember logo was created by Vivian Comins, with help from Dawn Both-Kim’s poetic voice. The logo was printed on chocolate brown hooded sweatshirts that were sold for the Walk. There are still a number of these sweatshirts available for purchase, as well as previous years’ t-shirts and other Walk to Remember souvenirs. If you are interested, please contact the WNYPBN offices at 716-626-6363.

Finally, so much work goes into the planning of this huge event. Most people do not realize the countless hours and sleepless nights that make the event the amazing Walk that it is. Thank you, Christine Scott, for all you do! So many of us would be completely lost without you!

-Dawn Both-Kim

THANK YOU!

We would like to thank all of you from the bottom of our hearts, for dedicating the time, energy, and love into making the "Walks to Remember" so unforgettable! Without all of your help, the success of this event would not have been possible. All of the funds that we raised will ensure the success of so many of our programs and outreach to so many in the coming months.

To our friends, and families: all of you con-

tinue to make our invaluable work possible! All of your time, your love, and most certainly your presence! Please continue keeping the memories of all of our Angels alive and give us the ability to be there for so many more families.

Don't forget to keep up with us on Facebook, and at our website, www.WNYPBN.org and we look forward to seeing you all again throughout the year, whether it's at our

events, or perhaps one of our programs or services.

Our Heartfelt Thanks to You All,
Most Sincerely,
Christine Scott

Executive Director, WNYPBN
Carrie Smith & Laura Reyda
22nd Annual "Walk to Remember" Co-Chairs
Rhonda Howard
2nd Annual "Walk to Remember" Chair

SPONSORSHIP

We would like to give a special "Thank You" to Walk to Remember Sponsors:

Butterfly Sponsors

Catholic Health System:

Sisters of Charity Hospital &
Mercy Hospital of Buffalo

Women & Children's Hospital of
Buffalo

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ern New York

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Chapter

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James Grace Funeral Home

WCA Hospital

Fretthold Funeral Home

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WKBW—Channel 7—ABC

Family Picnic Donors

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Sahlen's

Pepsi Cola Company

Try-It Distributing

Farm Fresh Foods

Wendy's

Family Donations:

Thank you to all the families that made donations and collected funds to help support the important programs of the WNYPBN. These funds were collected both in person and via our website's memorial pages (www.WNYPBN.org). This website is still available to continue to collect donations toward this worthy cause!

Team Lilya (Arena Family), The Ingalsbe Family and Caden's Crusaders (Hurley-Lynch Family) for bringing in well over **\$1,000 in donations** each!

\$400 & over

Team Madelynn Page

We Believe in Miracles

Ortiz Family

Kim Angels

Parrinello Family

\$200 & Over

Team Emily Ann Jank

Team Maddie

Team Backstrom

Mini-Wheats

Team Marchese

Team Heigl

As well as all of the other families and friends who donated what they could to support our worthwhile event!!

Thank you to the following for their donations of time and talent with the following:

Programs printed courtesy of
Parrinello Printing

Signs printed courtesy of
Hale Expo Services, Inc.

Sound System
& Music courtesy of
Tim & Beth Mott

Flowers courtesy of
Elaine's Flower Shoppe
Girton's Flower Shop

Flags for Baby Angels
Crystal Swader

Popcorn Machine courtesy of
Alison & Terri Courtney

Kids' Zone
Leaping Beauty (Bounce House)
Dollar Galaxy
Anne Neaf
Paul Chuddy (Chuckles)

Photography courtesy of

Tim Maloney
John Curr
John Radens

Wings of Love Table courtesy of

Rhonda & Brad Howard
Dianne Pierce
Custom Design by CAZ ~
Jennifer Rommel

Volunteer Groups

Clarence Youth Program
Erie County RSVP
**Blue Cross/Blue Shield Health-
Zone Cruiser**
WNY Dental Group
Women of AT&T

Finally, a most sincere thank you to all of the DAY OF volunteers and the Walk to Remember Committee Members who gave so much of their time to make this event the beautiful day that it was:

Buffalo Walk Committee:

Kelly Anderson, Kelly Arena, Renee Backstrom, Molly Bigaj, Dawn Both-Kim, Melissa Browne, Lisa Casper, Vivian Comins, John & Noreen Curr, Stacey Davis, Terri Fronczak, Dawn Gayadeen, Sharon Goldyn, Amber Hultgren, Lisa Jerebko, Christy McKenzie, Becky Paolini, Sarah & Chris Parrinello, Laura Reyda, Carrie Ann Smith, Janeen Wilder, Donna Zimmer, and the WNYPBN Grandparents Group

Southern Tier Walk Committee:

Howard Family, Pierce Family, Mease Family, Tina Sudul, Jenny Rader, Amanda Hagg, Robb Jones, Denny Gray, Jo Costantino, Donna Barber

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

Gavin Joseph Buckner September 15, 2009
Love you and miss you more every day! Love, Mama, Daddy, Zack, Bashy & Dominic
Parents: Amy & Ryan Buckner

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

Aurora Lee Gayadeen June 21, 2012 – Aug 3, 2012
We love and miss you so much! You are the light in our life.
Parents: Dawn & Leon Gayadeen

Cassandra Elizabeth Goldyn September 13, 1999
We miss you more than all the stars in the sky! Love, Mommy, Daddy & Big Sister Chelsea
Baby Goldyn 1997, 1998, 2001
You are the sun, the moon and the stars in the sky! Never forgotten, always loved.
Mommy, Daddy & Big Sister Chelsea
Parents: Sharon & Tom Goldyn

Brooke Marie Helper December 7, 2010
We miss you every moment of every day! Happy fourth heavenly birthday! With all our love, Mommy, Daddy, Ella, Molly & Cassidy
Parents: Patrick & Lauren Helper

Emily Ann Jank February 2-17, 2012
Hugs and Kisses from Mom, Dad and Austin. We love and miss you!
Parents: Heidi & Chris Jank

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 always.
Parents: Dawn & Mark Kim

Colton Maines Nov 27, 2013 – Dec 9, 2013
This month, we should be celebrating your first birthday. Hope you have a great birthday in heaven. Not a day goes by that we don't think about you. Love you, Little Man.
Parents: Danielle Long & David Maines

Anthony McCooey-Viele June 2, 2005
Hope McCooey-Viele January 3, 2008
Nylah McCooey-Male April 8, 2011
Anthony, each year, when September rolls around and your brothers and sister start school in any grade, I think to myself: this year you too should be starting school. I just imagine what you'd be doing in school. Would you have good grades? Would you be the teacher's pet? Thinking about how you'd be in middle school, going to dances and birthday parties for friends... I can imagine how close you Javen and Alena would be seeing that you are all very close in age. But in reality, I know these things weren't meant to be for you. God had your short life all planned out and he knew you before I did. I know you're safe in HIS arms and when it's my time, I'll see you in Heaven. 'Til then, know that mommy loves you and please continue to watch over us. ~ love mommy
Parent: Starr Viele

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

Adrianna Penrod-Campione August 24, 2014
We miss you every day! You are in our hearts. Not a day goes by that we don't see you in a butterfly.
Parents: Faith Penrod & Nick Campione

Forget-YOU-Nots

In Loving Memory Of..

Michael James Quigley October 24, 1992
Miss you more and more! 'Til we meet again! Love, mom
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

Lucas Kurt VanCamp-Smith July 7th, 2014
Ryan James VanCamp-Smith July 7, 2014
Mommy and daddy miss you so much! There isn't a second that goes by that we don't think of you. We love you boys with all our hearts
Parents: Karissa VanCamp & Dillon Smith

Grace Lee Zimmer April 12, 2012
Love you, baby!
Parents: Donna & Russell Zimmer

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



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

Baby with Wings

When my time on Earth is done,
Take me with you where you go.
Keep me safe in your heart,
And when you need me, I'll know.

You'll feel me in the wind,
As it kisses your cheek,
If you listen closely,
You can hear my soul speak.

I'll visit you often,
In your dreams, in a song,
But up here in Heaven,
Is where I belong.
I am safe and at peace,
the angels sing when I awake,
I met Jesus too, Mommy,
We even played patty cake!

God is with me day and night
He holds my hand when I cry,
I only shed tears when I see you sad,
When you bury your face and scream Why?

I have so many friends up here,
I see all my family too,
They hold & hug & play with me,
And they know I'm missing you.

But don't feel sad for me Mommy,
I'm doing amazing things,
And you're very special now,
Because you have a baby with wings.

By Katie Harrington
Bereaved Mother of Stefan William
Read at the Walk to Remember by Christine Scott
Bereaved Mother of Jacob Wesley Scott

Poetry

Solace in the Written Word

Still Would Have Chosen You

If before you were born, I could have gone to heaven and saw all the beautiful souls

I still would have chosen you

If God had told me, "This soul would one day need extra care and needs"

I still would have chosen you

If He would have told me, "This soul may make your heart bleed"

I still would have chosen you

If He had told me, "This soul would make you question the depth of your faith"

I still would have chosen you

If He had told me, "This soul would make tears flow from your eyes that could fill a river"

I still would have chosen you

If He had told me, "This soul may one day make you witness over-bearing suffering"

I still would have chosen you

If He had told me, "All that you know to be normal would drastically change"

I still would have chosen you

Of course, even though I would have chosen you, I know it was God who chose me for you

By Terri Banish

Read at the Walk to Remember by Amy Buckner
Bereaved Mother of Gavin Joseph Buckner

A Different Child

People notice

There's a special glow around you.

You grow
Surrounded by love,
Never doubting you are wanted;
Only look at the pride and joy
In your mother and father's eyes.

And if sometimes
Between the smiles
There's a trace of tears,
One day
You'll understand.

You'll understand
There was once another child
A different child
Who was in their hopes and dreams.

That child will never outgrow the baby clothes
That child will never keep them up at night
In fact, that child will never be any trouble at all.

Except sometimes, in a silent moment,
When mother and father miss so much
That different child.

May hope and love wrap you warmly
And may you learn the lesson forever
How infinitely precious
How infinitely fragile
Is this life on earth.

One day, as a young man or woman
You may see another mother's tears
Another father's silent grief
Then you, and you alone
Will understand
And offer the greatest comfort.

When all hope seems lost,
You will tell them
With great compassion,
"I know how you feel.
I'm only here
Because my mother tried again."

By Pandora MacMillian

Read at the Walk to Remember by Lisa Casper
Bereaved Mother of Casper Babies

Chrysalis Angel

From dawn cocoon we two emerged but briefly,
Wakened by Spring's new soft and hushing glow,
In lingering baths of dewy morning petals,
A caterpillar's dream; lovely and slow.

Summer birdsongs swelled by midday sunshine,
From Apollo's lyre; a healing sling,
When our Lord's strong and gentle zephyrs,
Lifted the warmth beneath our newborn wings.

Summer's daylight ebbed to Autumn evening,
As we briefly circled in our butterfly flight,
And our parents' poignant passion,
Released us from the earthly waning light.

And so we soared through Winter moonbeams,
Together stars that shine on Heaven's gate,
Artemis' Twilight loving Angels;
Our beloved parents we await.

Composed and Read by Patrick Hultgren
Bereaved Father of Shawn Paul & Ella Christine Hultgren

WHY DO I FEEL SO ALONE?

I was happily pregnant with my second child. I was 38 weeks - one more month to go. My due date was October 12! Then the unexpected happened. One day there was no heartbeat. My beautiful baby girl was Born Still on September 13, 1999. It's a day I will never forget. I had to bury our baby: my second child, my daughter's little sister, daddy's little girl.

My sister gave me a phone number for a lady she worked with that went thru the same thing. She said to call her. In my mind, I thought I don't want to talk to anyone, I am fine. I didn't want to hear about anyone else's loss but mine. I have a beautiful 3 yr old girl, and a wonderful husband. I have a great support group of my family and friends, I was managing and yet I feel so alone.

In November, I called a number and I spoke to Kathy Skipper. She was the head of the support group Caring Arms, at Millard Fillmore Suburban Hospital. I asked why I felt so alone. She said that it was grief. I said, "Oh."

At my first support group meeting, my husband and I told our story, then we listened to others tell their stories. We all cried together. We all understood what each other was going through. It was emotional, but in a way comforting. Each month on a Tuesday night, I attended the meeting. I cannot tell you how grateful I am for this group.

I have met the best supporting friends. They totally understand. They remember your child's birthday. They are not afraid to mention your Child's name. We can talk of our love for our child. They understand because they have suffered a loss. I attended this support group for a full year. The groups of friends I have met 15 years ago, are still my friends. They are there when I have a bad day - they understand and to pick me up. When I suffered the loss of my dad, and then a good friend's child who was 2 ½ died, they gave me the words I needed to hear. Sometimes it was just because someone said one of those really dumb things, and blew my mind.

After that first year, I often attended support group meetings close to my daughter's anniversary date. I cannot stress how important this group is. I honestly believe I would not be as far in my journey of grief as I am today, if it was not for this group. The people are truly amazing.

Should you feel so alone, don't hesitate to attend one of the support groups. They are run by truly caring and supportive individuals. Even if you attended one of them in the past, it may help you in your journey of grief, because it never ends. Something may trigger the sadness associated with grief at any time. When my daughter left for college this year, I again felt so alone. I truly believe when you meet a new friend it is for a reason. God gave me this wonderful group of friends for a reason. We all share the loss of a child, we all understand.

By: Sharon Goldyn
Bereaved mother of
Cassandra Elizabeth Goldyn 9/13/99

SUPPORT GROUP WAS MY LIFE-LINE

I lost my son in November of 1999, and I attended my first support group in December. I was scared to go and did not know what to expect. When my husband Peter and I arrived, we were greeted by Kathy Skipper the facilitator of the group. She gave us a hug and invited us to sit down. Slowly more people came and sat around the table: some alone, some as couples.

My first thought was, "Did these people, too, lose babies?"

Kathy Skipper started the dialogue by telling us what support group was and then shared her story with us. We then went around the table and each of us told our stories and we cried and cried...

I honestly do not know what I would have done without support group. I looked for-

ward to our monthly meetings and sometimes that was too long to wait. I became close with a few of the other moms in the group and we would meet for dinner or lunch in between our monthly meetings. We would cry and I really felt at that time these were the only people who understood the magnitude of my pain as they, too, were walking the same path of grief as I. It has been almost 15 years since my first support group meeting and I am still very close to those women who sat across the table from me sharing our deepest, darkest pain with each other. These are the women I can still turn to when I have a bad day thinking about what my son would have been like, and how he would have started high school this year. They understand and I know they will always be there for me.

At the time I lost my son, I also read many books about grief and did some on-line chat groups, but nothing compared to physically sitting across from someone who was feeling what you were feeling. I urge each new grieving parent that has lost to try support group at least once. I, too, was very afraid the first one I went to, but I am so glad I did go as I can't imagine my life without the friends I have made all because of our common bond... a very unique bond that very few people understand.

By: Lisa Jerebko
Bereaved Mother of John
Paul 11-18-1999



SUPPORT GROUPS IN JEOPARDY

In the age of technology, internet and the like, it is sometimes easier to sit in front of your computer than to get dressed, meet people face-to-face and talk about your baby that died. But there is one thing that a computer cannot provide: human interaction. Your computer cannot give you a hug, hold your hand or give you a sympathetic smile. Support groups can do this for you!

I definitely needed my support groups at the beginning. I feel so sad for those who do not experience the love and camaraderie. But so few people come to the support groups these days that holding them is becoming less and less effective or necessary. Please consider attending a support group and see how much it can mean to you!

"Tiniest Angels" Parent Support
When: 3rd Wednesday @ 7 PM
Contact: Christine Scott, (716) 626-6363

Footprints on the Heart
When: 3rd Tuesday @ 6:00 PM
Contact: Amy Creamer (716) 862-1678

For other area support groups, see page 11.

By: Dawn Both-Kim

Safe Arrivals

To Grant Others Hope

Cassidy Jo Helper was welcomed by her parents, Patrick & Lauren Helper on August 21, 2014. She was 8 lbs 13 oz and was 21 inches long! Her big sisters, Ella and Molly will tell her about their sister Brooke Marie in heaven (December 7, 2010)

Lillian Hope Stewart was safely born September 2, 2014 at 8:16 am to Margaret Husted and Zachary Stewart! She was 7 lbs 12 oz and 20 inches! She is beautiful healthy and strong! The family will always remember Aurora Lynn Stewart (July 22, 2009).

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.

LABOR & DELIVERY SIX YEARS LATER

As most of you know, I do a lot of volunteering for the WNYPB. I want to do this because of the profound loss and emptiness that exists in my life because of the loss of my daughters. Volunteering is my way of sending them an inter-realm hug... letting them know in heaven that I'm here on earth thinking about them.

Autumn tends to be my busiest time of year. Despite that, my dear friend, Christine Scott, asked me to help her with one more thing: would I be able to bake cupcakes and to deliver them to Sisters Hospital on Pregnancy and Infant Loss (PaIL) Awareness Day (October 15). As usual, I said yes without giving much thought. Help Christine? Yes. Help the Network? Yes. Do another "something" to make my daughters proud? ABSOLUTELY! It's a no brainer—I'm in!

Baking and decorating four dozen cupcakes wasn't such a huge deal. I love baking! I made pink and blue frosting and swirled them together with some white to frost the cupcakes, then added some pink and blue sugar crystals to make them just right! They were beautiful AND yummy! So yummy, in fact, that my dog was able to swipe two of them in the middle of the night!

I collected other volunteers' cupcakes, too. Then I was off to deliver five dozen to South Buffalo Mercy Hospital and six dozen to Sisters of Charity Hospital along with PaIL Awareness pins and a thank you card for the staff of L&D, post-partum and NICU departments at the hospitals.

I got a tip from a friend who is a pharmacist: pull up to the front door, and someone will come out and help you... especially if you have food!! So, I did. The guard at Mercy was great and even told the valet

that I should be allowed to leave my car parked at the curb in the U-Drive since I would only be a few minutes. Then he even grabbed a cart for me and took me to the L&D floor to help me deliver!

MaryAnn Murphy met me while I was delivering the gifts and my spiel! I thanked the nurses for all that they have done, are doing and will do for the newly bereaved. It means so much to so many that they put forth so much compassion and care for families who are hurting so much. So many of the nurses were truly touched that I was there with a gift in appreciation of THEM.

I realized that they were all a little tense and on edge. As it turns out, a mother had just lost a baby the night before my late morning arrival. I saw these nurses' concern for this woman. I saw the sorrow and defeat that they were experiencing on this family's behalf. Honestly, I have only ever been on the other side of the coin. As much as I have been told that the nurses ache for us, I only saw it from my side. It truly made me want to hug each one of them! THIS was why we were giving them a personal thank you. THIS was why I was there. THIS was so much more than a few hours in the kitchen and a couple of gallons of gas.

Next, I was on to Sisters. I was already feeling emotional after my experience at Mercy. Plus, Sisters was where my girls were each born. Being inside of that hospital makes my blood pressure sky rocket! And I've not been back in L&D in a visiting capacity since.

The guard at Sisters wasn't quite as helpful, but he did get a cart for me and watched the cupcakes while I parked in the lot. I finally had to make my way to L&D.

When I delivered my gifts to L&D and gave my oratory on how much bereaved families appreciate all of the caregivers, I looked around for familiar faces. Some looked vaguely familiar... but with Ella Grace, I was in the hospital for 24 days—I should know everyone! I finished and went on to Post-Partum and then to the NICU. All the while, I thought how un-eventful this trip was, and I should be home before I knew it! Then a young male nurse came to me while I was finishing my thank you speech in the NICU.

He said, "L&D just called and asked if you would come back down there."

"Of course!"

When I walked into L&D, I barely made it two steps before I saw them: Kathy and Siobhan. The two nurses who were my primary care-givers for my 24 day stint when I delivered Ella Grace. I just ran to hug them. I got a hold of them and just couldn't let go. They made everything bearable. They made a horrible situation in to a less traumatic one. They were the first reason I had been able to make it through. As I am writing this now, I'm still filled with so much emotion. How could these care-givers even possibly know how much they did for ME when I couldn't go back to thank them? And let's be honest... I couldn't go back. And I don't know if I ever could again.

This is one thing that I need all the people that I met in the hospital to know: I would not be here if it weren't for you. I think of every single one of you often. And I pray for you always. And I am not the only one... you should know that. Thank you.

By: Dawn Both-Kim
Bereaved Mother of Marrina Kim
and Ella Grace Kim



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

Facilitated by Joanne Ferrelli and LouAnn Bajdas

Contact:

Christine Scott, (716) 626-6363

"Tiniest Lights" Peer to Peer Bereavement Support

Miscarriage, ectopic pregnancy, stillbirth and early infant death

When: 3rd Wednesday @ 7 PM
Olean Public Library
134 North Second St.

BEGINNING NOVEMBER 19th!

Hosted by the WNYPBN, Inc.

Facilitated by Amy Buckner and Stefanie Kent

Contact:

Christine Scott, (716) 626-6363

"Tiniest Angels" Support Groups are being added regularly. If you are in need of support, please contact the WNYPBN 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 WNYPBN, 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



Footprints on the Heart

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



Please submit any articles, blurbs, photos, memorials, safe arrivals, etc. to forgetmenotnewsletter@hotmail.com

For information on Internet and Keep-sake resources, please view our website at www.WNYPBN.org

If you would like to volunteer for any of the WNYPBN events, on the Parent Telephone Support Team, or in our offices, please feel free to contact Christine Scott at 716-626-6363 or via email at Christine@wnypbn.org



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Perinatal
Bereavement
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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):

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Forget-Me-Not

