



FORGET-ME-NOT

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Christine Scott,
Executive Director

SAVE THE DATES

Save the Dates!	
Evening to Remember Basket Raffle	April 9, 2016
See page 8 for details	
RTS Bereavement Training	April 22-24, 2016
See page 8 for details	
Elegant Evening to Remember Gala	May 6, 2016
See page 7 for details	
Parent's Day Breakfast	May 7, 2016
See page 7 for details	
BB&G Charities Golf Classic	June 11, 2016
See page 9 for details	

WNYPBN MEMBER ORGANIZATIONS

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

LETTER FROM THE EDITOR

Looks like old man winter didn't forsake Buffalo after all! I don't mind the cold or snow. It makes me appreciate the warm weather even more!!

I truly hope everyone had a pleasant holiday season. It tends to be a difficult time for many of us, but somehow we muddle through. You never

know how strong you are until strong is your only choice.

Spring is always a busy time for the WNYPBN. We have so many events coming up, and I hope you will be able to join us for some of them!! The Basket Raffle is a wonderful time. Also, the Parent's Day Breakfast means so much to so many. If

you are able, please consider attending one or more of these events!

Please also consider submitting an article, a story or memorial for the next issue. This newsletter is special because it is BY YOU!

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

*“The Brightest Stars are
those who shine for the
benefit of others.”*

-ANONYMOUS-

THEME FOR THIS YEAR'S
ELEGANT EVENING TO REMEMBER

Happy New Year! As I reflect on 2015 there is one word that keeps coming to mind, and that is COURAGE! Courage is defined as strength in the face of pain or grief. On a daily basis I have been inspired and have witnessed the courage our Network of bereaved parents have displayed. It continues to amaze me the willingness one has to give back and help another by sharing their journey through volunteering, sharing their story on our website and in our newsletter, etc. From the bottom of my heart, I thank you for being so courageous! It truly helps to validate, support, comfort and give others hope.

I would like to acknowledge all our generous donors in 2015 that have supported the programs of our Network and our mission. We can't continue without you and are so grateful to all of you. A complete list of our generous donors is on our website in recognition and thanks for all they have done.

Our second Sibling Program Event was held on December 5th at Como Lake Park



Sibling Event at Como Park Lake Casino

Casino in Lancaster. It was a successful event that entailed arts and crafts and even a visit from Santa! The underlying force driving the event is encouraging bereaved siblings to recognize their loss and to communicate their feelings of grief in a safe environment with others who share a similar background.

The various bereavement departments at the large hospitals in the area held their annual holiday candlelight services. Each was a beautiful tribute to our lost angels, allowing families to remember and grieve during the often emotional holidays. Please consider partaking in one of these events next year, if you were unable this year.

With the new year upon us, we have many support services, education and recognition events lined up for an eventful spring. Specifics of all of the Spring Events and Services are described in this publication in greater detail.

The **Evening to Remember Basket Raffle** has been a wonderful success the past several years. We will again be holding the event at St. Gabriel's Parish Hall on the boarder of Lancaster/Elma (see page 8) on April 9th. If you wish to donate a basket in memory of your baby(ies), please contact the Event Chairperson, Cyndee Fahey. She can help you arrange a drop-off point for your basket! This event provides an opportunity different from the solemn events like the Memorial Services or the Walks to Remember. It is a

fun event with the excitement of raffles, music, refreshments and an overall good time. Many bereaved families have become friends over the years, having met at solemn events. The Basket Raffle provides a venue for them to catch up and grow their friendships in a lighter, friendly and more relaxing atmosphere. This is an adult only event.



We are teaming up with the Catholic Health System and hosting a **National RTS**

(Resolve Through Sharing) **Bereavement Training** on Perinatal Death on April 22-24, 2016. This is a comprehensive 2-day training known world-wide as the "Gold Standard" in perinatal bereavement education. The curriculum is modified regularly to reflect the latest in research, innovations in practice, and updated systems. Please see page 8 for all the details, and sign up today using the code to receive a discount!

We are celebrating our **5th Annual Elegant Evening to Remember Gala** this year. It will be held at Salvatore's Italian Garden Restaurant on May 6th (see page 7). This is a semi-formal event that honors health care professionals, organizations and volunteers for their efforts to assist the bereaved in our community. The previous years' dinners have raised much-needed awareness about perinatal death as well as much needed funds to bring the WNYPBN's programs to fruition.

The **Parent's Day Breakfast**, as always, will be held on the Saturday before Mother's Day, May 7th at ACQUA Restaurant (see page 7). This event holds a special place in my heart, as so many parents are not "seen" as parents because their babies are not with them. Mother's Day and Father's Day can be such a difficult time for so many, so we celebrate our parenthood by reading poetry, listening to beautiful music and releasing flowers into the Niagara River. I truly hope you and your families will consider joining us this year.

Save the DATE!!!! June 11, 2016, BB&G Charities will host their **2nd Annual Golf Charity Classic** to support the Wings of Love Memorial Fund. Please visit them at www.bbgcharity.org to register.

Please contact me at the WNYPBN Offices if you have any questions regarding this or any of these spring events! (716) 626-6363 or Christine@wnypbn.org.

As I bring this edition of my Network News to a close I would like to acknowledge Amber Hultgren, MSW, our temporary part-time Family Support Specialist. Amber was with us as an intern through the advanced learning MSW internship program at the University of Buffalo from August of 2014-May 2015. Amber has been in her current role since June of 2015 assisting all of our programs' needs, education, advocacy efforts, day to day activities, family support, grant writing, and so much more. Amber's last official day is January 30th, but will remain an integral

part of our team as our volunteer UB-MSW advanced learning social work facilitator mentoring our newest intern Maria Anderson. Welcome Maria! Amber's compassion, passion and ability to establish priorities add to her many attributes, we will truly miss her and wish her the best of luck in her new career journey and know she will experience success in any professional path she chooses to pursue. Good luck Amber, I will miss you!

Wishing you all the comfort of warmth and as we get through these last few months of the Winter Season.

Sincerely,

 Christine

DONATING THROUGH GRIEF

The dynamics of a women's body are amazing; being able to grow a life for about 40 weeks, withstand the pains of labor and delivery, and then produce the perfect nourishment for the newborn. Sadly, when demise occurs, it can be difficult to interrupt this process. The body usually continues to function with the understanding that birth is not a single event. Though a bereaved mother doesn't have a nursing, her body may still be primed to produce milk. In that instance, some mothers may want to quickly end lactation but others may be comforted by the option of donating through grief. Unfortunately, many bereaved mothers are uninformed of the possibility of sharing their babies' milk to help save the lives of others while honoring their angel baby. Perinatal professionals need to be prepared to offer both options for lactation after loss (cessation or donation) and to then support that mother's needs in implementing her choice.

Since Mothers' Milk Bank Northeast's first donation after loss in 2012, nearly 125 bereaved mothers have inquired about milk donation and nearly 70 have actually donated. As our first bereaved donor, Amy Anderson, explains below in her own words, mothers can find a deep sense of purpose in milk donation but are often, sadly, left unprepared for lactation after loss.

After Bryson succumbed to a 20-week battle for life from the womb, an induction tore his body from mine and a subsequent blur of events took place (among them, choosing a crematorium, final goodbyes, and being discharged from the hospital). I was completely numb. Reality only hit when my body revealed its profound grief through

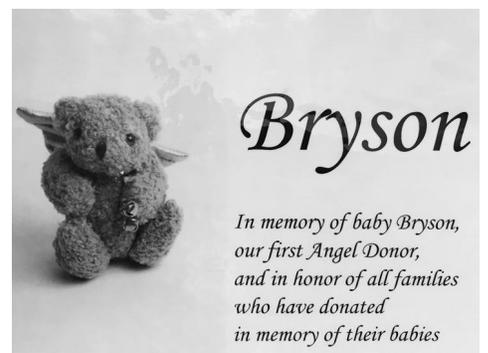
endless, agonizing tears of gold. I felt I had lost everything, including hopes, dreams, and my perfectly envisioned future, until I suddenly realized I still had a purpose as his mom and he still had something invaluable to share—his "liquid platinum," or pre-term breast milk, and a chance at life for other babies. My angels inspired me to see beyond my personal heartbreak and to brave the boundary between death and life, grief and purpose, hope and healing. I fondly remember, as I would express Bryson's milk every couple hours around the clock, feeling an overwhelming comfort and closeness to him. It was truly an expression of love! I had not expected this blessing in disguise. However, I discovered that love is all about the action, not the potential. The ability to love is placed inert into our hearts, but it only becomes real when one takes action and gives it away. My grief was so immense because I had an abundance of love for my angels, which they were unable to receive. As our legacy continues, I am increasingly inspired to share this love in remembrance of my precious little ones.

In honor of my four forever babies, 11,762 ounces of Bryson's breast milk was donated over an 8-month period; that's almost 92 gallons that was spread across at least 5 states and 3 different countries! Furthermore, my Joey Skylor, Bryson, Bean, and SweetPea have awakened within me an additional purpose as their mom. It has become a highly treasured mission of mine to be able to connect with and support other bereaved moms. After Bryson was stillborn, I unfortunately had to lead myself blindly through my body's postpartum pains due to commonly held misconcep-

tions, inexperience in the realm of lactation after loss, and societal views toward pregnancy and infant loss. Thanks to my journey, I have become passionate about advocating for the rights of bereaved mothers, spreading awareness and education about baby loss grief, lactation after loss, and the option of donating through grief. I have accepted this purpose with great passion as an expression of a mother's undying love.

For additional information about Mothers' Milk Bank Northeast, lactation after loss and donating through grief, please visit our website at www.milkbankne.org or contact Sybil Sanchez, New York Communications Coordinator, at sybil@milkbankne.org or (845) 482-4735. If you would like to support Amy's journey, please follow her on her Facebook page at <http://www.facebook.com/donatingthroughgrief>.

By: Sybil Sanchez, MMBNE New York Communications Coordinator, and Amy Anderson, MMBNE First Bereaved Donor



EMPTY ARMS

My story is not a unique one; I am a statistic just like the rest of you and the pain that I have endured is just as unbearably deep. The only difference between you and me may be the circumstances surrounding my loss. I have three children, one of which you would find attached to my hip and very much resembling every part of me and the other two you cannot see; they are in my heart and soul and dancing in the skies of heaven. I am a bereaved mother of two precious baby boys who were taken from me before I had the chance to know them. To say that I miscarried would mean that my pregnancy had failed or that my babies had "spontaneously aborted." This term doesn't exactly settle well with me. I prefer to remind people that I had a baby; two in fact. I did not miscarry, I had two sons that died because they were born too soon.

Looking back and attempting to find the words to tell the story behind my first loss, I realize that much of that part of my life is a blur. I was young then and still trying to figure out who I was as a mother and individual. My daughter had just turned one year old when I found out I was pregnant and I will admit this came as a surprise; a pleasant one, yes, but I will tell you the thought of having two children so close in age scared me, not to mention my relationship with my children's father was very turbulent. The thought of ultimately being a single parent to two children was even more frightening. However, I welcomed our surprise and I felt blessed beyond words... only this pregnancy felt different. I remember having several ultra sounds and tests done early on in the first trimester because I had been spotting for several weeks, but my somewhat sketchy doctor reminded me that this was normal and to take it easy. I don't know how a practically single mother to a one year old working two jobs can possibly take it easy, but I did my best. Only, my best apparently had not been good enough, or so I tell myself.

I went into labor at 17 weeks. I woke up in the middle of the night with an intense tightening around my lower abdomen. I remember telling myself that maybe it was Braxton-Hick's contractions like I had experienced with my first pregnancy, but as the pain intensified I thought, there was no possible way that this was a normal part of an early pregnancy. I went to the ER where I was given a shot of morphine that I did not ask for and doctors told me to quiet down as I was disturbing the other patients. Apparently labor was supposed to be tolerated in a calm manner, or maybe

the doctors in the ER really just didn't have a clue.

As soon as I was sent up to labor and delivery, time seemed to stand still. There was a part of me that wanted to hold on to my pregnancy for as long as I could. Then there was another part of me that just wanted to get the delivery over with so I could move on and forget. As I laid in the hospital bed, numb from my stomach down from the epidural, I contacted everyone I knew to inform them that I would be having my baby, only he or she would not be coming home with me.

My children's father stayed home, but not because he had to. My mom stayed with me right up until I delivered. The doctors told me I didn't have to push but I did anyway and I pushed hard. I couldn't feel a single thing but I wanted it to be over. The nurses asked if I wanted to hold the baby but I declined. This would turn out to be the biggest regret of my entire life. The baby was taken away and I buried my head into my mother's arms and wailed like a little baby.

Before I even had a chance to pick my head up, the nurse came in and whispered in my ear that I had delivered a little boy. My God, I still remember those words so vividly and it still hurts just as bad to hear them. That made it so much more real and the pain even more excruciating. Why?! Why did this have to happen to me? I left the hospital the very next day. I felt like they were just throwing me out to the curb and leaving me empty handed. I was empty handed. I left with nothing but the clothes I came to the hospital in and a few items that the nurses gave me to grieve my loss.

I didn't have time to mourn. I had to go back to real life and be a mom to this tiny little blessing that greeted me at the door when I got home from the hospital. When she looked at me, she didn't see the sadness in my eyes, she saw someone that she looked up to and idolized. I had to take care of her and protect her, and so I did. We started a new life and we never looked back.

When I think about it now, I contemplate whether or not it was too soon. Part of me thinks that I needed to deal with my loss, but then another part of me realizes that I wouldn't be who I am today had I not left that life behind when I did. The person that you see today is not the person that I was six years ago. I like to believe that the accomplishments that I have made and the

life I have today are because of the strength I gained from the loss of my son. I have always said that I would have lived my old life if that meant that I was able to keep my son Kade. But I didn't get to keep him, and now here I am. He gave me the strength I needed to find love again, to get an education and to be the best mom that I could be to my daughter.

I wish I could tell you that after my second loss I was just as positive and strong, but I would be lying if I told you that the loss of my second son made me even stronger. My second loss has made me feel like I have been broken into a thousand pieces and I can't quite figure out how to put myself back together. There are days when I don't even know who I am and there are other days that I don't really even feel present with the rest of the world.

My husband and I tried to conceive for three years before we found ourselves at an infertility clinic pleading for the chance to have another child. Justin adopted my daughter and naturally we wanted to add to our family. After five months of being poked and prodded and riding an emotional roller coaster from the all of the hormones I was on, along with the unsuccessful IUI treatments, we discovered that it had finally worked; we finally received our miracle. The four and a half months that I carried my baby was one of the happiest times of my life. I finally felt whole again and my husband and I felt like we had something to look forward to. Of course, every day with my daughter was a day to look forward to; she is without a doubt a blessing on her own. But, our baby gave us even bigger things to look forward to as a family. My daughter Addison kissed my belly each day and begged for a little brother. Justin and I just wanted a healthy baby and we were promised that with each ultrasound when we were told that our baby was growing normally, and then again when we heard our baby's heartbeat for the first time.

"The heart rate is perfect" they said. At 12 weeks our doctor declared that we were now in the safe zone. I spited her for saying that as I knew all too well that there really was no "safe" zone in a pregnancy. Justin and I knew that it was a possibility that we could lose our baby; of course we knew that. Naively though, we also thought, how could it possibly happen a second time. Boy, were we ever so wrong.

My water broke on August 3, 2015 and so began a weeks' worth of an emotional roll-

er coaster, to say the least. When we arrived at the ER it was like I was watching myself six years ago. Everything played out just the same in the beginning, only this time I demanded to be sent up to the labor and delivery room and refused to be overlooked by an ER doctor. Two hours later they finally answered my request and sent us to L&D. Justin and I were looking for any other answer but the inevitable. We laughed and said, maybe I peed myself, or maybe there was a second sac that had never matured and it was ridding of itself. Sounds crazy, I know. But we had to believe something else for just a little while; we had to hold on to some kind of hope.

Our hope was soon shattered into a thousand pieces. Once we arrived on labor and delivery, the nurse held the Doppler to my shrunken belly and professed that the baby no longer had a heartbeat. Justin and I held onto each other and cried like we had never cried before. After we let it sink in, for just a moment we convinced ourselves that this was it and we were going to be ok. That was until we were taken downstairs to get an ultra sound and witnessed our sweet baby bouncing around in my womb. We had no idea what to think or feel, so we just cried. Only this time we cried because we were relieved that our baby still had a fighting chance, and so we gained back a little bit of hope. Three days went by and our baby was still holding on. I had no fluid left but we were assured that if I just kept drinking water, the amniotic fluid needed to protect the baby would build back up. We were released from the hospital with strict orders to be on complete bed rest until the baby's lungs were mature enough, and from there we could deliver.

Eight more weeks we thought; our baby just needs to hold on for eight more weeks. I was more afraid than I had ever been in my entire life, but I had hope. Just a few hours after being released, however, we were right back on that crazy roller coaster ride. My vitals spiked and my husband rushed me to a larger hospital. I was dizzy, weak and shivering in the 80 degree weather; something wasn't right. I was in labor by this time, but this was different. My body was going into septic shock and I had a severe infection because my uterus had been exposed to bacteria after my water had broken days before. Doctors pumped my body with antibiotics and prepared me for labor. Only this time I was denied an epidural. I was given a pain killer in my IV, but that quickly wore off and I felt every single agonizing contraction that was preparing my body to thrust my baby from my womb. I needed to feel the pain; I needed this to be real. I pushed with every ounce of strength that I had and I

screamed while doing so. I screamed because it hurt like hell both physically and emotionally. I felt my baby's tiny fragile body being torn from me and I heard the slashing of the scissors when they cut the cord that was binding us together. I watched the nurses carry my baby away and I laid there empty.

I was so weak and drained. It was when the nurse came in and told us our baby was a boy that Justin and I lost it. It was at that moment that my nightmare had finally become a reality. But then we held him and stared at all of his perfections and we were reminded yet again that this really had happened. Our son lay lifeless in our arms just as flawless as ever. He had my husband's nose and my round face. We were left wondering if he would have had my silly personality or Justin's strong hands. For the next three days while I was recovering from the infection, I met a different side of my husband and we bonded like we never had before. I fell in love with him all over again, or maybe I felt a deeper kind of love towards him because we had just experienced the worst tragedy of our lives. We received the best care during our stay. Nurses frequently visited our room and gave us words of wisdom, inspiration and strength. I didn't want to leave because there I felt like the nurses were the only ones in the entire world who could possibly know what we had just been through; after all, they were bereavement nurses and each of them had a story of their own.

But our time had come and we were finally released from the hospital. From there we drove to a funeral home to make arrangements for our son Brody to be cremated. The woman sitting behind the desk making note of every detail had asked "did he breathe?" I thought to myself, what the hell do you mean did he breathe?! Does the fact that he didn't take a breath outside of my womb make him any less of a child? I knew why she asked though; I knew it was part of the process in her profession. But right then I felt like she, along the rest of the world, had thought that because our baby didn't breathe when he was born, he was less of a child and more of just a lost pregnancy; you know, just a miscarriage.

Justin and I went home and I went on just floating through my everyday routine. I don't know much about how he was handling life from there because I didn't ask. I selfishly had to worry about my own emotions before I could handle someone else's. Yet, I found myself comforting others when they would confess how sorry they were for our loss, and that made me angry. I, coincidentally, was angry at people for sending

their condolences and then for not acknowledging our loss at all. I guess it went both ways because if people acknowledged us, that meant I had to regard their feelings towards our loss when I only wanted to regard my own; but if they didn't acknowledge our loss, that meant they didn't care.

I was facing a whirlwind of emotions for a few weeks after we lost Brody and I remember lying in bed one night crying to my husband about how I just wanted to be me again. And so he said, "You will never be you again, Amy. There is a part of you that is gone but there is going to be a day that you will become a better you."

Gosh, he is incredible, and he is right. Though I haven't quite found that "new me," I know that she is on her way there; slowly, but surely. There are days when my husband will come through the door to find me dancing around the house with the dog. I will laugh at something ridiculously stupid and cry tears of amusement. But then there are days that come out of nowhere that just hit me like a ton of bricks and I am reminded that I still have empty arms.

Losing Brody came to me as an even bigger loss than Kade. I have no explanation why; maybe because of the circumstances or maybe because as I get older I am more present and conscientious of my experiences. Regardless, my arms are empty and I am mourning the loss of my two sons. It doesn't ever really go away, the grief just tucks itself deep down inside of me and comes out when least expected and I crumble like a house of cards. I am so resilient though. And I know that I am strong, even on the days that I don't feel it.

Today is December 29, 2015, and just three days from today was Brody's due date. We expected him to make his arrival a little earlier, as my sweet little girl also could not wait to greet us with her presence, but we never expected him to come as early as he did. So it has been difficult for me lately and I know it has for my husband. We don't expect to ever just be OK. The rest of the world has forgotten, or so it seems, but we have not. Brody and Kade have left a mark on my heart and on my life, that can't and never will be removed. I have three children that give me a reason to live; that give me a reason to be better, each and every day. You cannot see all of my children, but I can promise you that each of them are there. I tell my Addie that we have two little guardian angels watching over us, and that's what gets us through each and every day.

By: Amy Bowser

Forget-YOU-Not's

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

Lucas Martinez Brown December 30, 2005
Happy 10th Angelversary.
Love, mommy & dada Ken
Parent: Heidi Brown

Angela Marie Capage August 28, 2003
Baby Capage January 24, 2007
We speak of you often and miss you every day. Love,
Mommy, Julia, Matthew and Morgan
Parent: Lisa Capage

Riley James Croce March 8, 2010
Gabriella Irene Croce August 3, 2010
Baby Croce December 9, 2013
Mommy and daddy love you forever.
Parents: Lena & Dan Croce

Benjamin James Goller June 30, 2015
Emmett Philip Goller June 30, 2015
Baby Goller October 12, 2013
Parents: Corrie and James Goller

Brooke Marie Helper December 7, 2010
We miss you every second of every day, and our love
for you grows stronger as the years pass. You are al-
ways in our hearts.
With our never-ending love,
Mommy, Daddy, Ella, Molly, and Cassidy
Parents: Lauren and Patrick Helper

John Paul Jerebko November 18, 1999
Our little angel! Love, Mom, Dad, Jakob & Jackson
Parents: Peter & Lisa Jerebko

Marrina Kim August 3-4, 2005
Ella Grace Kim June 8, 2007
We love you and think of you so very often. Please
watch over us... now and always. Love, Mama, Daddy
and Trent
Parents: Dawn & Mark Kim

Bud Charles Mott September 12, 2005
Theresa Marie Mott September 12, 2005
"Blueberry" Mott January 21, 2014
Baby Mott December 23, 2014
To all our babies in Heaven, we love and miss you! Re-
joice in the glory that you are with the King.
All our love, Mommy, Daddy & Alison
Parents: Timothy & Beth Mott

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 kiss-
es, buddy! Love, Mom, Dad, Thomas & Mandy
Parents: Phillip & Christine Scott

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!

“WINGS OF LOVE” MEMORIAL GARDENS

Wings of Love, a program of the WNYBPB, was founded by Christine Scott in memory of Jacob W. Scott and his fellow baby Angels. This memorial program was created to ease some of the unexpected financial burden placed on grieving families during the tragic loss of their infant. The WNYBPB is now using this program to help fulfill an emotional need, as well.

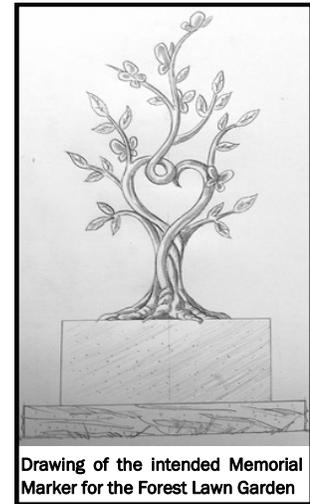
It is a known fact that symbolic gestures play an important role in the healing process. The Memorial Garden concept provides a foundation for a peaceful and permanent mourning place for parents who lose their children. With the help of generous businesses in our community, as well as support dollars from our bereaved family and friends, Wings of Love has been able

to create several Memorial Gardens throughout the region, the newest one just recently dedicated in Lincoln Park in Olean, NY.

We still need your help to complete our largest Memorial Garden at Forest Lawn Cemetery in the City of Buffalo. With the help of Stone Art Memorial Company, Christine Scott has designed a beautiful and meaningful monument dedicated to our babies.

This monument is set to be completed and placed in the Spring of 2016. **Please consider helping us complete the monument by making an extra donation today!**

By: Dawn Both-Kim



Drawing of the intended Memorial Marker for the Forest Lawn Garden

WINGS OF LOVE PARENT'S DAY BREAKFAST

Save the Date:

Saturday, May 7, 2016

ACQUA Restaurant

2192 Niagara St.—Buffalo

10:00 AM until 12:30 PM

Holidays can be exceptionally difficult after losing a baby. Mother's Day and Father's Day can be especially hard since our children are no longer with us to show the world that we are parents. The WNYBPB and their "Wings of Love" Memorial Fund program are hosting a Parent's Day Breakfast once again at the beautiful ACQUA Restaurant and Banquet Facility. ACQUA is along the Niagara River and allows us to

release flowers in memory of our lost babies into the river. It is a beautiful, unique and serene event to honor us as parents.

All family members are invited. Invitations will be arriving in the mail in March/April with registration information and more details. Also, keep up to date on this event and all the others on our website:

www.WNYBPB.org

ELEGANT EVENING TO REMEMBER GALA

To be held on

Saturday, May 6, 2016

Salvatore's Italian Gardens

6461 Transit Rd—Depew

6:00 pm – 11:00 pm.

Tickets are \$95 per person

Tables for 10 are available for \$900

Invitations, registration, as well as donations for this event will soon be available on our website: www.WNYBPB.org.

The "Elegant Evening to Remember" features an awards ceremony recognizing physicians, nurses, volunteers and organizations for their outstanding dedication to the WNYBPB and our bereaved community. This elegant evening includes a cocktail reception, sit-down dinner, raffles and a silent auction. All auction packages will be created in memory of babies who have died due to miscarriage, ectopic pregnancy, stillbirth or early infant death.

If you would like more information, or have any questions, please contact

**Christine Scott at 716-626-6363 or
Christine@wnypbn.org**

This Year's Award Recipients:

Physicians of the Year

Robert C. Dukarm, MD
Neonatologist
Catholic Health

Michael G. Beckwith, MD
Obstetrics & Gynecology
Lancaster OB/GYN

Nurse Practitioner of the Year

Colby Damon, NP
Fetal Care Center
Women & Children's Hospital of Buffalo

Nurses of the Year

Linda Pollinger, RN
Debbie Ziemanski, RN
Mercy Hospital of Buffalo

Volunteer of the Year

Lisa Jerebko
Bereaved Mother, WNYBPB Volunteer

Community Service

Mike & Kelly Anderson
Bereaved Parents, WNYBPB Volunteers

George Walsh

Hale Northeastern, Inc.

Community Awareness

Nancy Weil
Director of Grief Support
Catholic Cemeteries

Rhonda Howard

Bereaved Mother, WNYBPB Volunteer
Southern Tier Walk to Remember

We look forward to seeing you all at this formal, elegant event.

**To Honor those
who have Done so much
for those who have Lost so much**

RTS BEREAVEMENT TRAINING

Resolve Through Sharing (RTS) Bereavement Training: Perinatal Death is a comprehensive 2-day training known world-wide as the "Gold Standard" in perinatal bereavement education. The curriculum is modified regularly to reflect the latest in research, innovations in practice, and updated systems.

RTS's perinatal death training is referenced as the only educational offering available to help prepare for the Hospice & Palliative Credentialing Center's perinatal loss care certification exam (CPLC).

This course is intended for: Nurses, social workers (all levels of practice), public health nurses, home health workers, chaplains, midwives, genetic counselors, physicians/physician assistants, child life specialists, ultrasonographers, funeral direc-

tors. Other healthcare professionals who practice in high risk antepartum, labor and delivery, mother/baby, pediatric/neonatal intensive care, perinatal hospice, emergency room, surgery (including outpatient, inpatient, and recovery), obstetrics/gynecology, genetics, and family practice will benefit from attendance.

The Catholic Health System and the WNY-PBN are co-sponsoring training on April 22-24, 2016. If you are interested in taking part, please contact the WNY-PBN office at 716-626-6363.

The purpose of this training is to provide participants with a rich educational experience that enhances their knowledge, level of skill, and personal awareness while providing care to families whose baby dies.

Resolve Through Sharing (RTS) Bereavement Training: Perinatal Death will:

- Enhance your understanding of perinatal death and its effect on parents and family members
- Emphasize the role of relationship and ritual
- Provide you with the latest evidence-based information about perinatal bereavement care
- Help you understand what "normal" grief looks like and how individuals grieve differently
- Address effective self-care and care for other caregivers
- Provide you with the opportunity to network with others in the field

EVENING TO REMEMBER BASKET RAFFLE

To be held on

April 9, 2016

St. Gabriel's Parish Hall

5271 Clinton St. in

Lancaster / Elma

Just off the 400—Transit Rd exit

Park in the side lot

7:00 PM until 11:00 PM

Admission: \$10/person

Adult ONLY Event

The Western New York Perinatal Bereavement Network, Inc. (WNY-PBN) is hosting our

annual Basket Raffle fundraiser on April 9th. All proceeds from this event will benefit the programs of the WNY-PBN, including the Wings of Love Memorial Fund which provides monetary support for burial costs to eligible families.

Everyone is invited for a fun and exciting evening to get together with other bereaved parents, families and friends. Previous years' basket raffles displayed over 150 baskets for raffle. This year, admission price will include Pizza, pop and coffee. **Please feel free to bring beverages and snacks for your table!**

We are repeating the Cash Raffle again this year, \$10 per ticket! The first prize is \$500, and second prize is \$200. If you would like

to purchase tickets, please contact 716-626-6363 or see our website: www.WNY-PBN.org. Prizes will be drawn that night, but you need not be present to win!

If you have any questions or would like to donate a basket in memory of a baby who has died through miscarriage, ectopic pregnancy, stillbirth or early infant death, please contact the event Chair, Cyndee Fahey at 361-9330 or at Octobersangl@aol.com. See our website for information: www.WNY-PBN.org

Please join us for another great evening!

The Evening to Remember Basket Raffle is an **ADULT ONLY EVENT**.

RAFFLES:

CASH RAFFLE AND VACATION GETAWAY RAFFLE

The WNY-PBN, Inc. is holding two raffles this spring: The Annual Cash Raffle and the Vacation Getaway Raffle.

The Annual Cash Raffle is traditionally drawn during the Evening to Remember Basket Raffle. This year, there will be two cash prizes. First prize is \$500 and second is \$200. Tickets are \$10 each and can be purchased at the WNY-PBN office, at the Basket Raffle, from any Basket Raffle Committee Member or on our website.

A seven-night accommodations at a four-

star resort of your choosing will be raffled off in our Vacation Getaway Raffle. The winner will get to choose from the following destinations: Carriage House Resort - Las Vegas, Nevada, Cove at Yarmouth Resort - Cape Cod, Massachusetts, Silver Lake Resort - Orlando, Florida or Villa Del Palmar Oceanfront Resort - Puerto Vallarta, Mexico. The winning ticket will be drawn at the Elegant Evening to Remember on May 6, at Salvatore's Italian Gardens Restaurant. Tickets for the Sweepstakes are \$20 each! Please contact the WNY-PBN office, an Ele-

gant Evening to Remember Committee Member, or see our website to purchase your tickets!

All proceeds from both Raffles will benefit the important programs of the WNY-PBN, Inc.

Tickets can be purchased by contacting the WNY-PBN office at **716-626-6363**, our website www.WNY-PBN.org or through email at forgetmenotnewsletter@hotmail.com

By: Dawn Both-Kim

SPRING IT ON—2016

Spring It On is a 24-hour online fundraising event that encourages individuals to make a one-time, secure, online donation to the local not-for-profit agency of their choice. The event helps the WNYBPB with a few extra dollars to use towards our Mission.

Again this year, the United Way is implementing this event in Erie, Niagara, Orleans, Chautauqua and Allegany Counties to generate even more resources for community agencies

apart from the annual United Way campaign. The WNYBPB is again taking part.

When is it?

8:00 a.m. Thursday, March 24 until 8:00 a.m. Friday, March 25, 2016.

How Can I Help?

Spread the word, then donate a few dollars to the campaign: on-line, secure, safe.

Where do I find the donation website?

<https://www.springiton.org/organizations/western-new-york-perinatal-bereavement-network-inc>

Thank you, in advance for your generous donations!

By: Dawn Both-Kim

Proceeds benefit the






Buffalo Tournament Club

6432 Genesee St Lancaster NY 14086
Saturday June 11th
Registration begins at Noon, Golf at 1:30

<p>\$100 per Golfer Golf/Cart/Lunch & Dinner Open Bar from first group in thru dinner Contests/Gifts/Basket Raffle</p>	<p>\$25 Dinner Guests Only Includes Open Bar During dinner</p>
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Register at BBGCharity.org by May 28th Any questions call 716-870-0903

www.bbgcharity.org
PO Box 480 Lancaster NY 14086
www.wnyybn.org

BUTTERFLY STONES

Bereaved grandparents, John and Theresa Sergi, have begun to use their artistic talents to honor their granddaughter, Olivia Ann Sergi. They began painting these beautiful butterflies onto pieces of slate rock along with a baby's name and honored dates. They are selling these gorgeous mementos for only \$15 each, and if you

mention the Wings of Love Memorial Fund while ordering, a portion of the proceeds will be donated towards the Wings of Love Monument at Forest Lawn Cemetery.

Order yours today!! serjo141@aol.com

By: Dawn Both-Kim



Safe Arrivals

To Grant Others Hope

Flora Sage Gold was born on January 2, 2016 to our former intern, Abigail and Alex Gold. She was 5 lbs 9 ozs and 17 inches long. We will always remember the time and energy that Abigail committed to our Network. Congratulations Abigail and Alex!

Natalie Nicole Heigl was born on August 9, 2015 to Ashley and Jonathan Heigl. She was only 2 lb, 4 oz at 26 weeks, and spent four months in the NICU. She's now at home and doing well. Her family will tell her about her heavenly brother, Brady (6/23/14).

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.

WNYPBN—HELP NEEDED!

The WNYPBN is run solely through private contributions from families and businesses. The Wings of Love Memorial Fund dollars were depleted by the end 2015, and a family in need was nearly left without funding to help them bury their baby. Christine does pull magic out of her hat and was able to find funding for this family. This was nearly the first deserving family since its inception that was to be turned down due to lack of funding.

How can you help? Have you ever considered approaching the business where you work to hold a Dress Down Day that will

benefit the WNYPBN? Many local companies and businesses will hold these fun and easy events. Please contact Christine Scott at 716-626-6363 if you would like to approach your company with a Dress Down Day proposal!

Another way to help is to hold a fundraiser. The WNYPBN calls these "Third Party" fundraisers and can assist in with some minor details in your event planning. For more information and some ideas to help you plan your event, please contact Christine at 716-626-6363.

Donations of office supplies, postage

stamps, printer ink, thank you cards, books and supplies for the Sibling Program and/or the Angel Robes program are also always needed and appreciated. We are a charitable organization and receipts for your tax-deductible contribution can be issued.

Finally, we are also in need of ideas/themes for the 2016 Walks to Remember which will be held in October. Please contact Christine Scott if you have any ideas or for more information.

(716) 626-6363 or Christine@wnypbn.org

By: Dawn Both-Kim

TO MY SISTER

I told my spirit twin sister I would write again...so here I am. It is close to the holiday season so it's a great time for prayer, reflections and thankfulness!! Oh and definitely for believing too. So if there are any non-believers out there, this can be for you, too. I have two beautiful children who I am blessed with (thank you, God) and whom I adore every moment of my life. So if there

comes a time when they don't believe in Santa, Mrs. Claus or their helpers, I will remind them that we do see Santa when we sit on his lap for pictures, when we see an act of kindness by somebody we don't know, or hear a kind word. Just because we don't see Santa in his sleigh at night delivering to all the world doesn't mean he doesn't exist. That would mean because we

don't see it, it isn't there? No, that's not true. I know this: I don't see my Sister, but she is here with me every day. Everywhere we look, in all the beauty of our lives, of our world. If we look hard enough, Santa exists, too. He's right where he should be: in our hearts!! Always Believe. Have Hope and Love!! Peace to you all!!

By: Susan Falank

SOMETHING I READ ON FACEBOOK

I saw a post on Facebook that referred to the recent onslaught of 2016 deaths of various celebrities. It stated, "how can you mourn for someone you did not even know?" The retaliation to the remark stated that these celebrities, the musicians and actors, through their art, helped us to *know* ourselves. It is for this reason that we mourn their passing... for having helped us become who we are today... though we had never met.

The argument made me think of our situation as bereaved parents. Many people

don't know our grief and cannot understand why we grieve so completely and painfully over children we have never really met. We've all experienced the "aren't you over it yet?" looks from acquaintances and co-workers. Even some family members have the audacity to wonder when we will be "our old selves" again.

Our reasons are similar to the one I read: we have been influenced and shaped to our very core by the existence of our babies. Many of us never even got to hold our babies. We never got to know them. But,

because of them, we have become parents, have changed and have grown. We are who we are today because they were with us.



I will mourn my daughters always. For better or for worse, I know who I am as a person, and as a mother. They have made me who I am today.

By: Dawn Both-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
30 S Cayuga Rd—Lower
Williamsville

FREE—Please call to register

Facilitated by Joanne Ferrelli and LouAnn Bajdas

Contact:

Christine Scott, (716) 626-6363

"Tiniest Angels" Twin Loss Support

Miscarriage, stillbirth and early infant death of one or more of the babies in a multiples birth

When: 3rd Thursday @ 7:00 PM
30 S Cayuga Rd—Lower
Williamsville

Free—Please call to register

Hosted by the WNYPBN, Inc.

Facilitated by Sue Mis

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

Footprints on the Heart

Miscarriage, ectopic pregnancy, stillbirth and early infant death

When: 1st Tuesday @ 6 PM
Piver Center Conference Room
Sisters Hospital

Amy Creamer (716) 862-1678

Hopeful Hearts

Subsequent Pregnancy Support

When: 3rd Tuesday @ 6 PM

Piver Center Conference Room
Sisters Hospital—begins Feb 16

Amy Creamer (716) 862-1678

Please see the Sisters of Charity Hospital website and/or Facebook page for more information about other support that is offered:

www.chsbuffalo.org/services/PregnancyLoss
<https://www.facebook.com/footprintswny>

Amy Creamer is always available for individual or couples counseling. Please feel free to call her anytime if you need support.

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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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

