



FORGET-ME-NOT

INSIDE THIS ISSUE:

<i>Network News</i>	2-3
<i>Valentine's Day Sibling Program Supply Drive</i>	3
<i>10th Annual Evening to Remember Basket Raffle</i>	3
<i>Jacob Swings</i>	4,5,7
<i>Forget-You-Nots</i>	6-7
<i>Poetry</i>	8
<i>Biannual Professional Conference</i>	9
<i>Elegant Evening to Remember Awards Banquet</i>	9
<i>Wings of Love Parents Day Breakfast</i>	9
<i>Raffles—Cash Raffle & Take Flight Sweepstakes</i>	9
<i>Safe Arrivals</i>	10
<i>Spring it On! 2015</i>	10
<i>WNYPBN needs your help Please Volunteer</i>	10
<i>Area Support Groups</i>	11

www.WNYPBN.org

WNYPBN, Inc.

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SAVE THE DATES

Biannual Professional Conference

Salvatore's Italian Gardens Restaurant

February 26, 2015

6461 Transit Rd.—Depew

Evening to Remember Basket Raffle

St. Gabriel's Parish Hall

5271 Clinton St—Elma/Lancaster

March 28, 2015

Parent's Day Breakfast

ACQUA Restaurant

May 9, 2015

2192 Niagara St.—Buffalo

Elegant Evening to Remember

Salvatore's Italian Gardens Restaurant

May 30, 2015

6461 Transit Rd.—Depew

WNYPBN MEMBER ORGANIZATIONS

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

LETTER FROM THE EDITOR

I sincerely hope that the holidays left you no worse for wear. We made it through another season of happiness and joy without our babies in our arms. It was tough, but maybe not as hard as the year before. And next year will hopefully be less painful than this. "You never know how strong you are until strong is your only choice." My heart goes out to the newly bereaved

in our community. Please know that you are stronger than you think!

Thank you to those who contributed poems and stories to this edition of the newsletter. As always, this newsletter is special to those in our Network because it contains stories BY those in our Network. I am always looking for more blurbs and stories about the loss of

your child or about something that reminded you of them. I have even published journal entries that were especially impactful. Please consider submitting a story to be published—it lets others know that they are not alone... and neither are 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

*“May I honor
—and trust—
the processes of grief
and healing, knowing
that, in time, a new day
will come.”*

-MARTHA WHITMORE
HICKMAN

I always refer to New Year’s as a New Journey, a new beginning, “A New Year!” This year I decided to choose one word that would be my focus for the next twelve months instead of resolutions that are made but always broken. My little word, “HOPE,” is really not so little... it’s big and impactful. We are surrounded by the message on Social Media, at physicians’ offices, radio broadcast ads, etc. My wish for all of you is to remain hopeful in 2015 as you begin this new year’s journey. Know you are not alone in your grief, though at times it may feel that way. Be reassured we are bound together by the love we have for our children and the hope we have for healing.

I am grateful for the many parent calls, emails and letters of appreciation that I receive throughout the year, thanking the WNYPBN for providing support, comfort, and understanding during their darkest days. My heart warms knowing we truly make a difference in the lives of so many by the support & services we provide our community. We can’t take away anyone’s deep pain and many tears, BUT we will continue to walk by your side throughout your journey of healing.

We can’t do it alone; no non-profit agency can succeed without the support of the community. We would like to thank and acknowledge all of our generous donors in 2014 that have supported the programs of our Network and our mission. We can’t succeed without you and we are so grateful.

We provide so many beautiful memory making supplies to all of our 13 Labor & Delivery Hospital Bereavement Programs including hand decorated memory boxes, Angel gowns,

blankets, Angel pockets, footprint 3d mold making materials, Hospital digital cameras and SD camera cards, and so much more. We couldn’t do it alone and I am so grateful for all of the dedicated volunteers that work so hard to donate and create these items for distribution. Courtney Bajdas, bereaved mother of Andrei Skolikas Barnhardt, obtained a \$5,000.00 valued donation of 800 camera SD cards that will support our camera program, “A Moment In Our Arms, Forever In Our Hearts,” for at least 2 years. A very heartfelt “thank you” to Verbatim Americas LLC for their generous donation that will benefit so many families and hospital bereavement programs.

A new Healing Journal, “The Sun Will Shine Again,” has been created by Bereaved Mother Lisa Jerebko in memory of her son, John Paul Jerebko. The Jerebko family created and donated 400 journals that will be placed in our newly bereaved family sympathy packets. For so many, writing and journaling are therapeutic and helpful throughout the stages of their grief. Lisa hopes that these journals will encourage bereaved mothers to write out their anguish and heartaches to help them heal, as it has helped her.

Angels Gowns of WNY and the founder, Missy Ray, were featured in a story on Channel 2 this past November. The story and mission of this group is “Wrapping Tiny Angels in Love.” We collaborate with Missy and her team of volunteers by distributing the beautiful gowns they create from donated Wedding Gowns. If you have a wedding gown you would like to donate to the program please

visit her website, www.angelgownsofwny.com or call our office 626-6363.

Our Rocking Horse Raffle was a success. Over \$740.00 was raised to support the programs of our Network. Thank you again to Ken Schnauer. He hand-crafted this beautiful rocking horse in memory of his great-granddaughter, Helen Lois Prichett.

This November we participated in a Press Conference with Senator Schumer at Women & Children’s Hospital of Buffalo in support of the bill S2746: Sudden Unexpected Death Data Enhancement and Awareness Act. This bill would require the Centers for Disease Control and Prevention to create national reporting standards for all state health departments to follow cases of stillbirths and sudden, unexpected death among infants and children. As an advocate for many bereaved families, I feel that this bill will bring us closer to understanding why stillbirth and other unexpected deaths happen and how to prevent them. Organizations like ours rely on consistent, accurate data in order to continue our programs and promote awareness and prevention. This bill was enacted after being signed by the President on December 18, 2014, H.R. 669 AN ACT: To improve the health of children and help better understand and enhance awareness about unexpected sudden death in early life.

I am so grateful I was asked to participate in a very special project that was released this fall. “The Sacred Project” used my voice in a voice-over recording with a personalized sacred photo. Filmmaker Pia Dorer and Sweet Pea Project’s Founder, artist/writer Stephanie Paige

Cole, teamed up to create a project that will hopefully raise awareness and unite bereaved mothers from all across the world. Thank you Pia and Stephanie and all those who participated in this project. Please visit https://www.youtube.com/watch?v=EphBe_Xmck8 to view the short film.

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.

Thursday, February 26th: Biannual Professional Education Conference, "Impacting Positive Birth Outcomes: Addressing the Effects of Pregnancy Loss." (page 9)

Thursday March 19th through Friday March 20th: Spring It On sponsored by the United Way (page 10)

Saturday, March 28th: 10th Annual Evening to Remember Basket Raffle (page 3)

Saturday, May 9th: Wings of Love Parent's Day Breakfast (page 9)

Saturday, May 30th: 4th Annual Elegant Evening to Remember (page 9)

We are continuing to move forward creating our last two community Wings of Love Memorial Gardens. These Gardens provide our families, many of which do not have a memorial or burial site for their babies, a place to mourn and commune with their lost children. The third Garden will be placed within the city of Olean's Lincoln Park to service our Southern Tier families. This space will be completed by late spring. The Forest Lawn Wings of Love Memorial Cenotaph Garden will reside in historical Forest Lawn Cemetery, Buffalo NY. We are in need of securing additional funds before our monument can be created for this sacred space. I am hopeful this Garden will be completed by Spring of 2016. For any additional information or to support this Garden in loving memory of your baby, please email Christine at Christine@wnypbn.org.

Families and friends are still able and encouraged to purchase an engraved granite paver or bronze butterfly memorial marker in memory of your baby at the two completed Wings of Love Memorial Gardens (Lancaster Rural Cemetery and Acacia Park Cemetery in North Tonawanda). Please visit us on the web www.wnypbn.org under

Wings of Love for Garden locations and order forms. These are beautiful and lasting memorials to our precious babies who only live on in our hearts.

Our Sibling Program is in need of small stuffed animals and copies of the two books we use for the program: *We Were Gonna Have a Baby, But We Had an Angel Instead* and *Something Happened*. We send a "pal" and a book to hurting siblings when their baby brother or sister has died, for healing and comfort. This program is very beneficial for so many children. If you would like to purchase pals or books to support this program in memory of your child during the month of February, we would be so grateful, please see below for more details.

As we forge ahead through this cold and snowy winter, celebrate the month of love in February. Celebrate the unbroken connection we will always have with our children. This can't be taken away, for they are our inspiration & hope. They left a forever imprint in our hearts!

Sincerely,

 Christine

VALENTINE'S DAY SIBLING PROGRAM DRIVE

The WNYPBN began our Sibling Program in 2012, where we give bereaved siblings a stuffed animal and a book to help ease their pain of loss.

We use two books, *We Were Gonna Have a Baby, But We Had an Angel Instead*, by Pat Schwiebert and Taylor Bills and *Something Happened* by Cathy R. Blanford. We try to tailor the sibling "gift" to the age and maturity of the child, and find that these books provide the most comforting sentiments to

most children.

Children cannot always grasp what has happened. They know their family is experiencing something, and that everyone is tense and sad. Often times, a stuffed toy or a soft blanket help ease the child's distress. Our Sibling Program also tries to gift the bereaved brothers and sisters with something to snuggle, as they work through their grief.

During the Month of February, and more

specifically for Valentine's Day—the day of love—the WNYPBN is requesting the donation of books and stuffed toys for the Sibling Program. Donors will be recognized in the front cover of the books they supply. If you are interested in donating books or "pals" to the Sibling Program, please contact Christine Scott for more information.

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

By: Dawn Both-Kim

10TH ANNUAL EVENING TO REMEMBER BASKET RAFFLE

To be held on

March 28, 2015

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. (WNYPBN) is hosting our

annual Basket Raffle fundraiser on March 28th. All proceeds from this event will benefit the programs of the WNYPBN, including the Wings of Love Memorial Fund which provides monetary support for burial costs to eligible families.

Everyone is invited to 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, \$20 per ticket, and only 250 tickets

sold! The first prize is \$500, and second prize is \$250. If you would like to purchase tickets, please contact the WNYPBN office at 716-626-6363 or see our website: www.WNYPBN.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.WNYPBN.org

Please join us for another great evening!

JACOB SWINGS

It was a warm night in June and I couldn't wait to see Megan - she had been out of town for a week doing training and I missed her terribly. After all the hugs and "I missed you"s, she said she had something for me. She gave me a small box that looked like a watch or jewelry box. As I unwrapped and opened the box, Megan sat very intently watching me. At first, I wasn't sure what it was. Then I saw the pink "plus" sign and it immediately hit me. So many emotions came rushing in. Initially, I was shocked. I probably sat with my mouth open for a couple of minutes unsure what to say or do. Megan and I had already talked about trying to have a baby. We had only tried once and now I was holding in my hand a positive pregnancy test!!! After the initial shock, all of the sudden the smiles, happiness, joy and excitement hit me and I couldn't stop talking. I was babbling and rambling on like a nervous school kid on a first date. Megan just put her hand on mine and said, "Breathe honey. Just breathe. It will be OK."

For a while, it was OK... actually, more than OK really. We were so very excited and doing all the things a couple that is having a baby does. We picked out names, looked at clothes, wondered if it was a boy or a girl, and planned how the nursery would look. At about 8 weeks we went in for our first ultrasound. I was running a bit behind that day so they started the procedure without me. I walked through the front door of the OB/GYN's office and Megan was just returning to the room. She looked at me with tears in her eyes and held up a hand with not 1 but 2 fingers up. Just like that I was back to the shocked open mouth look again - it was TWINS!!!

Time pretty much flew by. Megan and I were cruising along and enjoying the whole "being pregnant" experience. Our relationship and our love was growing each day as the babies were growing inside her, until one day in August (12 Wks.) when everything started to change. I got a call at work from Megan. She was on her way to the OB/GYN. She was bleeding and very, very scared. I ran to my car and sped as quickly as I could to meet her there. We were both a mess, scared silly, and wondering what was happening. Did we lose the babies?

We calmed down a bit once we got into the exam room and the technician took an initial look to see what was going on. She turned the overhead monitor on and said, "Look they are both still there and doing just fine."

She took some stills to give to us with the words "I'm still here guys" on Baby A's (Jacob) picture and "me too" printed on Baby B's (Crystal) picture. The doctor came in and said that Megan had had a sub chorionic bleed. She explained what that was, and that everything would be fine and sent us on our way. This scare had changed things for both of us: the carefree, and worry free days were over. They had been replaced with days filled with worry and nights filled with lack of sleep. Unfortunately, this would continue for the rest of the pregnancy.

Both Megan and I are a bit geeky to say the least. We did what any modern-age geeky couple does when they have a scare during a pregnancy: we Googled things. Once you know how to pull the good information from the bad information and use Google and the internet to your advantage, it becomes a useful tool. Until then, it's really more a bad thing than good. Once you have a scare or an issue with your pregnancy, all you want is information. You want to know what happened and why, so you read all of it, good and bad, and then sort it all out afterwards. We found out that not all pregnancies go smoothly or end well. All of the Googling in the world won't change that fact.

We opted to have a transnuchal test to see if the baby has any predetermination to one of the trisomies, like Downs or Turners syndrome. Because we were having twins and we were both older, a transnuchal test was strongly recommended. We had already agreed based on our research that if we had a positive nuchal test we would just proceed as normal and let the cards fall where they may. Mostly though, we looked at it as a way to see the babies again and to watch Jacob Swing!!

Jacob's swinging had started at our first ultrasound, the sonographer had noticed that Baby A (Jacob) was very active and zoomed in on him. Megan and I watched in awe and amazement as that tiny little blueberry (which we had taken to calling the babies because of their size) was going from one side of his amniotic sac to the other, pushing off with his tiny little legs and moving his arms as he did it. Each and every time Jacob would swing, Megan would get this big smile and say, "WEEEEEEEEEE! He's swinging! WEEEEEEEEEE!!" She didn't know it then, but each time Jacob would swing and she would say "WEEEEEE," I fell more and more in love with her and the babies. My heart warmed sitting there watching this simple interaction

between a mother and her unborn child, and in doing so I realized how strong the bond between them really was. But also how precious, delicate and unique, an unborn life really was - I would never again call an unborn baby a fetus again. I also fully and completely realized that my search for my soul mate was finally over. Watching Jacob swing allowed me to see how much I really loved his mother. I could see how honest and true she was, because such a simple thing could bring her so much joy. Watching Jacob swing became something we both looked forward to from then on out.

The transnuchal came back just fine, but they scheduled us to have a sonogram every two weeks. We were glad we were lucky enough to have more than the usual amount of sonograms because we were able to watch both babies grow and it gave Megan and me more chances to watch Jacob Swing!

Besides the biweekly sonograms, we were also scheduled to go to a perinatologist for an abnormalities scan at 20 weeks 1 day. Once again, Megan and I were excited to see how the babies were doing, but beyond that it was kind of like looking at our babies in detail for the first time. Up until now the babies were still pretty small and when we got to see them it was a zoomed out view. Now we would have the chance to see all the parts of the babies' tiny hands, tiny feet, and cute little button noses, too. There was another good possibility that maybe, just maybe, if we were lucky we might see other little parts of the babies that would tell us what we were having boys, girls, or one of each. And of course, we can't leave out Jacobs swinging we had become so accustomed to seeing - it was always the highlight of the sonogram sessions.

As life would have it, at 19 weeks and 6 days, things would again take a turn for the worse. Megan was standing near the bathroom when suddenly and without warning she had a rush of fluid. Just as suddenly as it came it was gone. We called the 24 hour line and explained what had happened. They asked us if Megan was experiencing any pain or contractions. Since she wasn't and since we had a perinatologist exam in two days, not to worry. We took their advice and went about our lives thinking possibly one of the babies had just kicked mommy's bladder a little too hard as they sometimes do.

Megan and I sat with much anticipation in the examination room at the perinatologist for the abnormalities scan. We were nervously waiting to see our little blueberries and show the perinatologist Jacobs' talent for swinging - hoping it would bring a smile to her face as it had so many other people. We were also super excited to see how the babies were and how much they had grown over the past couple of weeks. After what seemed like forever, the sonographer came in and started the exam started. She jumped right in starting with Baby A (Jacob), but after only a few attempts at doing some measurements moved on to Baby B (Crystal - who kept getting into the picture anyway like she was saying, "Hey you! Look at me!"). She stated that Baby A just wasn't cooperating right now and since Baby B seemed to want the attention anyway we would start with her.

To our surprise, Baby B (Crystal) was much more active than she had been over the course of the pregnancy. She was bouncing and turning all over the place, and occasionally kicking her womb mate in the head here and there. She also was giving him hugs which the sonographer said might just be head locks instead of hugs. All was going smoothly until the sonographer went back to Baby A (Jacob). She was still unable to get any measurements, plus Megan and I noticed that he wasn't really swinging at all... just sort of stretching his legs out a bit instead almost like he was stuck or something. The sonographer said, "Well we can come back to Baby A (Jacob) later." She went out to get the doctor."

When the doctor came in, she introduced herself with a pleasant and smooth southern accent. She had a nice firm and honest handshake and demeanor. She got right down to business and began to explain what all the different measurements and tests were and why they did them. She also went through the stills the sonographer had taken of Crystal stating that she was doing great and seemed very active. Oh! And by the way it was a girl!!!!

Then the mood changed. I literally saw the doctor's face go from happy to sad. Looking troubled, she said in a very matter of fact tone, "I am, however, very concerned about Baby A (Jacob). There are some problems that will drastically effect the pregnancy, and to be honest I don't see the prognosis or outcome being very good. I guess what I mean to say in all honesty is I would be very surprised if Baby A lived to the end of the pregnancy."

It was like someone switched off the "happy" light and broke our hearts all at the same time. We were completely and totally devastated. Our little blueberry - our little

Baby A (Jacob) who just a couple of weeks ago was swinging his way into our hearts, wasn't going to make it. He was going to die before we ever met him. "NO" and "WHY?" was all we could think for a while. Why would God do this to such a wonderful baby? To our baby? To us? Had we somehow done something wrong? Were we being punished for something?

It took what seemed like forever for anyone to say anything. All you could hear was Megan sobbing on the examination table, tears running down her face. I was sitting there holding her hand. The doctor came over and gave her a hug and calmed her down in a very motherly kind of way... and had the circumstances been different, it would have been very touching. After we all composed ourselves a little bit, the doctor went on, stating that Jacob had Oligohydramnios (lack of fluid) and that the fluid around Jacob was almost nonexistent. Without this fluid, the baby's lungs would not develop properly. She said that even if Jacob makes it to the end of the pregnancy, he would not live very long once he was born. Jacob was in grave danger and without a miracle, he would die. She started to do some more scanning to try and find out what had happened, and if it might be corrected. She also offered to send us to a fetal heart specialist just to rule out any heart problems. We were told to come back again in two weeks.

We decided to see the fetal heart specialist. After another long and intense session of measurements and scans, he was also unable to find anything physically wrong with Jacob besides the Oligohydramnios, Jacob was fine.

When we went back to our doctor, she confirmed what we already knew: Jacob was in grave danger and without a miracle, he would die. How could it be that an otherwise healthy baby could just lose all the fluid he needed to survive? A baby that even before birth seemed so happy and full of life with his swinging back and forth all the time? It was a heart wrenching situation.

The best anyone can figure out is that there must have been a weak spot in Jacobs's amniotic sac causing a tear. Megan's big rush of fluid it must have been water breaking... but without the labor. I can't begin to explain the feelings we were going through during this time - we went from being sad, to being hopeful, to feeling frustrated and then back to being sad again. The doctor told us that there was a chance that Jacob's issue might cause Megan's body to reject the babies. This would force her into premature labor. As if it could get worse than that, an infection may also set in and jeopardize not just the babies but Megan, too. What would

I do, then? Losing the babies would be horrible enough, but I might end up losing Megan, too. I just couldn't wrap my head or heart around it! Unfortunately, there was nothing we could do but wait and put our faith in both God and our babies to pull through.

During a later sonogram, the doctor said Jacob's condition had not improved nor had it worsened. Jacob had now moved into a location in the uterus where he was effectively blocking the birth canal. To the doctors, the only implication for this situation was that Megan would need to undergo a cesarean section. To us, it meant that Jacob was trying to save his little sister by blocking her from being born until it was time... so she would survive even if he couldn't. The weeks crept by very slowly. He wasn't getting any worse, so the hope began to build a bit. Even the doctor started to think he might just make it to the end of the pregnancy: he might just get his miracle.

Megan and I did our best to not concentrate or linger on the issues, but instead to concentrate on the good things. The remaining sonograms would be giving us the only look we might have into Jacob's short life, so we took nothing for granted. We had a little celebration each time he would reach a milestone, like getting to the 1 pound mark, watching him empty his bladder, or even getting a hug from his sister. It really was the little things that mattered to us. The one thing that was the hardest to deal with was his inability to swing anymore. The very thing that was special to him, the thing he seemed to love to do, was gone now.

Now that we were passing the 24-week "magic" period, Jacob continued to fight and get stronger week by week. We began to think that he would pull through and somehow be able to survive. Some nights, I would talk to Megan's tummy saying things like "GO, Jacob, GO! Make fluid, Jacob! Make your lungs big and strong! You can do it! We love you."

It was around 10:30 PM on a cold night in December, at 28 weeks and 5 days into the pregnancy. Megan woke me up. She had been having some contractions, and felt that something was wrong. I started to time the contractions, trying to be calm so she would be calm, too. At this point the last thing I wanted to do then was to alarm or upset her. I quietly started the car and finished packing the things we would need for her stay at the hospital. We were counting the contractions together using a stop watch. Megan's contractions were just a couple of minutes apart and she was fully dilated.

< "Jacob Swings" Continues on page 7 >

Forget-YOU-NotS

In Loving Memory Of..

Michael Anthony Anderson April 5, 2005
Always, Always in our Hearts! Love Nana & Papa
xxxxoo
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

Madison Leigh Frankowski August 7, 2010
Baby Frankowski December 17, 2010
To our sweet Maddie, We think of you every day
and wish that you were here with us. You
changed our life forever. Love forever; Mommy
and Daddy, and little sisters, Paige and Haleigh
Mae, Grammy and Pappa
Parents: Candace & Andy Frankowski

Jenna Mary Fronczak February 16, 2001
We love and miss you! Mom, Dad, Haley
& Stephen
Parents: Terri & Paul Fronczak

Cassandra Elizabeth Goldyn
September 13, 1999
Baby Goldyn 1997, 1998, 2001
Please look after your family through their present
struggle! Keep them safe! -Aunt Dawnie
Parents: Sharon & Tom Goldyn

Theresa Mackenzie Jackson
January 13-14, 2014
Mommys sweet strong fighter. Love you to the
moon and back Tessie!
Parent: Kim Jackson

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
All our dearest Angels, we love and miss you every
single day.
Happy 1 year Angelversary, "Blueberry."
Until we meet again, Love Daddy, Mommy & 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 Alexander Ross December 8, 2013
Jacob Alexander, our little blueberry! Mommy and
daddy miss you so very, very much! We know that
you are in heaven looking down on us and keeping
an eye on your twin sister, Crystal, as she goes
through life. You were only on this earth for 45
minutes before God took you home, but you will
never be forgotten. We take comfort in the fact
that you are up in heaven now having fun and en-
joying swinging around and saying, "WEEEEE!" be-
fore every swing.
Parents: Megan & Chris Ross

Forget-YOU-Not

In Loving Memory Of...

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

Mackenzie Lynn Sutton June 11, 2012 – April 3, 2013
I miss your sweet smile and beautiful spirit, and think of you every day Kenzie! - Love Aunt Mimi
Parents: Kelly and Tom Sutton

Gabraella Joy Swader April 25, 2012
We miss you every day.
Parents: Crystal & Derek Swader

Alexis Treece February 28, 2005
You are loved and missed every day.
Parent: Michelle Treece

Jackson Urso February 12, 2012
Joshua Urso
Too beautiful for this earth. Always in our hearts.
Parents: Mike & Robyn Urso

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

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

Steven Serrano March 16, 2006
You will forever be my angel. I love and miss you every day!
Parent: Lisa Salgot

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!

< "Jacob Swings" Continued from page 5 >

Things happened very quickly once we got to the labor and delivery unit. They got us calmed down, got Megan as comfy as she could be and into a bed. They strapped belts onto Megan's tummy to monitor the babies' heartbeats. I started to get worried that we were going to have an issue with Jacob and might lose him. I am pretty certain that the nurse knew as well, but wasn't saying anything in an attempt to keep us both calm. Jacob's heartbeat was very slow and would sometimes stop and then restart again. All the way to the end our Jacob was a fighter! He still had to save his little sister and darn it, that's what he was going to do.

The attending physician came into the room and was doing a sonogram when we noticed that Jacob had moved from his spot to across the birth canal, into what's called a frank breech position. Jacob was

now facing up and his butt was pointing straight down with his legs up by his face. This meant two things: he was affectively folded in half, and he was plugging the birth canal so his little sister stayed where it was warm and safe. Megan was immediately sent for emergency C-section. At 2:36 and 2:37 respectively Crystal Anita and Jacob Alexander were brought into this world kicking and screaming the entire time. Crystal, although very small (2 lbs 12 ozs), was doing well. I got to see her on the way up to the NICU. The doctors explained to me that there was so much stress being put on Jacob's tiny 1lb 10oz body that, although he had held on so Crystal could be born first, that this stress plus his Oligo-hydramnios was too much for him to bear. At 3:23 AM, 46 minutes after birth, Jacob Alexander died.

Megan and I really do believe that Jacob was trying to and did save Crystal's life. He

is and always will be our little hero, and Crystal's guardian angel. I also believe that everyone has a job or jobs they are supposed to do in this life and Jacob's job was done. Even though it hadn't taken him much time to do it, he did it without complaints and out of love for his twin sister. Jacob now was warm, covered in love and sunlight. He is free to move and swing as much as he wants. There is one difference though, instead of his mom saying, "WEEEE! Look he's swinging! WEEEE!!" with a smile on her face and love in her heart, God, the angels and all the angel babies in heaven are watching him with a smile and saying, "WEEEE! Look he's swinging! WEEEE!!"

And they do this each and every time Jacob swings!!!!

By Chris Ross

Bereaved Father of Jacob Alexander Ross

Poetry

Solace in the Written Word

Theresa Mackenzie

Little feet
Little hands
Pure love and light you brought

Little one
I miss you so
With every passing thought

My sweet daughter
In my arms
For only a short time

Baby girl
Never doubt
You will always be mine.

I'm trying
To be glad
That you are with God above

I know
Our family has found you
And surrounded you with love

Still it is
Hard to be so far
From a piece of my heart

How I wish
I could still hold you
That we never had to part

Your twin Noah
Gets the snuggles
That I can't give you

Baby girl
You can be sure
He will know you too

Tessie baby
Know your name
Will be forgotten never

Mama loves you
To the moon and back
Forever and ever and ever

By: Kim Jackson

Numbers

36 weeks and 4 days you were safe and warm with mama
and Noah

I felt you move, I heard your heart
I loved you from the beginning

30 hours I held you here on earth
I counted your 10 toes and 10 fingers
I kissed your 2 sweet eyes and 1 perfect nose
I was graced by innumerable beautiful smiles
I was so grateful for the time with you

I nursed you twice
You wore 2 outfits
3 times you almost left but fought to stay
You were so strong and brave
When you grew too tired to keep fighting
you peacefully spread your wings and went Home.

I held your sweet brother after you were gone
I counted his 10 fingers and 10 toes
I kissed his 2 sweet eyes and 1 perfect nose
I have been graced by his innumerable beautiful smiles
I am so grateful for every minute with him

365 days since you left
8760 hours without you
I am so lucky to have had you
But it's hard to forget there is only 1 when there should be 2

My heart is split in 2
One 1/2 I watch grow and learn here on earth
One 1/2 I have been missing for more than 525,600
minutes

I know I will think of, miss and
above all love you
For however many hours and
minutes remain in my life
And help Noah to know how
blessed his life is
His sister and guardian angel
Tessie watching over him
throughout.

By: Kim Jackson



BIANNUAL PROFESSIONAL CONFERENCE

The WNYPNB is pleased to announce that our 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.

Register on our website under Events.



If you have any questions, please contact Amber at

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

ELEGANT EVENING TO REMEMBER

AWARDS BANQUET

To be held on
Saturday, May 30, 2015
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.WNYPNB.org.

The "Elegant Evening to Remember" features an awards ceremony recognizing phy-

sicians, nurses, volunteers and organizations for their outstanding dedication to the WNYPNB and our bereaved community. This elegant evening includes a cocktail reception, sit-down dinner, and a silent and live 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@wnypnb.org

Award winners have been contacted and will be published on the website soon. Categories for the awards this year are:

- 2 awards for Physicians of the Year*
- 2 Nurses of the Year*
- 2 awards for Community Service*
- 2 awards for Community Awareness*
- Volunteers of the Year*

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**

WINGS OF LOVE PARENT'S DAY BREAKFAST

Save the Date:

Saturday, May 9, 2015

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 WNYPNB 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.WNYPNB.org

RAFFLES:

CASH RAFFLE AND TAKE FLIGHT SWEEPSTAKES

The WNYPNB, Inc. is holding two raffles this spring: The Annual Cash Raffle and the Take Flight Sweepstakes.

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 \$250. Only 250 tickets will be sold to increase your odds with every ticket you buy! Tickets are \$20 each and can be purchased at the WNYPNB office, at the Basket Raffle, from any Basket Raffle Com-

mittee Member or on our website.

We have been gifted with Two Round-trip Airfare from JetBlue Airways and are raffling off the tickets in our Take Flight Sweepstakes. The airfare is for anywhere JetBlue flies in the contiguous United States. The winner will be drawn at the Elegant Evening to Remember on May 30, at Salvatore's Italian Gardens Restaurant. Tickets for the Sweepstakes are \$20 each and only 250 will be sold! Please contact the WNYPNB office, an Elegant 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 WNYPNB, Inc.

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

By: Dawn Both-Kim

Safe Arrivals

To Grant Others Hope

Gabriele DiCioccio was born on December 4, 2014 to Richard and Jerline DiCioccio. She was 8 lbs. The family will always remember her big brother in heaven, Mauricio DiCioccio, November 8 2013.



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.

SPRING IT ON: 2015

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 helped the WNYPNB with a few extra dollars to use towards its 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 WNYPNB is again taking part.

When is it?

8:00 a.m. Thursday, March 19 until 8:00 a.m. Friday, March 20, 2015.

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?

You can find the link on the WNYPNB's website: www.WNYPNB.org

Thank you, in advance for your generous donations!

By: Dawn Both-Kim

THE WNYPNB NEEDS YOUR HELP—

PLEASE VOLUNTEER!



The WNYPNB, Inc. is involved in numerous aspects of perinatal care for families who have experienced the loss of a baby. So many families contact the Network to thank them for the care and help they have been given. We educate the medical and funereal community to ensure bereaved families are treated with care and respect. We contact and assist grieving families who feel lost and abandoned during their losses. We monetarily assist families who cannot afford to bury or memorialize their babies. Our newest program, Remembering Love in a Heartbeat, records the heartbeat of babies with grim post-partum diagnoses and places these recording into a stuffed animal for families to keep in remembrance of their lost babies.

Our organization runs solely on donations. We are able to do all that we can on this limited budget because of the immense dedication and perseverance of volunteers and our fearless leader, Christine Scott.

Each of our fundraising events, such as the Walks to Remember, Evening to Remember Basket Raffle, Elegant Evening to Remember, the Ride to Remember and the

October 15 Remembrance Day ceremonies require countless hours of planning and preparation. Event chairpersons, such as Carrie Smith, Laura Reyda, Cyndee Fahey, Lisa Jerebko, Kelly Anderson, Rhonda Howard and the Pritchett family, go above and beyond to help maintain a seamless and flowing event that can be attended and appreciated by all in loving memory of their lost babies. As someone who attends a multitude of these events, I cannot thank them enough for all of their hard work! I know I speak for all of them when I say that they couldn't do any of it without the further support from bereaved families and friends who take time from their busy schedules to make crafts, solicit donations, organize registrations, set up and tear down the events or even devote their day to help out at the event itself. These volunteers make the events wonderful!

Our volunteer list needs to grow!! We need you and your new, fresh ideas and enthusiasm. We all want the Network to continue on to assist the newly and yet-to-be bereaved, and we need YOUR HELP.

Every event blurb in this and every newsletter has contact information if someone

wishes to volunteer. I believe many people look past these sentences because they figure we likely have enough volunteers. We can always use more help! If you have ever even thought about helping out in ANY capacity, PLEASE contact the WNYPNB offices at **716-626-6363** or contact Christine Scott at Christine@wnypbn.org. If you don't hear back from us right away, please call a second or third time if you haven't been contacted after leaving a message.

We need you—please help. But, don't do it because we've asked. Do it in loving memory of a baby who has died and can only live on in your heart.

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

"I have volunteered for the WNYPNB for over ten years. I can honestly say that it has been one of the most fulfilling opportunities I have ever experienced. Our son, John Paul, will always be a part of our lives, and volunteering helps us honor his memory."

-Lisa Jerebko
BEREAVED MOTHER OF
JOHN PAUL JEREBKO, NOVEMBER 18, 1999



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

Footprints on the Heart

Heart to Heart

Hopeful Hearts /

Subsequent Pregnancy

Due to a lack of participation, Footprints on the Heart series of monthly

support groups have been discontinued. However, we will be implementing three new online support groups in the next few weeks, and will also be hosting quarterly events at Sisters Hospital. Please see the Sisters of Charity Hospital website and/or Facebook page for more information in the coming weeks:

[www.chsbuffalo.org/services/
PregnancyLoss](http://www.chsbuffalo.org/services/PregnancyLoss)

[https://www.facebook.com/
footprintswny](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 Dingsens 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



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

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



*Helping Families
Honoring Lives*

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

Name: _____

Address: _____

Phone: _____ **Email:** _____

Baby's Name & Honored Date(s):

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

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

This newsletter has been printed courtesy of **Twenty-First Century Press**
Contact **Twenty-First Century Press** for all your printing needs: (716) 835-5907
501 Cornwall Ave., Buffalo, NY 14215

WNYPBN, Inc.
30 South Cayuga Road—Lower.
Williamsville, NY 14221

February 2015—May 2015

Volume 12, Issue 1

Forget-Me-Not

