



# FORGET-ME-NOT

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## WNYPBN, Inc.

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Christine Scott,  
**Executive Director**

## SAVE THE DATES

### Save the Dates!

February 11, 2017 Ryan's Reason Family Skate/Hockey Game  
The Healthy Zone Rink, East Aurora—see Page 4 for Details

March 25, 2017 Evening to Remember Basket Raffle  
St. Gabriel's Parish Hall, Lancaster/Elma—see Page 4 for Details

April 21, 2017 Elegant Evening to Remember Gala  
The Foundry Suites, Buffalo—see Page 5 for Details

May 13, 2017 Parent's Day Breakfast  
ACQUA, Buffalo—see Page 5 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

There is so much going on in the world today. Many are sad, some are exciting and fun, some are terrifying. All this seems to get suspended in mid-air when the loss of a baby occurs. Your whole life must be put on hold. Slowly but surely, your life comes back around. You are a different person, but you pick up where you left off. In some cases, you must stop certain activities (activities that

remind you painfully of your life before your loss). In other cases, you add on activities that help you cope (support groups, counselling, etc.). The point is this: you're a different person now, and have to find your "new" normal. Some people aren't going to be "okay" with that - too bad. The only person that has to be amenable to your new set of normal, is YOU.

Give one or more of our upcoming events a consideration for what comes with your new normal. There are enough events that one may be helpful to you as you grieve and heal. If there is anything we can do to help, please contact the office. We will support you in finding your new normal self.

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  
WNYPN Executive Director



Bereaved Mother of Jacob Wesley Scott—May 27, 2000

Because of YOU, we are able to:

- ◆ Continue to serve our community
- ◆ Help families & Honor lives
- ◆ Support our bereaved parents, siblings, family members and friends
- ◆ Continue to educate staff throughout 13 L & D hospitals in the 8 counties of WNY and surrounding area hospitals & assist in policy change
- ◆ Swaddle our tiniest of angels in beautiful blankets and handmade gowns
- ◆ Provide financial assistance to assist families with burial and cremation expenses
- ◆ Continue to grow to fulfill the needs in our community
- ◆ Create awareness and Break the Silence

We can and we will continue helping families and honoring lives in 2017. We are forever grateful to our corporate donors, friends, volunteers, and bereaved families, who support the Network and continue to dedicate their time, energy and love into what our Network is today. Being a small nonprofit is no easy task; however, working together with passion, compassion, and positive energy, we will continue to be able to provide support to all of you, because of your continued Kindness. Please see the complete corporate donor list on our website.

Our 2016 Holiday Support programs were well received. Paint the Night for Hope & Healing held on December 1st healed a piece of many hearts as we created our own masterpiece to honor our babies. We were surrounded by love and support, some tears and some laughs. Joann Ferralli, bereaved Mother and Grandmother writes, "It was a wonderful

night! Christine did a wonderful job, as always. Looking forward to another evening of this nature."

A warm and special thank you to Amy Bowser, who made this night possible. Amy and I will be hosting another Paint for Hope and Healing on Saturday, March 11th at 12 Noon. Please see page 5 for details. Please remember space is limited: this is a first come, first serve basis, so reserve your spot now by calling me at the WNYPN office at 716-626-6363.

Our 1st Holiday Memorial Candlelight Service and Santa Sibling event was all encompassing, and met the needs of our bereaved sibling and parents. Rachael Mark, our UBMSW intern, along with support from Father Richard Zajac and the Newman Mission Center, organized this wonderful support service for our families. The magic in the children's eyes glowed as Santa arrived and set the stage for spreading some holiday joy. The candlelight service honored our children who will live forever in our hearts.

With the new year upon us, we have many support services, education and recognition events lined up for an eventful spring. Specifics of all of the Spring Events and Services are described throughout this publication in greater detail. Please save the dates and join us for camaraderie and healing as we walk our path of grief together. Here is a summary of the 2017 events:

2017 began with empowering education and paying witness to the hard work and support by wonderful volunteers in our community. On January 17th, Rachael and I provided a Bereavement educational session



**PAINT THE NIGHT IN HOPE AND HEALING ATTENDEES AND THEIR BEAUTIFUL WORKS OF ART CREATED IN LOVING MEMORY OF THEIR BABIES GONE TOO SOON**

to the Labor and Delivery Team at WCA Hospital in Jamestown, NY. I want to also Thank Alicia Gatto from Warren, PA, for the generous gift of a CuddleCot™ and Moses basket for their hospital bereavement program - giving families a gift of time.

On Saturday, January 29th I had the pleasure of attending the Southtowns Women's Group Sew Day, lead by Liz Cecchetti. I was so moved by the time, dedication, love and energy this group put into creating beautiful gowns, angel pockets, and Wings of Love pouches for our Angel Robes program. I am so excited and grateful they have joined our volunteer Network family.

I also would like to acknowledge a very talented volunteer, Harriet Sessler, Bereaved Grandmother from Jamestown and the St. Christopher Parish Ministry from Tonawanda, NY for creating beautiful blankets and angel gowns for our bereaved families.

Ryan's Reason is hosting a Family Skate & Charity Hockey Game Saturday, February 11th at The Healthy Zone Rink, East





SOUTHTOWNS WOMEN'S GROUP SEW DAY, LEAD BY LIZ CECCHETTINI

Aurora, NY with the proceeds supporting the Wings of Love Memorial Fund and the WNY-PBN. Ryan's Reason was established in 2015 to raise funds to find a treatment and cure for polycystic kidney disease (PKD) in honor of Ryan McGowan. Along with fundraising for PKD, Ryan's Reason is also dedicated to providing financial support to families who have lost a child, and has been a brilliant supporter of the WNY-PBN. For more information, please email Ryansreason2014@gmail.com

The Evening to Remember Basket Raffle has been a wonderful success the past several years. We will again be holding the event at St. Gabriel's Parish Hall on the border of Lancaster/Elma (see page 4) on March 25th. If you wish to donate a basket in memory of your baby(ies), please contact the Event Chairperson, Cyndee Fahey. She can help you arrange a drop-off point for your basket.

The Basket Raffle provides an opportunity which is different from the solemn events

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

We are celebrating our 6th Annual Elegant Evening to Remember Gala this year. It will be held at The Foundry Suites located at 1738 Elmwood Ave, Buffalo on April 21st (see page 5). This is a semi-formal event that honors health care professionals, organizations and volunteers for their efforts to assist the bereaved in our community. The previous years' dinners have raised much-needed awareness about perinatal death as well as much needed funds to continue to fulfill our mission.

The Parent's Day Breakfast will be held on the Saturday before Mother's Day, May 13th at ACQUA Restaurant (see page 5). This event holds a special place in my heart, as so many parents are not "seen" as parents because their babies are not with them. Mother's Day and Father's Day can be such a difficult time for so many, so we celebrate our parenthood by reading poetry, listening to beautiful music and releasing flowers into the Niagara River. I truly hope you and your families will consider joining us this year.

On June 10, 2017, BB&G Charities will host their 3rd Annual Golf Charity Classic. Part of the Proceeds will support the Wings of Love Memorial Fund. If you are a golfer of any skill level, I hope you will take time to arrange an outing of four to compete in this fun and worthwhile event. See below for more specifics of the Golf Classic, or please visit them at [www.bbgcharity.org](http://www.bbgcharity.org) and register today.

Many people often ask if they can help or volunteer at our events. If you are interested in volunteering or helping at all, please contact me at the WNY-PBN Offices. I can answer any questions regarding any of these spring events, and help you find ways to memorialize your baby(ies) in giving of yourself!

We are launching a new *Random Acts of Kindness* Program in Spring 2017. An act of Kindness can go a long way, more information on this program will be announced in our next newsletter edition.

As I bring this edition of my Network News to a close, I wish you all the comfort of warmth as we get through these last few months of the Winter Season.

"Kindness is like snow:  
It beautifies everything it covers."  
~Kahlil Gibran

Sincerely,

 Christine

## The 3rd Annual BB&G Charities

### Golf Outing

June 10, 2017

Chestnut Hill Country Club

1330 Broadway, Darien Center, NY 14040

12:00 Lunch / Registration

1:30 Shotgun Start

\$110 Includes Golf, Lunch, Dinner,  
and Open Bar Before and After Dinner  
Numerous Raffles, Contests and Prizes

Register at [BBGCharity.org](http://BBGCharity.org) or call 716-870-0903



# BB&G CHARITIES

HELPING KIDS EXPERIENCE THE AMAZING!

Portion of the Proceeds to Benefit  
the Wings of Love Memorial Fund

## Wooden Wings Project

The Wooden Wing Project was created by Amy & Justin Bowser. It offers customized wooden memorial pieces to honor your angel baby(ies). The piece will include a tree of life with a family of birds sitting inside observing a bird soaring away. The family of birds represents your family here on earth and the bird flying away represents your angel baby making his/her journey to heaven.

A lot of time and love go into these pieces and we would love to work with you in customizing your own.

Proceeds from the memorial pieces will fund the production of the



wooden angel wings that are donated to the WNY-PBN for newly bereaved families.

Contact us [amyrochellebowser@gmail.com](mailto:amyrochellebowser@gmail.com) to get all of your details in place and we can start your order!

The wooden memorial trees are \$40.00 each.

## EVENING TO REMEMBER BASKET RAFFLE

To be held on

**March 25, 2017**

**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. (WNYPNB) is hosting our

annual Basket Raffle fundraiser on March 25th. All proceeds from this event will benefit the programs of the WNYPNB, including the Wings of Love Memorial Fund which provides monetary support for burial costs to eligible families.

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

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

to purchase tickets, please contact Christine Scott at 716-626-6363 or email her for information at Christine@wnypbn.org. Prizes will be drawn at the Basket Raffle, 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 due to 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.WNYPNB.org](http://www.WNYPNB.org)

**Please join us for another great evening!**

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

## FAMILY SKATE & CHARITY HOCKEY GAME

**The Healthy Zone Rink**

41 Riley St.

East Aurora, NY 14052

**February 11th, 2017**

**2:30 PM until 5:30 PM**

**Ticket Information:**

\$20 / Adult - \$10 / Child

Tickets may be purchased at the door the day of the event. Children 5 and under are free!

For more info email:

Ryansreason2014@gmail.com



### Family Skate

Bring the entire family out for an afternoon of ice skating at the Healthy Zone Rink. Plenty of food and refreshments will be provided. Tickets may be purchased at the door, and are \$20 for adults, \$10 for children, kids five and under are free. Tickets include skating, food & refreshments, and admission to the hockey game. Raffles and skate rentals will also be offered for an additional charge.



### Charity Hockey Game

After the skate, warm up in the lodge and enjoy an afternoon hockey game. The Ryan's Reason Blue Jackets will be playing some of the East Aurora OTHLEA mens hockey league finest! Puck drops immediately following the family skate. If your interested in playing, please email: ryansreason2014@gmail.com

### RYAN'S REASON

Ryan's Reason was established in 2015 with the goal of raising money to help find a treatment and cure for Polycystic Kidney Disease (PKD), as well as to help families who have suffered the loss of a child. To date, Ryan's Reason has donated over \$30,000 to the PKD Foundation, and over \$4,000 to families in the Western New York area who have lost a child. All funds raised from this event will stay in Western New York, and help families who have lost a child.

**Special Thank you to:**



## RAFFLES:

## CASH RAFFLE AND TAKE FLIGHT SWEEPSTAKES

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

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

Committee Member.

The Take Flight Sweepstakes offers two roundtrip travel-vouchers from JetBlue Airway to any Domestic City that JetBlue travels. The winning ticket will be drawn at the Elegant Evening to Remember on April 21st, at the Foundry Suites. Tickets for the Take Flight Sweepstakes are limited to 250 to increase your odds of winning! Donation is \$20 each. Please contact the WNYPNB

office or contact an Elegant Evening to Remember Committee Member 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**.

By: Dawn Both-Kim

## PAINT THE NIGHT FOR HOPE AND HEALING

The WNYPBN would like to announce our third Art Support group. Our first was a paint night at ACQUA restaurant in Buffalo last year on Pregnancy and Infant Loss Awareness Day (October 15). It was a very successful event, with much healing through our works of art.

On December 1, 2016, we hosted a similar event at the WNYPBN office with the help and guidance of Amy Bowser and the Wooden Wings Project. The Wooden Wings Project provides bereavement support to families through works of art. Come heal a piece of your heart with us and create your own masterpiece to honor your angel baby.

In Amy's words from December 2, 2016:

"I held my first art therapy class in Buffalo last night with a great group of strong women who have been through the unthinkable. Our theme was Paint the Night in Hope & Healing. It is my mission to encourage and empower all those that surround me, but last night these ladies encouraged and empowered **me** and validated my purpose in this life.

"Thank you all for coming to my event and healing a piece of your heart with us. Another special thanks to my friend Christine Scott for helping to facilitate this event and to my travel buddy Amy Buckner for riding

up with me and being a part of this. Everyone's piece turned out beautifully and they were so brave in sharing their stories."

Amy will be presenting a second painting event on **March 11, 2017** at Noon at the WNYPBN office. Please call the office to reserve your space soon! **716-626-6363**. Space is limited to **8 people**, on a first come, first serve basis. See the WNYPBN Facebook site and event page for more information!

We look forward to creating with you all!

By: Dawn Both, Amy Bowser  
and Christine Scott

## WINGS OF LOVE PARENT'S DAY BREAKFAST

Save the Date:

**Saturday, May 13, 2017**

**ACQUA Restaurant**

2192 Niagara St.—Buffalo

**10:00 AM until 12:30 PM**

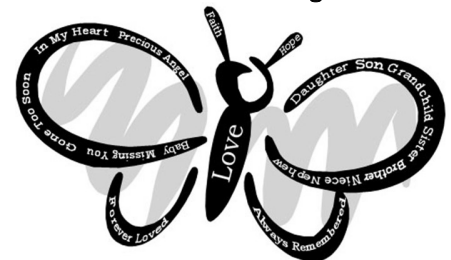
Holidays can be exceptionally difficult after losing a baby. Mother's Day and Father's Day can be especially hard since our chil-

dren 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 invited. Invitations will be arriving in the mail in March/April with registration information and more

details. Tickets will be available for purchase online on March 15th! Also, keep up to date on this event and all the others on our website:

[www.WNYPBN.org](http://www.WNYPBN.org)



## ELEGANT EVENING TO REMEMBER GALA

To be held on

**Friday, April 21, 2017**

**The Foundry Suites**

1738 Elmwood Avenue, Buffalo

**6:30 pm – 10:30 pm**

Tickets are \$85 per person

Tables for 10 are available for \$800

Invitations, registration, as well as donations for this event will soon be available on our website: [www.WNYPBN.org](http://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, dinner, raffles and a silent auction. All auction packages will be created in memory of babies who have died due to miscarriage, ectopic pregnancy, stillbirth or early infant death.

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

**Christine Scott at 716-626-6363 or**

[Christine@wnypbn.org](mailto:Christine@wnypbn.org)



This Year's Award Recipients:

*Physicians of the Year*

**Dr. Jodi Ball, MD**

Obstetrics-Gynecology

Bartels, Polawski, Weissman & Cloud

**Dr. Luther Robinson, MD**

Medical Genetics and Pediatrics

UBMD Pediatrics

Women & Children's Hospital of Buffalo

*Nurse of the Year*

**Angela Stutzman, RN**

Labor & Delivery

Women & Children's Hospital of Buffalo

*Volunteer of the Year*

**Amber Hultgren, MSW**

Bereaved Sister, WNYPBN Volunteer

*Community Service*

**Amy Creamer, LMHC**

Perinatal Bereavement Coordinator

Sisters of Charity Hospital

*Community Awareness*

**AM Buffalo Team:**

**Frank & Linda Pelligrino**

WKBW Buffalo—Channel 7

**Anthony Chimera**

Website designer for WNYPBN

Cherrytail Design

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**

# Forget-YOU-Nots

In Loving Memory Of..

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

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

**Brody Lucas Bowser** August 7, 2015  
**Bowser Twins** June 2, 2016  
**Kade Albright** February 8, 2010  
*Parents: Amy & Justin Bowser*

**Riley James Croce** March 8, 2010  
**Gabriella Irene Croce** August 3, 2010  
**Baby Croce** December 9, 2013  
*Parents: Lena & Dan Croce*

**Cassandra Elizabeth Goldyn**  
 September 13, 1999  
**Goldyn Babies** 1997, 1998, 2001  
 We look for you in the sun that shines, the stars  
 that twinkle, and the moon that glows..  
 Love, Mommy daddy and Big sis, Chelsea  
*Parents: Sharon & Tom Goldyn*

**James Anthony Giambra** February 8, 2003  
**Baby Giambra** June 17, 1999  
*Parents: Robert & Donna Giambra*

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

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

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

**Marrina Kim** August 3-4, 2005  
**Ella Grace Kim** June 8, 2007  
 We love you and think of you so very often. Please  
 watch over us... now and always. And please help  
 Grandma heal. We know you want to meet her,  
 but we aren't finished with her, yet.  
 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  
 Miss you with all of our hearts, Theresa, Bud,  
 "Blueberry" and Baby Mott. God knows our pain  
 and sadness. We know that someday, we will see  
 you again. All our love ~ Daddy, Mommy & Alison  
*Parents: Timothy & Beth Mott*

**Andrew Thomas Paolini** September 8-15, 2003  
**Baby Paolini** August 2002  
**Baby Paolini** October 2004  
 Always in our hearts. We love you forever! Love,  
 Mommy, Daddy and Sam  
*Parents: Becky & Charlie Paolini*

# Forget-YOU-Not's

In Loving Memory Of..

**Michael James Quigley**      October 24, 1992  
Miss you more and more! 'Til we meet again!  
Love, mom  
*Parent: Debi Zmuda*

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

**Robert Mathew Soule**      April 24, 2016  
In Loving Memory of My Son  
*Parent: Melanie Rose Soule*

**Harper Sophia Sypniewski**      October 14, 2014  
Mommy, Daddy and your sisters love you!  
*Parents: Aaron & Brieanne Sypniewski*

**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  
*Parents: Mark & Lisa Wolff*

**Emma Renae**      June 15, 2006  
**Taylor Noel**      August 18, 2005  
**Ethan Dean**      August 18, 2005  
Not a day goes by that I don't miss the three of  
you. The only bit of comfort I find is that you are  
together and in the arms of Jesus, and I know  
grandma is with you. Fly high my angels and re-  
member: Forever loved, Forever One!  
XOXOXOXOX ~ Mommy  
*Parent: Jenna*

**Grace Lee Zimmer**      April 12, 2012  
Until we meet again, fly sweet butterfly, fly! A mo-  
ment 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](mailto: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!

## WNYPBN—HELP NEEDED!

The WNYPBN is run solely through private contributions from families and businesses. The Wings of Love Memorial Fund dollars were depleted by the end 2015 as well as 2016, leaving families without funding to help them bury their baby. There have been deserving families who have had limited help due to lack of funding.

**How can you help?** Have you ever considered approaching the business where you work to hold a Dress Down Day that will benefit the WNYPBN? Many local companies and businesses will hold these fun and easy events. Please contact Christine Scott at 716-626-6363 if you would like to approach your company with a Dress Down Day proposal!

Another way to help is to hold a fundraiser.

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

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

Finally, it is with a heavy heart that I announce that I am looking for someone to take my place as editor of the Forget-Me-Not. I will remain in the background and help as much as I can, but am requesting

that someone with a fresh take on the newsletter step up and take the reigns.

**EDITOR NEEDED:** We are looking for someone who is efficient at editing for punctuation and grammar mistakes, as well as has an eye for alignment/page set ups. You must also be proficient in computer programs like MS Office. Please contact me if you are interested and are qualified at [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)

For all other inquiries about the WNYPBN, please contact Christine Scott at (716) 626-6363 or [Christine@wnypbn.org](mailto:Christine@wnypbn.org) or view our website at [wnypbn.org](http://wnypbn.org)

By: Dawn Both-Kim

# Poetry

## Solace in the Written Word

### Still my baby

In the short time that I had with you  
 I began to figure out  
 What it was I was meant to be  
 I really had no doubts  
 You were my baby  
 I was your mommy  
 And our bond was real and true  
 And even though our time was short  
 I very quickly knew  
 That you were weak but precious and oh so tiny too  
 It was up to me  
 To keep you safe and warm  
 To provide the love and comfort  
 That should have been the norm  
 As you grew inside me  
 I did the best I could  
 To let you know I loved you  
 And would do everything I could  
 To protect you and love you  
 And be the best mom I could be  
 but you would never get a chance to live  
 at least outside of me  
 it took a lot of extra time before I'd finally see  
 that even though I want you here  
 I want you to be free  
 And even though you're not with me...  
 I found out something new  
 you are still my baby even though I'm not with you

By: Jenna Wall

### So little Time

It seemed there was so much to do  
 So little time what would I do  
 Even at only a few weeks along  
 Already it seemed that time was gone  
 Excitement grew as I made it through  
 Each and every day  
 Each morning brought a great new thought  
 "I'm closer to that day"  
 To meeting my baby, the love of my life  
 A secret to most.... it just wasn't right  
 After just a short period of time  
 I was struck completely blind  
 It's a moment I will never forget  
 Not even sure I'll ever get...  
 This isn't happening... I've got to wake up  
 This needs to be over...I've had enough  
 That night she died  
 Life no longer fine

I simply just shut down  
 A single man  
 Ruined of lifetime of plans  
 And didn't even think twice  
 Hopes and dreams and a lifetime of things  
 All vanished overnight  
 And from that day on  
 Life always seemed wrong  
 Like nothing can make it right  
 You were here for such a short time  
 But no matter what you were always mine  
 It's hard to convince them how special you are  
 There's always an argument... it's always a war  
 If I pretend that you weren't here...  
 Would that finally bring some peace?  
 I can't pretend... let them hurt you again  
 It isn't fair to you...  
 You were real... you were here  
 And this I know is true  
 I want to scream.. I want to cry...  
 And there are times I want to die  
 And yet I keep it locked inside  
 I wait to wake up from this dream  
 And even now I still hear things  
 The sound of tiny beating hearts  
 The sound of crying from the dark  
 Time for me has not moved on  
 Anger seems to be my song  
 Please don't tell me  
 "You'll have more"  
 Know that I'm not keeping score  
 She's the one I wanted first  
 She made my heart just want to burst  
 Please don't tell me "God knows best"  
 I'm angry at Him... just like the rest  
 Don't remind me that "time will heal"  
 Or "you will see her again"  
 For time has had its chance....  
 Heaven is great, but why couldn't he wait  
 And at least give me my chance  
 Please don't ask me "What do you need"  
 I need my baby back  
 This is not just a heartfelt plea...  
 It is a matter of fact  
 God, if you can hear me... I beg you yet again  
 Give my baby back to me and let my life begin

By: Jenna Wall

*Please be respectful and reproduce  
 only with the poet's consent. Thank you.*



# Poetry

## Solace in the Written Word

### The Strength You Gave Me

They tell me it's amazing how I've stayed so strong,  
but they don't see how I cry when I hear your song,  
they see the smile on my face but miss the hurt in my eye,  
I would rather seem rude than let them see me cry,  
I put on this front as I don't want the world to see,  
the pain and sorrow so deep inside me.

I don't act this way cause I'm ashamed to feel the way I  
do,  
I act this way in honour of you,  
because although I hurt right now and my heart is broken,  
I can't help but feel pride and love when your name is  
spoken,  
my strength comes from the love you gave to me,  
and it's that strength I want the world to see.

I will always love and miss you Lexi,  
that I will never hide,  
and when people ask me about my daughter Lexi,  
they will always see my pride,  
you were so precious and your memory will always live on,  
I'll never be sad that I had you only that you're gone.

My tears are not a sign of my weakness,  
they are a sign of the love I have inside,  
they will always fall down my cheeks,  
when I think of you with pride,  
they say it takes a real man to admit when he is sad,  
but how can I be sad when I look at the daughter that I  
had,  
I will always have the memories of my little girl,  
and you will always be my world,  
Lexi always remember you gave me this strength and  
that,  
you will always be your daddies little girl!!!

By Daniel Kerr

Source: <http://www.familyfriendpoems.com/poem/the-strength-you-gave-me>

### Heaven's Rocking Chair

Are there rocking chairs in Heaven  
where little babies go?  
Do the angels hold you closely  
and rock you to and fro?

Do they talk silly baby talk  
to get a smile or two,  
and sing the sleepy lullabies

I used to sing to you?

My heart is aching for you,  
my angel child so dear.  
You brought such joy into my life,  
the short time you were here.

I know you're in a happy place,  
and in God's loving care.  
I dream each night I'm rocking you  
in Heaven's rocking chair.

By: Ron Tranmer

Source:

<http://www.familyfriendpoems.com/poem/heavens-rocking-chair>

### My Angel Baby

I never got to see your eyes,  
or hold your hand, or hear your cries.  
All I have are dreams of you,  
those of which, will never come true.  
My heart sank the day that I knew,  
I would never get to meet you.  
I had made plans, and had aspirations,  
if only I had a little more patience.  
I never thought the Lord would take you  
away from me so soon.  
But, I'll never forget that dismal day,  
around two in the afternoon.  
The day I knew something was not right,  
and through many tears I would have to fight.  
Now, all I do is dream every night,  
about what life would have been like.  
What if you really had been born?  
But all we have are dreams of that,  
and all we can do is mourn.  
We will not mourn for you though,  
because we know you're where you need to be,  
even though it isn't here with me.  
You are my angel baby because God wanted you with  
Him.  
Now, forever with his angels, His praises you will sing.  
None of my dreams for you will ever come true,  
because of that day God chose to take you.  
But, my angel baby you will always be,  
in my heart forever, forever a part of me.

By: Heather

Source: <http://www.familyfriendpoems.com/poem/my-angel-baby>

# FIVE THINGS YOU SHOULD NEVER SAY TO A WOMAN WHOSE BABY HAS DIED

<<Reproduced with permission from STILL  
STANDING on-line magazine>>

Tonight, I went to our local chapter of M.E.N.D — a pregnancy loss support meeting. And you know what? People are saying the same old ignorant, hurtful things to women having a pregnancy loss as they did when I first had mine — and probably have said since the dawn of time.

I know I can't prevent every single woman out there from having to hear these hurtful comments. But I sure can do my part to spread awareness.

So if you come across any woman who has lost a baby at ANY stage in pregnancy or following birth — please do the universe a massive favor, and steer clear of saying any of these 5 things. (Or anything that even closely resembles them.)

## #5 — At least you were early.

Maybe you truly feel that you are doing this woman a favor to remind her that her body was unable to carry a baby past 12 weeks, or past her second trimester, or even to term.

But can I let you in on a little secret?

First, there is no "at least" with loss. None. So, umm. Stop saying that.

Second, from the moment that second line appeared, that mom had feelings about that baby. She not only had feelings, but something — a very big something — has changed in her life. Forever. No going back. No going back even with a loss. That baby changed everything for her. From the moment she knew it existed.

And losing that baby changed her forever too.

Life and death? It happened. So stop making it sound like it's no big deal.

And third — sometimes an earlier loss is even HARDER to process. In part because of a lack of support due to their loss being so "early."

## #4 — I know exactly how you feel.

Actually, you don't. Because I don't even know exactly how I feel.

One moment I think I'm OK. The next moment I'm balling my eyes out because of some silly little thing triggered my grief — walking past the baby aisle, driving by the hospitals, eating something I last ate the

day we lost the baby. And then 10 minutes later, something makes me smile. A sunset. A flower. A text from a friend.

I feel like a kaleidoscope of emotions — always changing with each turn.

I really don't care if our losses were the same. So you had a miscarriage too? OK. Chances are, the way I felt about my baby differed from you. The way I feel about pregnancy probably differs. And the way I feel about our loss differs.

If you want to relate, if you want to empathize — by all means do. Just don't tell me that you know exactly how I feel. Unless, you know — you are God. (And God, if you are reading this, then please chime in.)

## #3 — You could always try again.

\*sigh\*

I get that if you have a flat tire on your car, it makes sense to go get another one. You lost your coat? Then go shopping for a new one. Outgrow your house? Hit up Zillow or Redfin.

But PEOPLE? People are not replaceable.

And last time I checked, a baby is a people.

So just don't. Ever.

If you ever do say this to a woman, chances are she is screaming in her head at you that she doesn't want another one — she wants THIS ONE. And could you blame her? Chances are — you want each of your children too.

(PS — In saying she should try again, you are making some pretty big assumptions about her fertility. First, that she is capable of trying again. Second, that she wants to. Generally speaking, those are private topics that she should bring up with you if she wants to discuss them.)

## #2 — They are in a better place.

This is something you could probably legitimately say to someone who's had a grandparent die whose life at the end was one of excruciating pain. (Even then, maybe not the MOST supportive.)

But to a mom who has had a baby die?

Last I checked, a baby being born in this world were something to be celebrated. It is the natural order to be born, to live, and then a long long long time after a full life, to die and go to heaven. We all want babies to be born here first, before they die.

Maybe it's just selfish. But I don't want my babies in heaven. Not yet anyway. I want them here, with me, with their cute smiles, and their little piggy toes and their coos and yawns and cuteness. I want them to go through life — the good and bad — and fulfill a purpose. I want to meet their children and their children.

I want to live with my children before they die. I want to die first.

Maybe it's selfish. But it's true. I don't want them in a better place. I want them with me.

(PS. This is phrase is also cousin to "It's God's will." If you're curious, I'd steer clear of this one too.)

## #1 — Just be grateful for your living kids.

Can I ask a question? If your parents were in a car accident, and only your mom survived — how would you feel about people who ignored the fact that your dad just died — instead focused on how 'grateful' you should be feeling about your mom's survival?

I'm guessing you might feel a little invalidated — a little miffed. I'm sure you ARE grateful your mom is alive. Maybe even more than you were before. But you just had a parent die. You also deserve to grieve.

In a pregnancy or infant loss, a family has gone through a tragedy. There were survivors. There were others who did not make it.

Moms, dads and kids — they all deserve the right to grieve the ones that didn't make it.

In case you know have no idea what to say to someone who has lost a baby at any stage of life, I have a really easy suggestion.

A simple "I'm sorry for your loss" would suffice.

And then be available to listen, to grieve with them, and to offer any support you can by way of chocolate, food, time away, or clean dishes, or childcare. I promise a million times over, those acts of service will provide more comfort than any cliché ever could.

By: Rachel

Still Standing Magazine

[www.facebook.com/StillStandingMAG/](http://www.facebook.com/StillStandingMAG/)

<http://thelewisnote.com/5-things-never-to-say-to-a-woman-whose-baby-has-died/>



## 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](http://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](mailto:forgetmenotnewsletter@hotmail.com)

For information on Internet and Keep-sake resources, please view our website at [www.WNYPBN.org](http://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](mailto:Christine@wnypbn.org)



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*Helping Families  
Honoring Lives*

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**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Baby's Name & Honored Date(s):**

\_\_\_\_\_  
\_\_\_\_\_

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Forget-Me-Not

