



FORGET-ME-NOT

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WNYBPBN, Inc.

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FROM OUR HEART TO YOURS

Save the Dates!

Monday, March 18 Professional Education Conference

See Page 9 for Details

Saturday, March 23 8th Annual Evening to Remember Basket Raffle

See Page 3 for Details

Thursday, April 11 Spring Shopping Event at Passport Wine & Spirits

See Page 5 for Details

Friday, April 26 2nd Annual Elegant Evening to Remember

Awards Ceremony

See Page 5 for Details

Saturday, May 11 Wings of Love Parent's Day Breakfast

See Page 3 for Details

WNYBPBN MEMBER ORGANIZATIONS

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

www.WNYBPBN.org

LETTER FROM THE EDITOR

So much going on... so little time... so much heart-ache.

I was lucky enough to be able to make it to the Sisters Hospital Holiday Candlelight Ceremony. It was lovely as always. That is where my girls were born, so just walking in those doors makes my heart start to pound. But at the social afterwards, I met a few newly bereaved

parents. They looked so bewildered and lost and something in their eyes told me they were still in shock. I just wanted to hug them and take away their pain. But no one can do that. However, being with others who know a similar grief can help ease your pain somewhat, I believe: just knowing you are not alone.

Please do try to make it to some or at least one of the spring events coming up. You will be among friends... among those who have walked or are walking a similar path, and will not judge.

Peace,



MISSION STATEMENT:

The mission of the Western New York Perinatal Bereavement Network (WNYBPBN), 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 WNYBPBN 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

I always refer to New Year's as a New Journey, a new beginning, "A New Year!"

As you begin this new 2013 journey know you are not alone in your grief, though at times it may feel that way. Be reassured we are bound together by the love and grief we share for our beloved children. I am grateful for the many parent calls, emails and letters of appreciation that I receive throughout the year, thanking the WNYPBN for providing support, comfort, and understanding during their darkest days. My heart warms knowing we truly make a difference in the lives of so many by the support & services we provide our community. We can't take away anyone's deep pain and many tears, BUT we will continue to walk by your side throughout your journey of healing.

We can't do it alone: no not-for-profit agency can succeed without the support of the community. We would like to thank and acknowledge all of our generous donors in 2012 that have supported the programs of our Network and our mission. We can't succeed without you and we are so grateful.

Through our donations and sponsorship, we have been able to sponsor smaller bereavement programs, such as the Millard Fillmore Suburban Hospital's Holiday Candlelight Ceremony. This event was held on December 9, 2012 at St. Gregory the Great Church in Williamsville. The event saw around 50 bereaved family members and friends as babies were remembered.

A welcomed donation received during the holiday season was delivered to the PBN from a

company called Vista Print. They generously donated a holiday card/calendar card that we were able to send to our bereaved families, letting them know they are not alone in their grief. We especially try to be mindful of our entire family during the difficult holiday season, and these cards were the perfect way to do that.

The fourth quarter of 2012 saw numerous Dress Down Days from companies to provide awareness and support for the WNYPBN. We would like to thank the following for allowing these "Dress Down" days and sponsorship: Rich Products Corporation, Clarence Middle School and Hamburg Middle School. Other donations received during the fourth quarter of 2012 were from Tastefully Simple, and National Fuel matching gift program.

The Sweet Pea project donated several copies of *Still Book* by Stephanie Cole and blankets to provide our hospital programs.

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

Please Save the Dates:

Monday, March 18th ~ Professional Education Conference, Diverse Expressions of Grief Following Infant Loss: A Cross Cultural Exploration. See page 9 for further details.

Saturday, March 23rd ~ 8th Annual Evening to Remember Basket Raffle. See page 3 for further details.

Thursday, April 11th ~ Spring

Shopping Event and Wine Tasting at Passport Wine & Spirits. See page 5 for details.

Friday, April 26th ~ 2nd Annual Elegant Evening to Remember. See page 5 for details.

Saturday, May 11th ~ Wings of Love Parent's Day Breakfast. See page 3 for details.

The WNYPBN is expanding our support services for our bereaved families. Collaborating with our community partners to provide many options for those who need services is important. Whether your child was miscarried, stillborn, or a newborn when they passed we want you to have access to a multitude of support group options. Please join us at a support group as this journey is not an easy one: it can be unpredictable and confusing. You don't have to suffer in silence and alone! The support group options are on page 9 of this publication and on our website: www.wnypbn.org. These will be updated throughout the year as our programs expand.

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

Sincerely,

Christine Scott



*You may not be living
here for all to see but in
my heart you will be
living forever, you will
always be with me*

8TH ANNUAL EVENING TO REMEMBER BASKET RAFFLE

To be held on

March 23, 2013

St. Gabriel's Parish Hall

5271 Clinton St. in

Lancaster / Elma

Just off the 400—Transit Rd exit

Park in the side lot

7:30 PM until 11:30 PM

Admission: \$10/person

The Western New York Perinatal Bereavement Network, Inc. (WNYPBN) is hosting their annual Basket Raffle fundraiser on March 23rd. All proceeds from this event will benefit the programs of the WNYPBN,

including the Wings of Love Memorial Fund which provides monetary support for burial costs to eligible families.

Everyone is invited 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, with prizes of \$500, \$200, \$150, \$100 and \$50! The tickets are \$5 each and 3 tickets for \$10. If you would like to support the WNYPBN and sell a few packs of tickets, please contact the WNYPBN office at 716-626-6363. You can return

the sold ticket stubs with a check made payable to **WNYPBN** to Christine Scott at the WNYPBN offices, 5780 Main St., Williamsville, NY 14221, or bring them with you to the Basket Raffle on March 23rd. Prizes will be drawn that night, but you need not be present to win!

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

Please join us for another great evening!

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

WINGS OF LOVE PARENT'S DAY BREAKFAST

Save the Date:

Saturday, May 11, 2013

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 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 ba-

bies into the river. It is a beautiful, unique and serene event to honor us as parents.

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

www.WNYPBN.org

WHAT THE WNY PERINATAL BEREAVEMENT NETWORK MEANS TO ME

My name is Lynn Weissman. I am a registered nurse who began my career in Labor and Delivery. I will never forget my first delivery, as a young graduate and not a mother, yet. It was one of the most exhilarating days of my life. I had found my passion! Fast-forward 22 years later, I have seen both the joys and sorrows that come from pregnancy. I have always held a special place in my heart for my patients that have experienced a loss.

I am now privileged to serve on the Board of Directors for the Network. Working with my fellow Board Members, Christine Scott, and the countless volunteers, I have come to respect their passion and dedication to the mission of the Network. We are working on many goals for the future!

We are starting to work with Insurance Carriers to provide educational support to staff members so that every family that experiences a loss can benefit by all that the Network provides and that no family falls through the cracks. In just my short time working with the Network, I have seen so much growth!

As part of our Community Outreach, we are also starting to work with employers through education so that they can better assist an employee who experiences a loss.

In looking at our many goals for the Network, we are taking important steps to ensure that one day all of our angels are remembered and honored, all of our families are offered the same support in the event of a loss, and that same support is there for

them in whatever capacity they need.

They say, "It Takes a Village" to raise a child; in my experience we are forming our own village to raise awareness, and support families through this most difficult time in their life.

I look forward to making all of our goals a reality, working with families, educators, community members, healthcare professionals and many others who assist in providing our community with this most valuable resource. This Network means to me: Support, Caring, Honor, Family, and most of all, the ability to serve the community I was born into.

Sincerely,
Lynn Weissman RN
WNYPBN Board Member

I AM SO LUCKY...

INTERNING AT THE WESTERN NEW YORK PERINATAL BEREAVEMENT NETWORK, INC.

I am one lucky social work student. I get to intern at the Western New York Perinatal Bereavement Network with Christine Scott as my supervisor. I am a doula, a childbirth and labor assistant, and really wanted a maternal health field placement for my second year internship in the MSW program at UB. There really weren't any placements that seemed right, but I chose a few hoping for the best. Then, last March I got a phone call from the school. They said they might have something interesting for me, and I said I was game. The University at Buffalo School of Social Work has never had a student placed at WNYBPB so this was an experiment of sorts, but it couldn't be a more perfect fit.

Because of the compact nature of this or-

ganization, I get to see all aspects of a non-profit agency at work. I get to do development, work on programs like the Walk to Remember, and interact with families who are a part of our Network. I have learned so much since I began my internship in September, most especially about the diverse needs of families in Western New York when it comes to coping with perinatal loss.

Working on the Walk to Remember was extremely gratifying and humbling. It was unbelievable to see how many families come together in solidarity to pay tribute to the memories of their children. I worked on many of the administrative tasks related to the Walk—these are the things that have to get done in order for the event to run smoothly. Being a part of the Walk on the

actual day was exciting and an honor. I couldn't believe how many people came simply to support their friends and family who have experienced perinatal loss. It was truly a community gathering. By having this event every single year, we raise awareness, end the silence, and continue to preserve beautiful memories.

I feel so lucky to have met so many resilient and wonderful families in the work that I do at the WNYBPB. I am excited about all the upcoming events of the Network and to continue to do this vitally important work with Christine and the rest of our devoted volunteers.

By: Abigail Gold, MSW Candidate

BABY MAMOTT

It's been 3 months since I lost. Lost dreams, lost a future of magical moments, lost a family, but most importantly... lost a person I created with another incredible human being. Can't you just imagine how incredible this little person would have been?

I have such a different perspective of September 22nd after three months than I did on that day. I would have done things differently. I don't linger too long in the compartment of regret. I was a blissful new mommy who was told, "You are having a baby today and they will NOT survive." I have done an inconceivable amount of crying, some healing, and most importantly

growing during those 3 months.

I cannot change what happened. I cannot have my baby back. How I see it, you have 2 choices: wallow in how my life has taken an unforeseeable change for the worse and do nothing OR make a positive impact. I truly believe God chose me to carry an angel he never planned on letting survive in this physical world because I have a voice. God gave me that voice the day I was born and it hasn't quieted, yet. So why should now be any different? He knew I could speak up and make a difference.

I have reached out to so many bereaved mothers who otherwise might not have a

lending ear. I've sent them something to let them know we are all connected. We all have a forever hole in our heart that no one else understands or sees. There is no connection like the moment when you hear another woman say "I too lost a baby."

I hope to continue God's work and to find ways to inspire people to be kind and generous. We are all hurting in one way or another and could use a little more love. Remember that when you lock eyes with a stranger. You have no idea what they are going through. Be kind.

By: Kristina Mamott
Mother of an Angel

MARCUS ELIJAH HAHN

January 13, 2004 was the worst day of my life. I was told my baby had no heart beat. I will never forget that sonogram image. I still see him lying so still with no beating heart. That was the beginning of a very dark journey for me: so dark it was scary. The only thing that stopped me from doing anything to myself was my two amazing boys and my loving husband. If it weren't for my boys, I would not be writing this right now.

Nine years have passed. I now have four living amazing boys. My youngest is 3 years old and they all know about their wonderful

brother Marcus Elijah. I truly believe that Marcus helped me to have my youngest two sons. Marcus didn't want his mother to be sad. He didn't want his mother to be depressed anymore.

One night at a candle light service, I honestly believe I saw my Marcus. Not physically of course. I opened my mind and heart in the comfort of the candles, the chapel, the harp playing and I saw my beautiful little boy! He was smiling at me, letting me know that he is happy and safe in heaven. I can still see his wonderful smile, and his blonde hair. He is perfect!

At first every year on Marcus' anniversary I had a very tough time. We would all go out and get balloons and write messages and send them to Marcus. Now I can hold my head up and we celebrate Marcus' birthday by having a family day. We all go out and do something fun and then send Marcus his messages on balloons. I still hurt and question why, but I know deep in my heart that my son wants me to be happy and he is always here when I need him.

By: Laura Hahn

SECOND ANNUAL ELEGANT EVENING TO REMEMBER AND AWARDS CEREMONY

The Elegant Evening to Remember

will be held on

Friday, April 26, 2013

The Hotel @ The Lafayette

391 Washington Street

6:00 pm – 11:00 pm.

Tickets are \$95 per person

Tables for 10 are available for \$900

Invitations and registration forms will soon be available on our website: www.WNYPBN.org. You may register for or donate to this event on our secure donations website:

www.firstgiving.com/wnypbn/2ndelegeve

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 silent and live auction and a band. 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**



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

- 3 awards for Physicians of the Year
- Nurse of the Year
- 3 awards for Community Service
- 3 awards for Community Awareness
- Volunteer of the Year

We would like to thank everyone for contacting the WNYPBN offices with their nominations for these awards. If your candidate did not win this year, then please nominate them again for next year's event!

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**

Please join us for

Spring Shopping Event & Wine Tasting

Thursday, April 11, 2013

Passport Wine and Spirits

8855 Main Street in Clarence

Enjoy wine tasting provided by Passport Wines & Spirits while doing a little fun spring shopping. There will be independent consultants from Everything Happy, Tastefully Simple, Mary Kay and many more still to be announced.

A portion of the proceeds from the event will benefit the Western New York Perinatal Bereavement Network, Inc. and its im-

portant programs.

Admission is free, so bring a friend or two!! There will be door prizes, basket raffle, and a 50/50 raffle, as well as for cash and carry items from the vendors.

Contact Christine Scott at (716) 626-6363 or at Christine@wnypbn.org for more information. See our website for more vendor information as the event draws near!

FRAN'S CORNER - BY FRAN KANE

Disorientation or disintegration is the third phase of bereavement, according to John Bowlby, British psychologist and psychiatrist. It generally is a period of time marked by deep sadness and depression as the loss becomes a reality. Characteristics such as prolonged sleep disturbance, loss of appetite, and disorganization at work and home are common. Many have described this period as being on roller coaster. One minute you could be fine, the next... well, look out. Many are equally surprised at the resurgence of painful and deep emotions once thought "dealt with" at very least. This time frame is also a real challenge for couples. I have heard many women complain they feel their partners have "moved on" because they simply don't talk about the baby any more. Men may find the ability to cope with their sadness by focusing on their work and careers. I can assure you, in most cases, they feel the depth of the pain and sadness but have an alternate way to express their emotions.

Don't despair. Although this third phase may seem never ending, one thing is for sure: you will survive! There are others who do understand and will listen. Grieving is a learning process strengthened through survival. The goal of grief is not to forget about the child who died, but to learn to maintain your connectedness to them. When I did a presentation, using the March of Dimes learning module, for nurses to best understand the concepts of pregnancy grief and loss, I found a helpful model to describe something I think will help you understand the road to healing. If grief after losing a baby was like an illness, you could treat the illness and rid yourself of the "sickness." You'd be "better." Your goal of wellness accomplished. Only, the grief after losing a baby is NOT like an illness so the medical model of wellness doesn't apply. Your GOALS are not to get "better." They are to find meaning in your child's short time with you, learn how to communicate your grief needs and not try to escape them, and seek

acknowledgement on how your child has changed you and the person you are to become.

As always, do not let your brief time with your baby change you in a way that is frightening. I happen to love the saying I use at many of the support group meetings. It goes something like: do not shy away from your child's brief time with you. Trust your broken heart, for in time you'll know its wisdom. Love is stronger than death.

Peace my friends and reach out if you need to. There are plenty of avenues to help you travel the road you are on.

Fondly,
Fran



Footprints on the Heart

Forget-YOU-NotS

In Loving Memory Of..

Michael Anthony Anderson April 5, 2005
We love you to the moon and back. Always, Mommy and Daddy
Parents: Kelly & Michael Anderson

Richard Herman Atwater October 20, 2012
We love you and miss you! May you be in heaven with your grandfather and Jesus.
Parents: Ben & Susan Atwater

Alyssa Suzanne Burgess September 18, 2010
Thinking of our angel baby on what would have been her 2nd birthday, February 15th, 2013. Not a day goes by that we don't think of you. We hope you are having the best birthday in heaven! Until we meet, we love you always. xoxo
Mommy, Daddy, and big brother Dominic
Parents: Michele and Jeremy Burgess

Kaitlyn Ella Brown May 10, 2012
You will always be our little girl. We miss you very much. Love Mommy, Daddy and Jonah.
Parents: Karin Dojnik & Doug Brown

Hunter Charles Delude April 4th 2008
Happy 5th Birthday! Mommy and daddy miss you and love you. Forever in our hearts.
Parents: Susan Woodin & Daniel Delude

Madison Leigh Frankowski August 7, 2010
You are forever in our hearts Maddie. We love and miss you so very much. Love, Mommy, Daddy and Paige Madison
Parent: Candace Frankowski

Jenna Mary Fronczak February 16, 2001
We miss you! Love, Mommy, Daddy, Haley & Stephen
Parents: Terri & Paul Fronczak

Bryce Halen Graves December 19, 2012
We can't say "goodbye" because you never said "hello." So, until we see you again... we love you.
Parents: Paul & Mary Graves

James Anthony Giambra February 8, 2003
"Faith comforts the soul, hope lights the way,
love never fails"
Happy 10th Birthday, Jimmy - Love Mom and Dad
Have fun with GingerLu - she missed you.
Parents: Bob & Donna Giambra

Marcus Elijah Hahn January 13, 2004
Parents: Joe & Laura Hahn

Baby Hart February 10, 2010
Gone Now, Forever in our hearts
Parents: Janell & James Hart

Brooke Marie Helper December 7, 2010
We miss you every second of every day! We hope you had a happy birthday in heaven. We hope you liked your balloons! Thank you for watching over us. Love, Mommy, Daddy, big sister Ella & little sister Molly
Our beautiful Granddaughter: you are ever in our hearts. We love you! Grammie & Papa
Parents: Lauren & Patrick Helper

Gracie Caroline Howard March 11, 2010
Happy 3rd birthday in Heaven! We think of you always and forever; and, we love you more than words could EVER say. Love you, Momma, Daddy and Reagan
Parents: Rhonda & Brad Howard

Caleb Daniel Jordan March 23-April 2, 2009
Our third Christmas without you approaches, and as everyone is buying their gifts and celebrating, I browse the things that might have been bought for you. I often wonder what expression you would have had on your face as you opened your gifts. I often think of the stepping stones in life that would have been yours today. We were given ten days to have you in our lives. And although it was short, I will never forget them. I will always remember every little detail of you. Although you are not with us, you remain forever in my heart - never forgotten. Hugs and Kisses to heaven. Love always and forever - Grandma Bonnie
Parent: Nicole M. Jordan

Forget-YOU-Not

In Loving Memory Of...

Marrina Kim August 3-4, 2005
Ella Grace Kim June 8, 2007
 We miss you so much. Please continue to watch over us! Love, Mommy, Daddy & Trent
Parents: Mark & Dawn Kim

Baby Mamott September 22, 2012
 Our angel baby is forever on our mind.
Parents: Joe & Kristina Mamott

Bud Charles Mott September 12, 2005
Theresa Marie Mott
 We love and miss you every day. Also knowing you are in the best place possible: Heaven! We will see you again someday. All our love - Alison, Mommy & Daddy
Parents: Timothy and Beth Mott

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

Baby MayKayla August 5-13, 2009
 You are forever loved and will always be remembered.

Steven Serrano March 16, 2006
 Mommy loves and misses you every day
Parent: Lisa Salgot

Gabraella Joy Swader April 25, 2012
 The new year doesn't mean I miss you less. It's just another first. I miss you every day, and so does daddy and the girls, too.
Parents: Crystal & Derek Swader

Joshua Urso February 12, 2012
Jackson Urso
Parents: Robyn & Mike Urso

Javion Vaughan April 14, 2012
 We love you so much. We miss you and think about you every day. Love, Mommy, Olivia & Jayden
Parent: Latasha Pouncey

Poppy Wilder April 9, 2010
Baby Wilder July 22, 2010
Grace Wilder January 7, 2011
 Forever in our hearts... Love, Mom, Dad and Baby
 Brother on Earth
Parents: Janeen & Robert Wilder

Grace Lee Zimmer April 12, 2012
 A moment in our arms, A lifetime in our hearts. Love, Mommy, Daddy & Hunter
 Wishing you endless love and peace. Love, Aunt Debbie, Uncle Joe, Ocie, and Isla
Parents: Donna & Russell Zimmer

John Paul Jerebko November 18, 1999
 You will always be remembered.
Parents: Lisa & Peter Jerebko

Michael James Quigley October 24, 1992
 Mom thinks of you every day!
Parent: Debi Zmuda



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!*

Poetry

Our Love in the Written Word

Tiny Angel

For brief and fleeting moment,
 an angel touched the ground;
 With tiny wings and halo,
 and sweet, soft angel sounds.
 Blessing the lives of others,
 in beauty and in grace;
 Those who saw the angel,
 knew God had kissed his tiny face.
 The angel came for reasons
 we may not understand;
 A journey brief, with gifts so great,
 and guided by God's hand.
 So, rest now tiny angel,
 your work on earth is through;
 In the beauty of God's perfect love
 we saw His gift in you.

By: Robyn Urso

In loving memory of Joshua and Jackson Urso (2/12/12),
 and Grayson Zona (11/27/12)

When?

When does that moment come?

The one when i think of you
 and it is okay you are not beside me.

The one where i understand fate brought you to me
 but keeps us apart.

The one where i hear your name
 and my eyes don't search for "you".

The one when I see and hold you (in my dreams)
 and it comforts me.

When does that moment come?
 How long is the wait?

Are you waiting too?

By: Paige Ricci 2/2012

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 your 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: Poem By Father Of Dead Baby, The Strength You Gave Me
[http://www.familyfriendpoems.com/poem/
 the-strength-you-gave-me#ixzz2lk75nkJA](http://www.familyfriendpoems.com/poem/the-strength-you-gave-me#ixzz2lk75nkJA)
www.FamilyFriendPoems.com

WNYPBN's Bi-Annual Professional Conference

Diverse Expressions of Grief Following Infant Loss: A Cross Cultural Exploration

Monday, March 18, 2013
Salvatore's Italian Garden
8:00 am-3:30 pm

A Professional Conference created and sponsored by the WNYPBN, Inc.

The WNYPBN 2013 conference will look at cultural and religious differences in response to perinatal death as well as the diverse needs families face when coping

with the loss of an infant. Nurses, social workers, mental health counselors, grief specialists, funeral directors, and those supporting families dealing with infant loss would benefit from this conference

GENERAL CONFERENCE INFORMATION

- ◆ Conference Fee: \$60, \$40 for students (w/valid student ID)
- ◆ Breakfast and lunch provided (vegetarian lunch option available)
- ◆ Nursing CEUs available (pending) and all participants will receive Certificates of Completion

Questions or interested in registering?

Please contact Abigail at askulick@buffalo.edu or call WNYPBN at 716.626.6363 (Space is limited, registration is due March 8, 2013!)



Area Support Groups

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

Bereaved Grandparents Group

Support for the Grandparents after their child's perinatal loss.

Call for Further Details

Contact:

Fran Kane (716) 862-1678

Footprints on the Heart

Stillbirth and early infant death

Call for further details

When: 4th Wednesday @ 6:30 PM

M. Steven Piver Center,

Sisters Hospital, Seton Bldg

2157 Main St., Buffalo

Contact:

Fran Kane (716) 862-1678



Footprints on the Heart

Heart to Heart

Early loss, miscarriage and ectopic pregnancy
Call for further details

When: 1st Thursday @ 5:30 PM

M. Steven Piver Center,

Sisters Hospital, Seton Bldg

2157 Main St., Buffalo

Contact:

Fran Kane (716) 862-1678

Hopeful Hearts /

Subsequent Pregnancy

Support for pregnancy after a perinatal loss

Call for further details

When: 2nd Thursday @ 5:30 PM

M. Steven Piver Center,

Sisters Hospital, Seton Bldg

2157 Main St., Buffalo

Contact:

Fran Kane (716) 862-1678

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:

Cristine Scott, (716) 626-6363

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

Young Sibling (5-16 years)

Adult Sibling (17 years & older)

When: 2nd Wednesday @ 6:30 PM

First Trinity Lutheran Church

1570 Niagara Falls Blvd,

Tonawanda

Contact:

Lesley Jordans, (716) 878-7773

"Tiniest Angels" Parent

Bereavement Support

Miscarriage, ectopic pregnancy, stillbirth and early infant death

When: 3rd Wednesday @ 7 PM

5780 Main St, Williamsville

(Corner of Main and Evans)

FREE—Please call to register

Facilitated by Kathy Skipper (A Pioneer in the WNY Bereavement Community)

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

5780 Main St, Williamsville

(Corner of Main and Evans)

FREE—Please call to register

Facilitated by Terri Fronczak

Contact:

Christine Scott, (716) 626-6363

Safe Arrivals

To Grant Others Hope

Louisa Grace Skolikas Barnhardt was born January 3, 2013. She weighed 6 pounds 7 ounces and measured 19 inches long. Enamored parents, Matthew Barnhardt and Courtney Bajdas, are grateful for her safe arrival and know her big brother Andrei (October 17, 2011) is watching over her.

Nora Margaret Browne was born to Melissa and Chris Browne on January 4, 2013, at 7 lbs 6.2 oz and 18 1/2" long! Together with her big sister, Anna, the family will always remember Christopher Micheal Browne Jr. (February 20, 2010)

Noah Jackson Fisher was born to Kristin & Craig Fisher on July 31, 2012 at 7:47 pm. He was 7lbs 8oz 20in long! Together with his brother, Aidyn Matthew Fisher, the family will teach Noah about his uncle in heaven: James Anthony Giambra (February 8, 2003).

Brooke Forminiak is proud to introduce her new baby sister, **Mackenzie Forminiak**. Mackenzie was born on December 30, 2012 at 8 lbs and 6 oz. Together with their parents, Tracey Thuman and Doug Forminiak, the girls will always remember their brother, Brandon Forminiak (born to heaven October 13, 2010) and cousin Emery Tomaszewski (born to heaven April 28, 2010).

Bill and Bryana Haas, along with big brother Levi, announce the arrivals of twin girls: **Hannah Joy** 7 lbs 15 oz and 20 and 3/4 long and **Aliza Grace** 6lbs 13 oz and 19 and 1/4 long! The girls were born on December 10, 2012. We remember big brother Noah Richard (September 7, 2009).

Molly Jade Helper was born on July 19, 2012, to Lauren and Patrick Helper! She was 6 lbs and 15 oz and 19 inches long. Together with her big sister Ella Grace, the

family will teach Molly all about her sister in heaven, Brooke Marie Helper (December 7, 2010).

Haidee Seda and Freddy Miller are proud to announce the arrival of **Caiden Lewis Miller** on October 16, 2012. Thrilled with their new and first angel to stay here on earth, he arrived at 7 lbs and was 19 inches long. The family will always remember their babies in Heaven: Frederick Miller III (October 8, 2008) and their quadruplets Aleah, Lea, Mary, and Mariah Miller (August 24, 2011).

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.

KID'S STUFF

Children are affected by perinatal loss, whether it happened before or after they were born. They must work through their grief, the same as the rest of us. We'd like to publish pictures, poems, stories, etc. that were created by your bereaved children... so that the kids can know that they, too, are not alone.

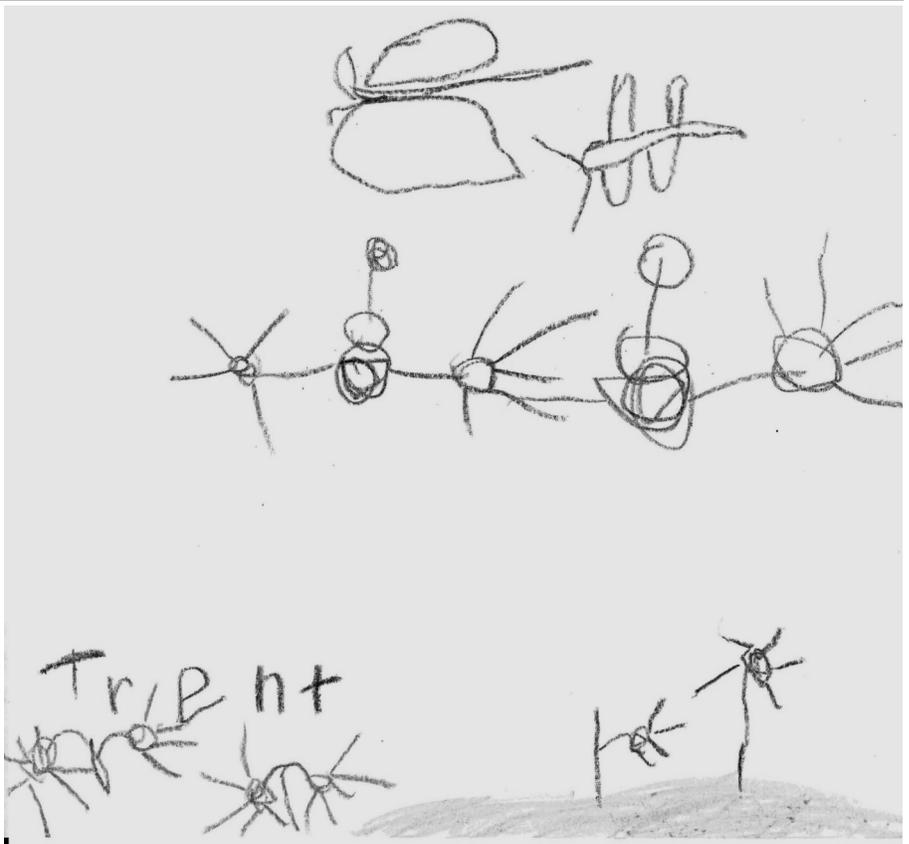
If your child has drawn or written something that they would like to share, please send it to:

Dawn Both-Kim
1 Montclair Lane
Orchard Park, NY 14127

I will treat each piece carefully and will return it to you as soon as possible. If you have the means and can scan the work, please email it to:

forgetmenotnewsletter@hotmail.com

CAPTION: Drawn by Trent Kim (age 4) in honor of his sisters Marrina (August 3-4, 2005) and Ella Grace Kim (June 8, 2007). There are flowers, his sisters with haloes and a butterfly and dragonfly that the family thinks of as symbols for the girls.



On-Line Help and Internet Resources

The Western New York Perinatal Bereavement Network, Inc. (WNYPBN)
www.WNYPBN.org

Babies Remembered and Wintergreen Press
Babiesremembered.com
The Website of Sherokee Ilse: Bereaved Parent, International Speaker and Author of *Empty Arms: Coping with Miscarriage, Stillbirth, and Infant Death* and many other books, including *Miscarriage: A Shattered Dream*

Baby Photo Retouching Service
www.babyphotoretouch.com
Transforms your precious baby photos through digital technology to correct some of the damaged image.

Bereaved Parents USA
www.bereavedparentsusa.org
A national non-profit self-help group that offers support, understanding, compassion and hope especially to the newly bereaved.

A Blog for Fathers When a Baby Dies
www.fathersgrievinginfantloss.blogspot.com

Born Angels Pregnancy Loss Support
www.bornangels.com
Provides links to pregnancy loss support, infertility support, neonatal loss support, and adoption resources.

Celebration Forest
www.celebrationforest.com
Allows you to plant a tree in honor of your deceased beloved one

CJ Foundation
www.cjsids.org/grief
A national non-profit devoted to eliminating the tragedy of sudden unexpected infant

deaths and early childhood deaths, supporting grieving families, advancing medical research, furthering parent and professional education, and advocating for the health and survival of all children.

Compassionate Friends
www.compassionatefriends.org
Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a child, and helps others better assist the grieving family.

Facts About Miscarriage
http://www.pregnancyloss.info

The Grief Recovery Institute
http://www.grief-recovery.com
The action program for moving beyond loss

H.A.N.D.
www.handonline.org
—Help After Neonatal Death
Helping cope with the loss of a baby before, during, or after birth

Healing Hearts for Bereaved Parents
www.healingheart.net
Provides grief support and services to parents who are suffering as the result of the death of their child or children.

A Heartbreaking Choice
www.aheartbreakingchoice.com
For parents who have interrupted their pregnancies after poor prenatal diagnosis.

Hygeia.org
www.hygeia.org
An online journal for pregnancy and neonatal loss.

Memory Pendants
www.memorypendants.com
Use code: **112188** to receive a discount for families affiliated with our organization
Owner Chuck Huffman- L. Huffman Studios

M.I.S.S. Foundation
www.misschildren.org
Provides immediate and ongoing support to grieving families, empowerment through community volunteerism opportunities, public policy and legislative education, and programs to reduce infant and toddler death through research and education.

National Share Office
www.nationalshare.org
To serve those whose lives are touched by the tragic death of a baby.

A Place to Remember
www.aplacetoremember.com
Uplifting support resources for those who have been touched by a crisis in pregnancy or the death of baby.

Remembering Our Babies
http://www.october15th.com/
The official site of pregnancy and infant loss remembrance day.

Sudden Infant and Child Death Resource Center (Satellite Offices in Buffalo, Syracuse, Albany, Manhattan & Long Island)
www.stonybrookmedicalcenter.org/SIDS

Stone Art Memorial
www.stoneartmemorial.com
The Right way to commemorate your memories.

TAKE FLIGHT SWEEPSTAKES

Win Round Trip Airfare for TWO
on JetBlue Airways!
A value of \$1600!

Each ticket for the Take Flight Sweepstakes is \$25. Only 200 tickets will be sold! Winners will be drawn at the Elegant Evening to Remember on April 26th!

The certificates are each valid for a roundtrip flight on JetBlue between any city and any nonstop city as published on www.jetblue.com/wherewejet

For tickets, please contact Christine Scott at (716) 626-6363 or at Christine@wnypbn.org - Good LUCK!

BEREAVEMENT CREATIVE WRITING CLASS

Amy Creamer will be leading a new therapeutic group for bereaved parents beginning in March. [Creative Writing to Heal Trauma and Grief](#) is a 6 week class that will focus your energy of healing in a new direction. There is no writing experience needed. This writing workshop meets parents where

they are in their grief process and allows them the space to move into a more optimistic, positive, hopeful place.

Classes will be held at Sisters Hospital in the Piver Center. Classes begin March 5th at 6 pm and will run every Tuesday night for 6 weeks. Fee is \$40 - financial aid scholar-

ships may be available. You may bring your own journal that holds significance for you or Amy will provide a generic notebook for you. To register, contact Amy at 796-1212 or amymariecreamer@gmail.com, or The Journey of Motherhood on Facebook. Deadline for registration is March 1.



**Western New York
Perinatal
Bereavement
Network, Inc.
5780 Main St.
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, 5780 Main St., Williamsville, NY 14221. If you are receiving duplicate mailings, please let us know.

Name: _____

Address: _____

Phone: _____ **Email:** _____

Baby's Name & Honored Date(s):

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

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

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

WNYPBN, Inc.
5780 Main St.
Williamsville, NY 14221

February 2013—May 2013

Volume 10, Issue 1

Forget-Me-Not

