



FORGET-ME-NOT

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SAVE THE DATES

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

Butterflies for Babies

Third Party fundraiser Boston Fire Hall

May 16, 2015

6746 Mill St.—Boston

BB&G Inaugural Golf Classic

Third Party fundraiser Arrowhead Golf Club

August 29, 2015

12292 Clarence Center Rd—Akron

WNYPBN MEMBER ORGANIZATIONS

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

LETTER FROM THE EDITOR

Although we all are enduring the horrific tragedy of perinatal loss, no one's journey is quite the same. We all must accept that what is helpful to us, may not be helpful to someone else. The best we can do is to try to remember this and be kind to others, as well as to ourselves. We all walk a different journey, but we are still connected by the love we have for our babies.

We worked very hard at organizing and creating a new set of pages for our website. We call the page: Love at First Sight... a Parent's Journey. I hope that you will take some time and consider creating a page in loving memory of your babies who are no longer with us. I'm pretty excited about the page—and I'd be glad to hear feedback or your opinions about a memorial site. (page 8)

I hope that you will all consider attending the Wings of Love Parents Day Breakfast this year. I feel it is helpful to so many people—validation for a life that only lives on in our hearts.

Take care and hope your Mother's Day and Father's Day are full of hope and love.

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 is here, finally! It is so refreshing to open the door and hear the birds chirping, see all the annual buds poking their heads out of the soil to add a beautiful rainbow of color to the gloom we were used to for so long. Soon all will be in full bloom—it is a beautiful sight. Think about taking a moment: pause to look and wonder. Spring! Rebirth and Renewal. Just as the flowers we plant will continue to bloom this spring which we so longed for... so will the love we have for our children that we have longed for bloom. I came across a poem that reminds me of spring, rebirth, renewal and love; Little Snowdrop by author unknown.

The world may never notice
If a Snowdrop doesn't bloom,
Or even pause to wonder if the
petals fall too soon.

But every life that ever forms,
Or ever comes to be,
Touches the world
in some small way
For all eternity.

The little one we longed for
Was swiftly here and gone.

But the love that was then
planted

Is a light that still shines on.

And though our arms
are empty,

Our Hearts know what to do.
For every beating of our hearts
Says that we love you.

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, hoping to plant some unexpected sunshine in their lives. To recap some winter hi-lights:

Thursday, February 26th, we held our BiAnnual Professional Education Conference,

"Impacting Positive Birth Outcomes: Addressing the Effects of Pregnancy Loss". It was a tremendous success with 75 professionals and parents in attendance. I would like to thank our intern, Amber Hultgren and the committee on an amazing job planning, organizing and implementing the day. Thank you to our sponsors (March of Dimes, Catholic Health WomenCare, and University at Buffalo Pediatric Associates), our speakers, and professional and parent panels for all of your insight, personal stories, and efforts in helping us educate the professionals in the community we serve.

Thursday March 19th - Friday March 20th was Spring It On sponsored by United Way. Thank you for all of those who donated to support our Mission!

On March 26th I was invited and honored with a resolution on the floor of the NY State Senate by Senator Kennedy, along with Patrick Gallivan and Senator Marc Panepinto for all the work WNYPBN does for grieving families. I was so honored and am very grateful for the constant support of Senator Kennedy and his staff. My hope is that this will be one more step in breaking the silence regarding perinatal loss. We are so very fortunate to have Senator Kennedy as a friend and advocate.

Saturday, March 28th, was our 10th Annual Evening to Remember Basket Raffle. Our Chair, Cyndee Fahey, did an amazing job. We are so grateful to her and the team of volunteers she lead for a very successful event. Over 150 baskets were beautifully assembled to remember our angels

and \$12,000 was raised to support our programs. 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.

As quickly as spring arrives so do our Springtime events. Please consider joining us for this year's Wings of Love Parents Day Breakfast. We have transformed this year's event slightly to provide a special morning for our Mother's, Father's, Grandparents, Siblings and family members while paying tribute and honoring our beloved children. Please see page 5 for details and ticket information. Hope to see you all there it truly will be a beautiful morning.

Please consider joining us on Saturday, May 30th, at our 4th Annual Elegant Evening to Remember where we will honor and recognize those in our community that provide Hope to so many during their darkest days and lifelong healing journey. Please see those in our community who are being honored and event details on page 9.

Thank you to the Buffalo News Refresh Editor, Scott Scanlon, for his time and efforts in writing a story about the WNYPBN. The feature appeared in February about the programs of the WNYPBN, promoting much needed awareness and exposure for our Network.

I want to thank our two interns who have worked alongside me this past semester, Amber Hultgren and Jenna Labrie. They both have dedicated many hours assisting with administrative duties, programs, events, phone calls, etc. The Network

*"I will carry you in my
heart, instead of my
arms but I am still a
Mother"*

-THE CARSON PROJECT

grows and flourishes when we have determined, motivated and compassionate souls who work tirelessly toward a common goal. Jenna has been such a tremendous help. Amber has been indispensable. I cannot say enough about their work ethic, perseverance and unwavering commitment to the Network.

"Love at First Site... a Parent's Journey" is now up and running on our website. Please consider sharing your journey with us.

"Grief knits two hearts
in closer bonds
than happiness ever can,
and common sufferings
are far stronger links
than common joys."

~Alphonse de Lamartine

Please see page 8 for more details. I personally want to thank Dawn Both-Kim, Jonathan Heigl, and Anthony Chimera for their time, energy and persistence in making this addition to our website possible. It means so much to me and will for so many.

We will be hosting another training session for the Parent Telephone Support Team (PTST). This program links newly bereaved parents with another parent who has experi-

enced a similar loss. We are always looking for bereaved mothers or fathers who would be interested in making phone calls to newly bereaved families. If you are interested in helping with the PTST program, please contact me at 716-626-6363 or at Christine@wnypbn.org

"Yet I find that my soul
finds solace and peace
When I no longer walk alone...
For the Whispering Winds
call other names, too -
And this sadness is not just my own."

-DBK '14

One more wonderful piece of news that I would like to share is that the WNYBPB is pleased to have received \$1,000 from The Allstate Foundation in honor of Allstate Agent Kari Buckles's volunteerism. We are pleased to partner with Allstate and their commitment to making our hometowns better, safer places to live. Buckles Allstate Insurance Company in Olean, NY made memory boxes and delivered them to Olean hospital to earn this grant for Wings of Love Memorial Garden slated to be finished in Lincoln Park, Olean, NY in June 2015. Thank you Kari and your team for showing such kindness to the bereaved community in your area!



BUCKLES INSURANCE COMPANY
CREATING
MEMORY BOXES
FOR OLEAN GENERAL HOSPITAL

Please be good to yourselves this Mother's and Father's Day because you are indeed a Mother or a Father even though you hold your child in your heart and not in your arms.

I do hope you will make special plans and let people know what would help you. Wishing you all hope and peace.

Sincerely,
 Christine

IN SUPPORT OF SUPPORT GROUP

My husband and I attended our first baby-loss support group a couple weeks after Andrei was stillborn. We would have gone sooner but there weren't any scheduled. I wasn't sure what to expect, but I was craving information about stillbirth. I was also desperate for feedback on the myriad emotions that were overwhelming me every waking second. I needed to find other parents who had experienced this.

In the interim days from Andrei's birth to that initial support group, I scoured the internet. I researched the history of stillbirth, common causes and new theories. I read story after story of babies gone too soon, bravely posted to the internet by their parents on blogs and forums. It was incredibly validating to hear that these parents felt the way that I did. There was a sense of camaraderie in reading and sharing the stories of our missing babies.

The date arrived. We were fortunate that the group that month consisted of several baby-loss mothers who were years out from their loss. For weeks our family and friends tried to console us with words and gestures. But these women at group "got it." They said the things I needed to hear and affirmed everything I was feeling. They encouraged me to do whatever was best for

me; whatever I needed to do to get through each day and to not worry about what anyone else thought. Plus the simple fact that they were sitting across the table was proof that people did survive this tragedy. I was so shattered that it seemed miraculous that somehow, some way all of these women had come through to the other side. The next support group couldn't come soon enough.

Over the 3+ years since Andrei died, I have regularly utilized local support groups and stayed active with the online baby-loss community connecting with women all over the globe. Each has their advantages and I don't think one is more helpful than the other. One aspect of face-to-face support group that I appreciate is the chance to tell Andrei's story. At this point, all of our relatives and friends know what happened. However, every time I sit down at group, I am able to recount our darling son's brief life.

Further, there is something very therapeutic about shedding tears with others. Yes, I cry when I read baby-loss blogs, but the social experience of sitting in the same room and seeing others cry for your son, your story, your heartbreak, is incomparable. We abide together.

I no longer feel the need to attend group every single month. My grief is not as debilitating as it once was. But there are still times when I am feeling particularly sorrowful and knowing that group is always there when I need it is like a safety net. These days at group, I am usually one of the "veterans" with the other parents being fresh in their grief journey. Knowing how incredibly important those women were to me in the early days, I feel honored to have the role of veteran.

The attendance numbers at local support groups have been dwindling over the last year or so. I fear that the lack of interest may decrease the local support group options. This would be a terrible disservice to our community. Group has been a significant factor in my grief journey and cannot be replaced with digital communication. I hope for all of our sakes that the trend reverses and there is a robust support group scene for years to come, because, sadly, there will be more families joining the baby-lost ranks.

By: Courtney Bajdas
Bereaved mother of
Andrei Skolikas Barnhardt 10/17/11

PRACTICING SELF-CARE ON MOTHER'S DAY / FATHER'S DAY

Most holidays have a different meaning after the loss of a baby, but this is particularly true for Mother's Day and Father's Day. You may feel your grief coming back stronger than usual as you watch your friends and family honor mothers and fathers, especially if you do not have children at home with whom to celebrate the day. Our society still often fails to acknowledge parents who have lost a baby, and this can be even more difficult when we are surrounded by stores with Mother's Day and Father's Day displays, Facebook posts, and family members celebrating. While my hope is that you all have someone who will celebrate and honor you, you may also have to practice some self-care. Here are some thoughts on taking care of yourself to cope with Mother's Day and Father's Day:

First of all, you are a parent, which means you deserve to be honored. It can be tough to feel like a parent when your child is not physically with you, but that does not take away from you being a mom or a dad. Your love for your baby, no matter where that baby is, is what makes you a parent.

You are not alone. The Western New York Perinatal Bereavement serves over 1,000 families in this region. Across the nation, 1 in 4 pregnancies ends in a perinatal loss. While losing a baby can be an isolating experience, there are countless other families who have lost a baby, too, and are also struggling with some of the same things as you. There are many other people who are grieving with you on Mother's Day and Father's Day, not just people who have lost a child, but people who have lost a parent as well. If you connect with someone you know who has lost a child or parent, you may be able to figure out a way to honor each other. If you want to be around people who have had a similar experience, attend the WNYBPB's Parent's Day Breakfast or reach out to the Network and we can connect you with some of our community resources.

As Mother's Day and Father's Day approach, assess yourself and figure out what is going to work for you. Do you want to celebrate the day? Do you want to be alone or with other people? Are you ready to go to the Mother's Day celebration with the rest of your family? Will there be other parents there with newborns? Thinking about these things can help you to make decisions about the holidays and start planning.

As you are assessing yourself, be realistic. If you want to participate in some of the celebrations, but are unsure about how difficult it will be, don't expect yourself to stay for the whole day. It is okay to set boundaries about how much you want to participate. Be realistic about your emotions: you may be sad, angry, confused, or any number of other emotions throughout the day.

Be assertive. Believe it or not, assertiveness is an important part of self-care. Set boundaries with yourself and with others in terms of what you would like. Tell loved ones what you expect of them and how they can support you, and also tell them what is too much for you.

Spend time remembering your baby. This can be as small as lighting a candle or something bigger like visiting a burial site or planting a tree. If you have a lot of thoughts that you want to share, write a letter or a card to your baby (journaling may be helpful to you, too).

Honor Yourself. I personally am a big fan of buying myself gifts for significant events, but every person is unique. Find some way to recognize all that you have done as a parent, because no matter how long you had with your baby, you are a parent for a lifetime.

Fathers, this goes for you, too. While you may be less likely to openly discuss your feelings (or maybe not!), you are a grieving parent, too. It is okay to acknowledge your loss and ask that you be recognized on Father's Day.

If you are part of a couple who is grieving the loss of a baby, help each other through Mother's Day and Father's Day. As different as your individual journeys through grief may be, you are in this together. Take time on Mother's Day and Father's Day to check in with each other, take care of each other, and honor each other.

When family and friends say or do the wrong thing (or do nothing), it is usually because they are unsure. Let them know how to best support you, try to understand that their intentions are generally for the best, and give yourself permission to step back from the situation if someone is not giving you the support you need.

Whether you choose to celebrate the day or leave it unacknowledged, if you end up enjoying yourself or distracting yourself for a little while, that is okay! Too often, we think of distractions as a type of denial, or worse, that we are forgetting. But that is not the case – if you find yourself in a moment of happiness, know that you deserve it and that after experiencing the tragic loss of a baby you can have even more appreciation for those moments of joy in life.

Many people who have been through perinatal loss say that the anticipation of holidays can be the worst part. Remember how you have gotten through other difficult times and know that you have the strength to make it through Mother's Day and Father's Day.

If there is any single thing that you take away from this, I hope it is that there is no right way to spend Mother's Day and Father's Day. Only you are the expert in your experience and your grief, so only you can decide what is best for you. It is just as okay to ignore the holiday as it is to celebrate it. It is just as okay to feel sad and mourn as it is to enjoy yourself. Happy Mother's Day and Father's Day to all of you!

By: Amber Hultgren,
University at Buffalo MSW Intern

HONORING WOMEN OF ACHIEVEMENT

On March, 26, 2015, Christine Scott, along with her sister, Cathy Payne, were seated in a place of honor at the New York State Senate assembly room in Albany, NY. Once in a while, the NYS Senate will set aside time to take pause in their deliberations and recognize and honor exemplary women

of distinction: women of achievement who inspire others with their model citizenship.

Resolution 1193, proposed by Senator Tim Kennedy, honored Christine Scott in conjunction with the 10th Annual Evening to Remember Basket Raffle on March 28,

2015, as a woman of such distinction. Her efforts coordinating the WNYBPB and the various programs that assist families experiencing the pain of perinatal loss were recognized and applauded. Her tireless work and "luminous direction" toward bringing together families that have shared

the pain of perinatal loss as an integral part of the healing process were recognized as historically significant, improving the growth and strength of the great state of New York.

Senator Kennedy himself, spoke with highest admiration on how she has taken her loss of Jacob Wesley (May 27, 2000) and transformed it into a driving force to help families across Western New York, as well as across the whole state. He especially mentioned the amazing work of the Wings of Love Memorial Fund and her work to help with the passing of the Stillbirth Law.

In his address, Senator Kennedy mentioned how, through the chaos and harried circumstances of travel and eventually making it to the State Senate that morning, Christine took a moment to speak with and console a bereaved father who happens to work as the Deputy Director of Media Relations for the Senate. Though she was there as an honored guest, she never neglects a chance to help a family amidst their grief.

When Christine first told me about this honor, she was moved to tears. Christine does not do any of this work for the "thanks" and gratitude. She does it all in

loving memory of her son and for the tremendous love in her heart when she encounters people in pain. Personally, I am proud to work with this amazing woman of distinction, and applaud her efforts, work and heart.

If you would be interested in viewing this session of the NYS Senate, the link is on our Facebook site, or at: <http://www.nysenate.gov/event/2015/mar/26/senate-session-03-26-15>

By: Dawn Both-Kim

WINGS OF LOVE PARENT'S DAY BREAKFAST

PLEASE REGISTER TODAY!

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 WNYBPB and their "Wings of Love" Memorial Fund program are hosting a Parent's Day Breakfast once again at the beautiful ACQUA Restaurant and Banquet Facility. ACQUA is along the Niagara River and allows us to release flowers in memory of our lost babies into the river. It

is a beautiful, unique and serene event to honor us as parents.

All family members are invited. To register for this event, please contact the WNYBPB office at 716-626-6363 or on our website:

<http://wnypbn.org/wings-of-love-breakfast.html>



By: Dawn Both-Kim

WHAT I HAVE LEARNED—WNYBPB INTERN

Since February, I have been an intern at Western New York Perinatal Bereavement Network. Before I started as an intern I did not know much about pregnancy loss. I knew that miscarriages and other losses happened, but I was unaware of the support that was offered for bereaved parents. In the last two months, I have had an amazing opportunity to work under the supervision of Christine Scott, and alongside Amber Hultgren, who have both taught me so much.

In my time at WNYBPB, I have had the opportunity to read the Resolve Through Sharing training manual, attend a conference, work on the volunteer program, and learn about the struggles nonprofit organizations face. When I first started at WNYBPB, I was nervous about talking to a family who had experienced a pregnancy loss. I struggled, like most people, with what to say to someone who had just lost a child. The RTS training manual taught me about types of pregnancy losses, what to say to bereaved parents, the medical aspect of a pregnancy loss, and the support given to families.

Christine was generous enough to invite me to attend the WNYBPB conference, Impacting Positive Birth Outcomes: Addressing the Effects of Pregnancy Loss, on February 26, 2015, where I learned a lot more about

perinatal loss. Not only were the professionals full of knowledge, but it was an amazing experience to hear about the parents' journeys. After listening to the parent panel, I felt a lot less nervous about talking with bereaved parents.

I have also learned the significance of a volunteer. Since February, I have been working on a volunteer program that Becky Paolini [previous intern and bereaved mother] had started. In working on this project, I have come to learn how important volunteers truly are. Christine does an incredible job, but I don't know how she would be able to do everything without the help of volunteers. Organizations, such as this one, rely on volunteers to be able to offer as much support as possible to bereaved parents. I have seen all of the hard work that goes into making an event happen. Christine works tirelessly to coordinate volunteers, write grants, gather materials, send invitations out, and so much more.

When I started my internship experience at WNYBPB, I was unsure about what to expect. My hope was to become more comfortable interacting with families who had experienced a loss. My learning opportunities have shown me the value of being there to give support and being present with fami-

lies. I learned about the huge significance that a loss can have, regardless of the type of loss. I was surprised to hear about the impacts of a loss on the whole family, including siblings. For this reason, I was touched by the Sibling Program that is offered by the Network. I saw how helpful a book and a stuffed animal could be in providing comfort and information to a parent. The WNYBPB offers so many wonderful supports to families and hospitals that I had not considered before my time here, especially the Heartbeat Bear program and the Camera program.

I am so honored to have worked with a group of people who are so invested in this cause. The WNYBPB community is made up of so many people who have been affected by a perinatal loss, and this shows in their dedication and passion for providing support to others who have experienced the loss of a baby. This work is definitely not for someone who does not have a big heart. The last two months have been an incredible learning experience and I hope to learn more! This internship made me see the loss of a child from a whole new perspective. A special thanks to Christine Scott for giving me this opportunity!

By: Jenna Labrie

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

Logan Cooper March 25, 2015
Logan made our family so happy... a happiness you
cannot put into words. When he was around, he would
radiate and glow. Love you, Angel! Mommy & Daddy
Parents: Grace & Shawn Cooper

Riley James Croce March 8, 2010
Gabriella Irene Croce August 3, 2010
Baby Croce December 9, 2013
Mommy and daddy love you forever.
Watch over your new baby sister! -"Aunt" Dawnie
Parents: Lena & Dan Croce

Hunter Charles DeLude April 4, 2008
Happy 7th Birthday, Hunter! Mommy and daddy love
you and miss you.
Parents: Dan DeLude and Susan Woodin

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

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 sin-
gle day. 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 Wesley Scott May 27, 2000
We love you and think of you every day! Butterfly kiss-
es, buddy! Love, Mom, Dad, Thomas & Mandy
Parents: Phillip & Christine Scott

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

Eli Edward Cuda Vitaris February 1-2, 2014
Happy angelversary my little Cudabear! We love and
miss you so Much, not a day goes by that we don't
think of you. We had in you in our lives such a short
time, but we'll hold you in our hearts forever! Love you
to the moon and back little man. Love, Mommy, Dad-
dy, brothers and sisters
Parents: Natalie Barker & Edward Vitaris

Forget-YOU-Not's

In Loving Memory Of...

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

Nova Marie Snyder was born an angel on April 13, 2015. She only knew love being carried by her mother. She never knew pain, hurt or disappointment. She is truly an angel to her family who each held her tightly in their arms the night she arrived. We love you Nova!
Parent: Megan Torres

Michaela Jacqueline Fischer

September 24, 2014

Parent: Claudine M Fischer

Shawn Paul Hultgren

May 26, 2012

Ella Christine Hultgren

May 26, 2012

Together—stars that shine

Parents: Carrienne & Patrick Hultgren

Emma Marie Richardson

April 29, 2011

Four years. It's been four years since I held you in my arms, kissed your face, and put your hands in my hands. Not a day goes by that I do not miss you or think of you. You are my forever angel. Happy birthday baby girl. Love you to the moon and back a million times over. Mommy, daddy and sister Averì.
Parents: Eric & Amanda Richardson

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

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!

MY RAINBOW BABY

Never had one word been more terrifying and exciting all at the same time: Pregnant. The test said I was pregnant. But it had said I was pregnant before... twice before to be exact.

I walked out of the bathroom in complete shock and told my husband the news. We both just stared at each other for what seemed like eternity. I think we were both at a loss as to what to say or how to react. Neither one of us wanted to get our hopes up again just to have them crushed. We were scared, but absolutely thrilled. While we were already parents to two angel babies, we longed to again add to our family.

I'm not going to lie - each day was difficult. The emotions I felt cannot be described in words. Each day I would wake up worried that today would be the day that my baby would be taken from me. I tried so hard to not think that way, but given history, it was

hard not to.

Each day I was grateful to feel fat, tired and achy. Each day I was grateful for the never ending doctor appointments and sonograms. Each morning I woke up, thankful to just be pregnant and able to carry this precious child growing inside of me for another day. And each morning I was scared. Each morning I prayed to God that my baby was safe & healthy, that he wouldn't choose to take this child as he had done before. I prayed to be able to hold this baby in my arms, to watch this baby grow, to see what kind of amazing person he or she would be.

On November 17, 2014 my prayers were answered. After months of praying, crying, laughing, doubting, worrying and hoping like hell that everything would be okay, I was able to hold my beautiful baby girl in my arms. I was able to watch her breathe

and hear her cry. I finally was able to breathe a sigh of relief. She was here. She was healthy.

I am so incredibly grateful to be her mom. Nearly five months later she never ceases to amaze me. It's incredible watching her learn, grow and experience the world around her. My two angel babies are always on my mind. My heart still aches over losing them and I find myself wondering how different my life would be. I look at my daughter and wonder what she would have thought of her older siblings if they were here on earth with her. And there are times when she looks off in the distance and coos, laughs and smiles. They are here and she can see them, and I can't help but smile.

I'm lucky to be a mom... of three.

By: Mallory Bley

“LOVE AT FIRST SIGHT... A PARENT’S JOURNEY” NEW WEB PAGES



Last year, we began a new set of pages on our website to help our families raise funds for the Annual Walks to Remember in October. These pages allowed families to briefly tell their story, share some photos and raise awareness about Perinatal Loss. The pages came out beautifully, and apart from some very minor glitches, were very successful in what they were designed to do.

We removed the pages at the end of October, as they primarily focused upon timely

information. In brainstorming ideas to offer more services to our families, Christine Scott formulated the idea of having family pages that were not just about the Walk to Remember: pages that weren't primarily about raising funds. Love at First Sight... A Parent's Journey was created!

These pages will be a permanent part of our website. Families may share (or update) their story of loss, and journey of grief. We hope to raise awareness about the heartbreaking occurrence of perinatal loss by allowing our Network of bereaved families to share what they have gone through along with their story of survival.

With tremendous effort, our webmaster converted the pages from last year's Walk into the lovely permanent format we wish to use now. Jonathan Heigl, a bereaved dad, helped test the pages to perfect them. Please take a look at the pages we have

prepared and then take some time to create your own. It is fairly simple, and is at no cost to you at all.

Please be aware that although the primary function of these pages is for creating an awareness and sharing forum, we also will have a donation request on each page. These funds can be collected in preparation for the pledges for the Walks to Remember, or for a specific program that has helped your family and means a great deal to you.

By sharing your story of Love at First Sight, you help others know they are not alone. You will validate their feelings of grief in presenting your own, and create that much-needed awareness about a tragic loss.

<http://wnypbn.org/love.html>

By: Dawn Both-Kim

10TH ANNUAL

EVENING TO REMEMBER BASKET RAFFLE

The Basket Raffle was a big success! Held on April 12, at St. Gabriel's Church in Elma, the event saw over 300 attendants, over 150 baskets, side raffles, smiles, laughter and camaraderie. The event raised over \$12,000 for the programs of the WNYPNB, but it also raised the spirits of families mourning the loss of a baby.

Many bereaved families come together at the various WNYPNB events. The families see each other, year after year, and friendships grow. Knowing that others have experienced similar tragedies brings people closer together. It can be difficult, however, to nurture a friendship when meeting only at events with such a solemn nature. One of the main goals of the Basket Raffle is to provide a venue for the growth of

friendships within our Network. What better way to offer support to families, than to foster friendships with those who understand.

The Basket Raffle committee would like to thank Fr. Dan Palys and the Holy Name Society at St. Gabriel's Parish for the generous use of their space. The venue is perfect for our cause, and we appreciate the assistance in making our event a wonderful experience for all!

Thank you to all who made the event a success, especially Cyndee Fahey, the event chairperson. Hours of organization and thought went into making the event smooth and successful. We couldn't have done it without you! Thank you!

Thank you to the Committee for their time, talent and donations. The event does run so smoothly because everyone does their part!

Finally, thank you to the team of volunteers who donate their time during the event to ensure the event runs smoothly!

The 2015 Evening to Remember Basket Raffle Committee:

Christine Scott, Cyndee Fahey, Kelly Arena, Lisa Casper, John and Noreen Curr, DJ Billy Elson, Sharon and Tom Goldyn, Lisa Jerebko, Sandy Milks, Michelle Morgan, Carrie Smith, Lisa Wolff, Deb and Greg Zmuda

By: Dawn Both-Kim

UPCOMING REMEMBRANCE EVENTS:

RIDE TO REMEMBER, WALKS TO REMEMBER

The Second Annual Ride to Remember, held near Batavia, will be held on Saturday, September 19th. This wonderful event was created in loving memory of Helen Lois Pritchett. The proceeds from this event are used to support the WNYPNB and the "Remembering Love in a Heartbeat" program.

We are starting to plan the 2015 Walks to Remember! The Southern Tier Walk will be held on October 4, 2015 at Ellery Town Park (near Jamestown). The Buffalo Walk will be held on October 11, 2015 at Cheektowaga Town Park. We are still in need of volunteers with fresh ideas and lots of enthusiasm!

Watch our website for up-to-date information about these and all of our events, or for further information, call the WNYPNB office at 716-626-6363.

By: Dawn Both-Kim

ELEGANT EVENING TO REMEMBER 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 to make donations for this event are available on our website: www.WNYPBN.org/events.

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, a high-end raffle 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@wnypbn.org

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

The Award recipients this year are:

Physicians of the Year

Dr. Corinne Leach

Neonatologist Women & Children's Hospital Of Buffalo

Dr. Catherine Falkner

Obstetrics and Gynecology—OB/GYN Associates of WNY

Nurses of the Year:

Karen Cwalina, RN

Millard Fillmore Suburban Hospital

Denise Hudden, RN

Millard Fillmore Suburban Hospital

Community Service Awards:

Matthew Vukelic

Trylt Distributing

Lucy Smith

Women & Children's Hospital of Buffalo

Community Awareness Awards:

Joseph Dispenza

Forest Lawn Cemetery

Dr. Andrew & Mrs. Laura Reyda

Village Veterinary Clinic of Hamburg

Volunteers of the Year:

Debi & Greg Zmuda

WNYPBN Volunteer

This event is sponsored by:

Catholic Health System:

Mercy Hospital of Buffalo

Sisters of Charity Hospital

Millard Fillmore Suburban Hospital

First Niagara

OB-GYN Associates of WNY

Forest Lawn Cemetery

Evans Bank

University at Buffalo Pediatric Associates, Inc.

University Gynecologists and Obstetricians, Inc.

Village Veterinary Clinic of Hamburg

Senator Tim Kennedy

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



TAKE FLIGHT SWEEPSTAKES

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 WNYPBN office, an Elegant Evening to Remember Committee Member, or see our website to purchase your tickets!

All proceeds will benefit the important programs of the WNYPBN, Inc.

Tickets can be purchased by contacting the WNYPBN office at **716-626-6363**, or on our website www.WNYPBN.org/events

By: Dawn Both-Kim

POEM—MY LITTLE ANGEL

I never got to hold you,
 Or kiss your little head
 Or watch you sleeping soundly,
 All snuggled in your bed.

I can't count your tiny fingers,
 Or you even smaller toes
 I won't see your smile,
 Or your cute little button nose.

You're gone too soon - we don't even know
 If you're a girl or boy,
 Our hearts are filled with sorrow
 When they should be full of joy.

I know you are in heaven,
 Where there is no pain or tears.
 You'll never get hurt or sick,
 In heaven there are no fears

And though I'm sad you're not here right now
 For us to hold today
 I know we'll hold you in our arms
 When we're in heaven with you someday

By: April Westlake



Source:

<http://www.familyfriendpoems.com/poem/losing-a-baby-isnt-easy-my-little-angel#ixzz3Y3e9BN5o>

Safe Arrivals

To Grant Others Hope

Emmett Timothy was born on March 16, 2015 and came home to loving and excited parents, Joel and Renee Backstrom. He was 6 lbs 7 oz and 20 inches long. The family will always remember Cooper (May 30, 2011), Willow (March 14, 2012) and Greyson Backstrom (April 1, 2013).

Kyla Lorena Bley made her grand debut on November 17, 2014 to Mallory and Chris Bley. She was a healthy 8 lbs 4 oz and 20 3/4 inches long. Her family will tell her about her siblings in heaven: Baby

Bley, July 13, 2012 and Baby Bley July 23, 2013.

Lena and Dan Croce are thrilled and proud to announce the arrival of **Adelaide Joy Croce** on January 23, 2015 at 7:03am, Sisters of Charity Hospital! Addie was 8 lbs 9 ounces and 20 1/2 inches long. The family will never forget her angel siblings who will always watch over their family! Riley James Croce March 8, 2010, Gabriella Irene Croce August 3, 2010 and Baby Croce December 9, 2013

Elroy Edward Tazz Vitaris was welcomed into this world on December 29, 2014, to Natalie Barker & Edward Vitaris. His family will always remember his bigger brother, Eli Edward Cuda Vitaris (February 1-February 2, 2014).

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.

PRIVATELY RUN FUNDRAISERS

"BUTTERFLIES FOR BABIES"

Community Fundraiser to Benefit
*The Western New York
Perinatal Bereavement Network, Inc.*
(WNYPBN)

(a Not-for-Profit Organization)

**In Loving Memory of
Adriana Harley Campione**

SATURDAY, MAY 16, 2015

2 PM - 6 PM

At The BOSTON FIRE HALL
6746 MILL ST., BOSTON, NY 14205

Event will include Chinese Auction, Pizza, Pop, Snacks, Baked Goods, 50/50 Split.

100% of the proceeds will be donated directly to the Western New York Perinatal Bereavement Network, Inc.

The Western New York Perinatal Bereavement Network assists the community in meeting the needs of people facing perinatal death, the death of a baby due to miscarriage, ectopic pregnancy, stillbirth or early infant death. They comfort and support those who have experienced perinatal loss.

If you have any questions or would like to volunteer or make a donation to the auction

Contact: Barbara Penrod 998-7687



www.bbgcharity.org

Arrowhead Golf Club

12292 Clarence Center Rd Akron NY 14001

Saturday August 29th, 2015

Lunch 11:30/Shotgun Start 1 pm

\$400 per Team of Four
Golf/Cart/Lunch & Dinner
Two Hour Open Bar

Contests/Prizes/Chinese Auction

\$45 Dinner Guests Only
Includes 2 Hour Open Bar



Proceeds benefit the



PO Box 480 Lancaster NY 14086

www.wnybpb.org

ALL PRIVATELY RUN (THIRD PARTY) FUNDRAISERS HAVE BEEN ORGANIZED, SOLICITED FOR, RUN AND COMPLETED BY INDIVIDUALS OR BY ORGANIZATIONS THAT ARE NOT DIRECTLY INVOLVED WITH THE WNYPBN, INC. ITS REPRESENTATIVES, OFFICERS, DIRECTORS, AGENTS, VOLUNTEERS AND ASSIGNS (COLLECTIVELY THE RELEASED AND INDEMNIFIED PARTIES). ALTHOUGH WE APPRECIATE AND APPLAUD THE WORK INVESTED INTO THESE EVENTS, THE WNYPBN IS FREE FROM ANY AND ALL CLAIMS OF LIABILITY FOR ANY ILLNESS OR INJURY SUSTAINED OR ANY DAMAGES INCURRED WHICH ARISE OUT OF PARTICIPATION IN THESE EVENTS.



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!

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Forget-Me-Not

