



FORGET-ME-NOT

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Christine Scott,
Executive Director

SAVE THE DATES

Save the Dates!	
Elegant Evening to Remember Gala	May 6, 2016
See page 5 for details	
Parent's Day Breakfast	May 7, 2016
See page 5 for details	
BB&G Charities Golf Classic	June 11, 2016
See page 7 for details	
Ride to Remember	September 17, 2016
See page 4 for details	
Walks to Remember	September/October, 2016
See our website 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

I am a gardener at heart. I love to dig in the dirt and end up with vegetables in the summer! And it's that time of year again!

Surely, I will be planting some flowers to remind myself of my girls: little delicate blossoms of Forget-me-nots and daisies. I do this especially around Mother's Day. My girls in

heaven and my little boy on earth are the reason I can celebrate this day. I won't forget them and how they transformed me into the Mom I am today.

Please have a peaceful day during this difficult holiday. It can really be hard to endure, but you will get through it.

Please also consider submitting an article, a poem, artwork done by you or your child, 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

Spring! It's here: rebirth, renewal, transformation! Nature's beauty is in full bloom, consider pausing to take a moment to look, wonder, and stop to smell the flowers. With the warmer weather comes many monarch butterfly sightings. I know the butterfly is a special sign to so many of us bereaved parents: its beauty, its symbolism, a sign of hope!

"The butterfly lights beside us, like a sunbeam....and for a brief moment its glory and beauty belong to our world... but then it flies on again, and although we wish it could have stayed, we are so thankful to have seen it at all." ~ Author unknown.

With the change of the seasons also brings the most dreaded holidays of the year for those that have lost a child: Mother's Day and Father's Day. It is important for our WNYPBN family to support each other during these difficult holidays. Please join us for the Wings of Love Parent's Day Breakfast on May 7th. Together we will acknowledge, recognize, honor, and celebrate that indeed you will forever be a mother or a father, while paying tribute to our beautiful babies. Please see page 5 for more memorial service details.

The WNYPBN continues to assist those in need by offering several support services, educational programs, and events to provide Hope to those hurting and in need, planting some unexpected sunshine in their lives. I would like to acknowledge all of our local organizations,

families, and corporations who have selected our Network this year to support. Please visit our website to see an ongoing updated list of our generous donors.

Saturday, April 9th was our 11th Annual Evening to Remember Basket Raffle. The Annual Evening to Remember gives participants an opportunity to remember and celebrate their loved one by creating a basket in their memory. Creating a basket and participating in this event keeps our baby's memory alive and is very important part of our lifetime healing journey: Love Lives Forever.

Cyndee Fahey, bereaved mother of Sarah Suzanne Fahey, October 23-27, 2000, a long time chair of this event states: "The WNYPBN has given me a gift, a second family and beautiful lifelong friends who understand and have the ability to give to others what has been given to me. Volunteering with the Network makes me so proud of my daughter. The events held each year help fund the mission of the WNYPBN, continuing to support each and every family that reaches out for help after the tragic loss of their baby. The Network is there during the darkest time of their lives, giving them hope, creating memories and making sure they know that the power of love can never be extinguished. The generosity of everyone attending these events supports our outreach to the bereaved community within the eight Western New York counties." A tremendous thank you to

our chair, Cyndee Fahey, for an amazing job! We are so grateful to her and the team of volunteers she has lead for a very successful event. Over 160 baskets were beautifully assembled to remember our angels, and many specialty raffles raised \$15,000 to support our programs. I would like to extend a sincere thank you to Emily Faracca a reporter from the Bee Newspaper for highlighting this Event and our Network in the March 30th edition of the Newspaper. We can't do it alone; no nonprofit agency can succeed without the support of the community. We are so thankful for everyone who aided in the success of this event.



The WNYPBN, along with the Catholic Health System, teamed up to host a National Resolve Through Sharing Bereavement Training on April 22-April 24th. This known "Gold Standard" for perinatal bereavement training educated over 40 participants to enhance their knowledge, level of skill and personal awareness while providing care to families whose baby has died. Thank you to all who made this an exceptional, successful conference. See page 10 for more details.

Please consider joining us on Friday, May 6th at our 5th Annual Elegant Evening to Remember. At this Gala Event, we will honor and recognize those in our community who are the brightest stars who shine for the ben-

"Just when the caterpillar thought the world was over it became a butterfly."

-ANONYMOUS-

efit of others. Please see those in our community who are being honored with event details on page 5.

Also remember to Save the Date, June 11, 2016 for BB&G Charities 2nd Annual Golf Charity Classic to support the Wings of Love Memorial Fund. See page 7 for more details.

I am looking for creative individuals to aid in the Theme design of this year's

22nd Annual Walk to Remember held in October. We are very busy during the summer months planning this special event during Pregnancy & Infant Loss Awareness Month. If you have any suggestions or would like to submit a design by June 30th please reach out to me at Christine@wnypbn.org.

Again, please consider joining us the day before Mother's Day for the Wings of Love Parent's Day Breakfast. If you

are unable to attend, I wish all of you a peaceful day. Be good to yourselves because you are indeed a Mother or a Father even though you hold your child in your heart and not in your arms. Wishing you all hope and peace.

Sincerely,



HOW TO HONOUR A BEREAVED MOTHER ON MOTHER'S DAY

Mother's Day is a challenging celebration for any woman who has experienced the death of her child. She may feel isolated, sorrowful and even confused about her claim to motherhood. Mother's Day is one of many "triggers" that will remind her of her baby and the milestones and future that will never be. A trigger can be anything that causes the bereaved to reflect on their loss; a name, location, smell, anniversary, article of clothing—or even a bunch of balloons that boast, "MOM," in colorful letters.

While Mother's Day may be a painful trigger for bereaved moms, it is also an opportunity to celebrate these women and their children. Here are some ideas to honour them this Mother's Day:

1. Affirm her identity as a mother

A woman's love for her deceased child never dies, nor does her motherhood. Celebrate the mom who carried her baby, no matter how briefly, and is strong enough to wake up each day and keep going after the death of that child. Recognize her by wishing her a "Happy Mother's Day;" she is a mother and deserves happiness. Let her know you are thinking of her.

2. Celebrate her child

Talk about the baby that died and use the child's name. Look at pictures and discuss the experience. Bereaved mothers will generally commemorate the anniversaries of the baby's birth and death, but Mother's Day provides another cherished opportunity for remembrance.

3. Spend quality time together

On a day that is likely to be lonely for the bereaved mom, instead of a card in the mail, give the gift of time. Your attention and friendship will create a lasting impact. Have lunch in a restaurant, go for a hike or create a new memory together. The mother may wish to visit her child's gravesite, light a candle or scrapbook the baby's footprints or funeral program. Doing these activities with the bereaved mother will be quality time she will greatly treasure. In the case that the mother wishes to be alone, suggest another time to do something meaningful together.

4. Give thoughtful gifts

While a dozen roses and a box of chocolates may be nice, show you care through a meaningful and relevant gift. There are

many companies that make bereavement jewelry, statues and ornaments. Other ideas include books, picture frames, candles or personalized keepsakes. Or you could make a donation to a hospital, bereavement program or charity in the child's or mother's name. Even a thoughtful letter may be the perfect way to show you care.

5. Ask how she is doing and listen

Ask the mother how she is coping and welcome her vulnerability. The best approach is to let her do the talking. Know that you do not need to solve the event or fix the emotions; these things need to be experienced and expressed and this is often helpful in itself. Create a safe environment for the bereaved mother to share. You can do this by open body language, eye contact and active listening. If the mother is struggling, encourage her to take good care of herself and find support.

A woman never stops being her child's mom, whether her baby is with her or not. Bereaved mothers have survived excruciating pain and yet carry on. This bravery deserves recognition—especially on Mother's Day.

By: Alexis Marie Chute

BE KIND TO YOURSELF

If this is your first Mother's Day and Father's Day without your baby... or your 51st... the day can be tremendously painful. Unexpected emotions can surface and make you weep, make you angry, or make you completely a mess. You may go through the day completely numb, or feel everything so acutely that your sanity seems to be lying on the brink.

Guess what? This is normal.

These days can be uneventful or horrific, and there is no way to prepare for the emo-

tions that you and your spouse will be experiencing on these days. However, you CAN do something to help yourself through it. Be kind to yourself.

Please, don't expect too much from yourself. If you don't feel you can go to that dinner at your in-law's house... DON'T GO. Your family will just have to understand or just deal with it!

If you need to visit the gravesite or a special place, JUST GO! You need to satisfy the struggle you are experiencing. Your

pain in this journey through grief will not subside if you keep tamping it down.

Most of all, remember that your baby would want you to be happy. It may be hard to be happy, but don't beat yourself up if you smile or laugh through your tears. Remember that you are a parent! You are a mom or a dad, and you deserve to be recognized on these special days, whether others can see your child or not!

Happy Mother's Day. Happy Father's Day.

By: Dawn Both-Kim

TREASURED PHOTOS

We have a variety of mementos of our still-born son: ultrasound images, a lock of hair, his inked footprints. While one does not hold more value than another, it is his photographs that we turn to most often. The photo album holding his pictures is worn and the binding is coming apart from innumerable page flips. I trace the outline of his face with my fingertip, stopping to stroke his chubby cheek. I kiss his forehead and the Chapstick imprint remains on the plastic sheathing. My tears fall onto the pages as I relive what it was like to hold my squishy baby and nuzzle his soft hair.

I am so grateful for his photos. It is a way to share our boy with others, like family and

friends who never got to meet him, other baby-loss parents and, of course, his younger siblings who came after. His pictures are attestation that he was here; that he had an impact. As parents, the pictures validate our experience. But most importantly, his photos provide memories for a lifetime.

The WNYPBN's camera program, A moment in our arms, forever in our hearts, provides memory cards to a dozen hospitals across Western New York so that families can capture their too-short time with their babies, who are dying or have already passed. This program is sustained by private donations and a recent generous cor-

porate donation. To express our gratitude, we want to send this compassionate company photos from WNY families who have benefitted from the camera program. If you have been positively impacted by the photos of your baby, please consider helping out by sharing your story and a few photos.

If you are interested in contributing, please send an email to Christine Scott at Christine@WNYPBN.org. She will respond with instructions. Please help us demonstrate the significance the camera program holds for bereaved families in our community.

Courtney Bajdas
Bereaved mother of

HOPEFUL HEARTS ~ THE OTIS BEAR

I have been pregnant four times. I have one living child. As you can imagine, the fourth time I became pregnant, I was scared it would end too early... just as my previous pregnancies did, and I would lose the baby. Don't get me wrong, I was hopeful, too; but scared out of my mind.

Being familiar with losses, one thing I knew for sure is that the time I had with the baby was precious, and I wanted to make as many memories as I could while I held my baby inside, because I didn't know if I'd get to hold this baby outside.

Being categorized as a high risk pregnancy, I got a lot of ultrasounds. I brought a little recording device to one of my visits and recorded my baby's heartbeat. Having that recording was a great comfort to me for the



HOPEFUL
HEARTS ~
THE OTIS
BEAR

duration of my pregnancy. It was mine forever.

We put the recorder in a teddy bear. My baby girl, Adelaide Joy, was born into this world on January 23, 2015, and we have taken her picture with that bear every

month since. I became inspired that other moms with high risk subsequent pregnancies might find having their baby's heart beat recorded forever may be helpful to get them through what I know can be a very challenging pregnancy, both mentally and physically.

I brought up my idea to Christine Scott with the WNYPBN, and she embraced it right away! If you are experiencing the anxiety of a subsequent pregnancy after a loss, I hope you find comfort having your very own Hopeful Hearts Otis Bear. Please contact the WNYPBN office at 626-6363 if you would like to take part in this program.

By: Lena Croce
Bereaved Mom to
Riley, Gabriella & Baby Croce

THIRD ANNUAL RIDE TO REMEMBER

Saturday, September 17th, 2016

Registration begins at 8:30 AM

Rides begin at 9:30 & 10:30 AM

Oakfield Alabama Baptist Church

2210 Judge Road

Oakfield, NY 14125

"Ride to Remember" was created in loving memory of Helen Lois Pritchett by her family. The Ride to Remember will be held in Alabama, NY (near Batavia) on Saturday, September 17, 2016. The Ride to Remember will raise funds for the WNYPBN, Inc., specifically to support the "Remembering Love in a Heartbeat" program. This program supports parents who are faced with a terminal pregnancy diagnosis, offering families the opportunity to have their baby's heartbeat recorded on a device that is then placed into a stuffed Bunny or Bear. This is

an opportunity for the family to always hear their precious baby's heartbeat.

Helen's Story...

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

The purpose of this ride is to support the

programs of the WNYPBN, especially the program, "Remembering Love in a Heartbeat." This program will provide families facing a similar situation the opportunity to have their baby's heartbeat recorded and placed in a bear or bunny so they will always be able to hear their precious baby's heart beat... another beautiful memory.

There will be three routes offered: a Five-Mile and Ten-Mile Family Fun Rides, and a 25-Mile Ride. Both the Family Fun Rides and the 25-Mile Ride will begin and end at the Oakfield Alabama Baptist Church. There will be a lunch and refreshments available when the riders return.

Please contact the WNYPBN if you would like to participate! 716-626-6363. **Registration opens online June 1st!**

By: Christine Scott

WINGS OF LOVE PARENT'S DAY BREAKFAST

Save the Date:

Saturday, May 7, 2016

ACQUA Restaurant

2192 Niagara St.—Buffalo

10:00 AM

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 WNYPBN 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 invite to attend. Please register online at www.wnyybn.org under events.

If you have any questions please call the office 626-6363.

By: Christine Scott

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

Information for this event is available on our website: www.WNYPBN.org.

The "Elegant Evening to Remember" features an awards ceremony recognizing physicians, nurses, volunteers and organizations for their outstanding dedication to the WNYPBN 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 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
Women & Children's Hospital of Buffalo

Nurse Practitioner of the Year

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

Nurses of the Year

Linda Pollinger, RN
Debbie Ziemanski, RN
Catholic Health System
Mercy Hospital of Buffalo

Volunteer of the Year

Lisa Jerebko
Bereaved Mother, WNYPBN Volunteer

Community Service

Mike & Kelly Anderson
Bereaved Parents, WNYPBN Volunteers

George Walsh & John Dubreville
Hale Northeastern, Inc.

Community Awareness

Nancy Weil
Director of Grief Support
Catholic Cemeteries, Diocese of Buffalo

Rhonda Howard
Bereaved Mother, WNYPBN Volunteer
Southern Tier Walk to Remember

We would especially like to thank the sponsors and donors to this special event.

Remembrance Sponsor:



Catholic Health Sisters of Charity Hospital Catholic Health Mercy Hospital of Buffalo

Candlelight Sponsors:



Hope Sponsors:

 Women & Children's
Hospital of Buffalo
A Katakis Health Facility

**The Anderson
Family**

Star Sponsors:

The Rockside 9

 **PCB PIEZOTRONICS™**

 **PERNA, DENGLER, ROBERTS**
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We would also like to thank the myriad donors that contributed to this event:

Adventure Calls Outfitters, Albright-Knox Art Gallery, Alberta Properties LLC, Anderson Family, Bisons Baseball, Blu Spa, The Buffalo Bills courtesy of Bud Carpenter, The Buffalo Sabres, Cavalier Wine & Spirits – Zmuda Family, Confer Plastics, D. Lawrence Ginnane Funeral Home, Daemen Basketball Program – Mike MacDonald, The Deli Shoppe – Depew, Designing Dish, Devon Donovan, Elegance Optique, Ellicott Development, Explore Buffalo, Global Group – Colonial Wine and Spirits, Kimberly Fenn, Golabek Family, Hotel @ The Lafayette, Hyatt Regency Downtown, Kim Family, Diane & John Lattimer, Laughlin's, Lewiston Jet Boats, Lombardo Funeral Home, Lovullo Associates – Dave Pietrowski, Marriott HarborCenter – Buffalo, M.J. Colucci & Son, Melanie & Justin McKenney, Mount Calvary Cemetery Group, Music with Mar – Melissa Sacco, National Fuel, Todd Nelson, OB/GYN Associates of WNY, Osteria, Pan Am Grill, Jeffrey Rankin, Reyda Family, Rich's, Rick's on Main, Rochester Americans Ice Hockey Team, Roycroft Inn, Russell's Steak and Chops, Salvatore's Italian Gardens, Scott Family, Sky Zone, Sisters of Charity Hospital ~ L&D Unit, NICU & Mother/Baby Unit, Soho Burger Bar, SPCA of Erie County, Tops Friendly Markets, Village Veterinary Clinic of Hamburg, Walt Disney Company, WCHOB Variety 6 & Family Centered Care, WNYPBN Board of Directors, YourCare Health Plan

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

Forget-YOU-NotS

In Loving Memory Of..

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

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

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

Liam Patrick Casey July 6-7, 2012
Mommy, Daddy, Kendra, Gillian, and Baylee miss you every
day! Please continue to watch over us all! Until we meet
again, Little Man.
Parents: Jerricka and Travis Casey

Riley James Croce March 8, 2010
Gabriella Irene Croce August 3, 2010
Baby Croce December 9, 2013
Angels are among us, I know this to be true.
Three very special angels came before you.
Now they watch, play and protect from above,
And two grateful parents get to shower you with love.
Good deeds seem sweeter when done in their heavenly
name,
Gone but not forgotten, we love you all the same.
Mommy and daddy love you forever.
Parents: Lena & Dan Croce

Forsythe Babies 1996, 1998, 1999, 2004
Parents: Cheri & Bill Forsythe

Cassandra Elizabeth Goldyn September 13, 1999
Baby Goldyn 1997, 1998, 2001
Parents: Sharon & Tom Goldyn

Emma Ann Marie Gratien April 14, 2015
We love and miss you so much sweet Emma girl!
Parents: Melissa & Keith Gratien

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

Andee Elaine Havens October 6, 2015
Parent: Nikki Havens

Brooke Marie Helper December 7, 2010
Parents: Lauren and Patrick Helper

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

John Paul Jerebko November 18, 1999
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! Rejoice 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

My'kell Marlon Sanford Feb.9 2014-April 19 2014
Mommy and daddy love you always. Your memory lives for-
ever in our hearts.
Parents: Marlon T. Sanford & Bridget Clemons

Forget-YOU-Not's

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

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

Nova Marie Snyder April 13, 2015
 You were here for only a moment but the memory of you will last a lifetime. Always wanted, always loved, never will be forgotten. We love you, Nova.
 Love, Grandma, Papa Todd, Aunt Paige, Aunt Riley and Aunt Mia
 My sweet, beautiful angel. We miss you and often wonder what life would be like if you were still here. Just know that your love is what gets us through each and every day.
 Love, Mom and Brother
Parent: Megan Torres

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

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:

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.wnybpb.org

THANK YOU TO OUR VOLUNTEERS!

The WNYPNB assists families in numerous different ways with the love and compassion that can only come from someone who has walked a similar path. Once these families have crested their hill of hope and can see clear to assist others, they contact the WNYPNB offices and ask to help. Many volunteers like to help with events such as the Walks to Remember, some wish to help in the office with clerical duties, while others are craft-oriented people.



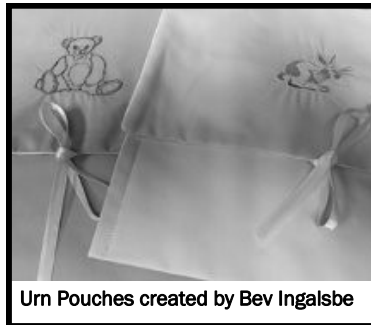
Sibling Bears and Blankets supplied for the WNYPNB's Sibling Program

Volunteers have spent hours sewing, knitting, crocheting, decorating, painting and creating beautiful items that are bestowed upon the newly bereaved to act as a keepsake to remember their babies gone too

soon. The WNYPNB would like to thank our volunteers for creating these beautiful mementos that supply our various programs:

Bev Ingalsbe, grandmother of Alyssa Sophia Ingalsbe (12/21/12) creates pouches to hold Wings of Love urns, "Remembering Love in a Heart Beat" bears & bunnies, as well as the Hopeful Hearts Otis bears.

Marie Hallock, grandmother of Christopher Micheal Browne Jr. (2/20/10), has made sibling bears and blankets for the Sibling Program.



Urn Pouches created by Bev Ingalsbe

"Grandma" **Nina Leskiw** creates Angel Pockets and Buntings for the Angel Robes program in memory of Angela Marie Capage



Safe Arrival Sibling Bunnies

Diane Haggerty makes "Safe Arrival Siblings" bunnies and blankets in memory of Michael Edward Jurek 4/3/63-10/14/63, Baby Haggerty 10/15/97, Baby Haggerty 9/9/11, Ella Mae Haggerty 4/1/13

Hats & blankets by **Ms. Josephine Corneck**
Blankets made by **Theresa Sergi**, in memory of Olivia Ann Sergi 1/6/07 and Baby Sergi 2/5/06

Lucille Snizek creates hats, buntings and Angel Pockets in loving memory of Marrina and Ella Grace Kim

Sharon Sammarco from Newborns in Need WNY Chapter

The SweetPea Project

RSVP volunteers

West Seneca Senior Center

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



WNYPNB—HELP NEEDED!

The WNYPNB 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 WNYPNB? 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 WNYPNB 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

“WINGS OF LOVE” MEMORIAL GARDENS

Wings of Love, a program of the WNY-PBN, 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 WNY-PBN is now using this program to help fulfill an emotional need, as well.

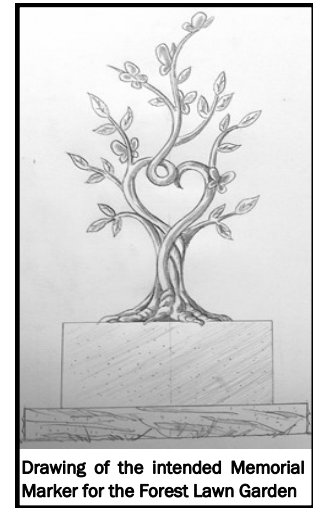
It is a known fact that symbolic gestures play an important role in the healing process. The Memorial Garden concept provides a foundation for a peaceful and permanent mourning place for parents who lose their children. With the help of generous businesses in our community, as well as support dollars 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 Summer/Early Fall 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

MARCH OF DIMES' LEGISLATION

The Centers for Disease Control and Prevention (CDC) estimates folic acid fortification in the U.S. has saved about 1,300 babies each year from these fatal or devastating birth defects of the brain and spine known as neural tube defects (NTDs). A total of about 26,000 babies were born healthy since folic acid fortification of grains began in 1998.

In 1992, the U.S. Public Health Service began to recommend that all women capable of having a baby consume 400 micrograms of the B vitamin folic acid daily to prevent NTDs such as spina bifida and anencephaly. The neural tube closes early in embryonic development, often before a woman knows she's pregnant; and up to 50% of all pregnancies in the U.S. are unplanned.

The March of Dimes created and conducted several award-winning educational campaigns to promote folic acid during the 1990s. But we also knew from national surveys that only about one-third of women were actually taking a daily multivitamin with folic acid beginning before pregnancy as advised. Behavioral changes can take many years; the March of Dimes did not want to wait and miss the opportunity provided by folic acid to save the maximum number possible of babies from fatal and disabling birth defects. So we urged FDA to require the addition of folic acid to the nation's grain food supply.

FDA had not mandated nutritional change to grain foods since the 1940s. Fortification opponents within and outside the agency argued that women should instead be encouraged to eat more fruits and vegetables rich in folic acid. Undeterred, Dr. Jennifer Howse and then-medical director

Dr. Richard B. Johnston, Jr., paid personal visits to FDA officials. Dr. Johnston gathered letters of support from the leaders of major organizations representing America's clinical and academic pediatricians, obstetricians, and medical geneticists. Finally, on March 5, 1996, FDA announced its requirement that folic acid be included in all enriched grain products beginning in 1998.

Since then, the CDC was able to demonstrate that fortification had caused NTDs to decrease by about 27%. But Hispanic babies were still much more likely to be affected by an NTD. Many health experts believed this was because corn masa flour, which is used in foods commonly consumed in the Hispanic community, was not included in the 1996 fortification regulation. The March of Dimes and partners, including the American Academy of Pediatrics, the National Council of La Raza, the Spina Bifida Association, and Gruma Corporation, filed a Citizens Petition to allow folic acid fortification of corn masa flour with the FDA on April 17, 2012 – four years ago, almost to the day.

FDA reviewed the petition, and then asked for additional information about the stability of folic acid in corn masa flour. The March of Dimes ultimately funded a study, and submitted the results to FDA in October 2015. Today, we received the answer we've awaited for so long.

Staple foods like tortillas, tamales, pupusas, chips and taco shells can now be fortified.

The March of Dimes looks forward to the prevention of even more NTDs in the U.S. – giving more babies a chance for a full, happy life, and giving their families the joy of a healthy child.

Please join us in thanking the FDA by tweeting to @US_FDA or posting on their Facebook wall with messages in support of this new legislation!

The next step is to encourage FDA to write the necessary regulations quickly. Stay tuned for opportunities to urge the agency to ensure that fortification happens as soon as possible.

By: Darcy Dreyer
March of Dimes

JACK AND SAMUEL

Hello there,
You up in the sky
Hello my brothers,
My lovely brothers
Up in the sky.
Remind me why I
Miss you.
Remind me why I
Lost you.
Remind me why I
Love you.
I loved you
and I still love you.
Love, such a strong word
But I love you.
I love you up to the sky and back
A trillion billion million
Trillion billion million
Times.

Good-bye there
You up in the sky
Good-bye there
My lovely brothers
Up in the sky

By: Ashley Shaefer

Safe Arrivals

To Grant Others Hope

Theodore John Daly was born on April 4, 2016 at 1:10 pm to Stefanie Kent & Kenneth Daly. He was 7 lbs, 12 1/2 oz and 19.5 inches long. The family will always remember his big brother Charles Stephen "Charlie" Kent (February 13, 2014 - April 12, 2014).

Raeven Grace Gibney was born March 23, 2016 Heather Waldruff & Justin Gibney. The Family will always remember Jameson Karter Gibney June 19, 2014.

Morgan Parker Gratien arrived on March 11th 2016, weighing 7lbs 12oz. She was welcomed into this world by her Mom Melissa, Dad Keith, and brothers Kaden & Owen. We love & miss her sister Emma (April 14, 2015), who will always be in our hearts. We know that she will always be looking out for us from heaven above.

Heidi and Chris Jank are thrilled to announce the arrival of **Jessica Rose Jank!** She arrived February 6, 2016 at 2:38 PM at 4lbs, 14 oz and at 18 1/4 inches long. To-

gether with her big brother, Austin, the family will always remember sweet little Emily Ann Jank (May 2—17, 2012).

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.

RESOLVE THROUGH SHARING TRAINING

Together with the Catholic Health System, the WNY-PBN co-hosted a national training conference through an organization known as Resolve Through Sharing (RTS), a non for profit organization whose goal is providing thought leadership, and an evidence-based yet compassion-first approach to bereavement care. The conference was held on April 22-24, 2016 at the CHS building downtown Buffalo.

RTS has been recognized as the "gold standard" for bereavement care and education for over three decades, providing training to over 35,000 health care professionals all over the world, in all kinds of facilities, including the US military. Our training here brought in over 40 professionals, including Social Workers, nurses, doctors, chaplains, nurse practitioners, and doulas from six states and Germany.

Our training was led by a member of RTS's national faculty (Amy Creamer) who also serves as the coordinator of perinatal bereavement at Sisters of Charity Hospital. "This is a very difficult experience for many medical professionals as well as their patients; providing our staff with the tools they need in these circumstances is imperative to providing patient centered care"

It is estimated that within our health system, we have upward of 1,000 perinatal losses annually, which means that many patients are affected by the care that we give.

Amy states, "I know this is a hard thing for professionals to talk about, and I am so happy that we have some very dedicated staff who are willing to rise to challenge".

Any hopes to continue to grow our perinatal loss program Footprints on the Heart, and to continue to do more education to help staff feel more comfortable when faced with these types of situations.

The WNY-PBN Executive Director, Christine Scott, who both helped organize the event, as well as participated in receiving the training, stated, "The purpose of the training was to provide participants with a rich educational experience that enhanced their knowledge, level of skill, and personal awareness while providing care to families whose baby died. I invited two of our WNY-PBN families to participate in the parent panel to share their experiences with the group. It was so meaningful and the most impactful part of the training. I also feel it was extremely healing for the parents who participated."

Amy Creamer went on to say, "What made this conference so wonderful was that so many local representatives from various hospitals came together with the same mission to provide better bereavement care to their patients. It was ideal to have so many caring professionals in one place and working together to build better individual and community support for our families."

Thank you to all who participated and who will use this information to care for bereaved families throughout our nation, as well as the world!

By: Amy Creamer & Christine Scott



Participants in the National Resolve Through Sharing Conference held at the Catholic Health System Building in Downtown Buffalo



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

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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

