



# FORGET-ME-NOT

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

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## FROM OUR HEART TO YOURS

### Save the Dates!

#### 21st Annual Walk to Remember

October 13, 2013 Registration at 11 AM—Event will begin at NOON  
Cheektowaga Town Park—2600 Harlem Road

#### Southern Tier Walk to Remember

September 22, 2013 Registration at 11 AM—Event will begin at NOON  
Elley Town Park in Jamestown, NY.

## WNYPBN 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
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Sisters of Charity Hospital	Mount St. Mary's Hospital of Lewiston	WCA Hospital
The Center for Hospice & Palliative Care	Niagara Falls Memorial Hospital	Wyoming County Community Health System
Eastern Niagara Hospital— Lockport Division		

## LETTER FROM THE EDITOR

Summer is a fun time for most people. For me, the pool is opened, it's a time to relax and catch up with the neighbors. It is also a difficult time, because at the beginning of the summer is my second daughter's birthday and at the end is my first daughter's birthday. It doesn't put a damper on trying to enjoy the summers, though. I see each butterfly and dragonfly as a sign from my girls: they're just flying by to say hello. I explained to my 5-year old son that his sisters' souls

are riding on the backs of those beautiful creatures just to make sure mommy is doing okay... plus, it helps him make sure he is behaving!

As grieving families, we sometimes have to make the best of the situations that we were given. Our babies are no longer with us, but they would want us to be happy.

We cannot choose when grief washes over us, most times. But if we make time to grieve, then I feel it will lessen the

amount of times unexpected tidal waves of sadness will knock us down. This autumn there are a number of chances to make that time to grieve: to take an hour or two out of our busy lives and remember our lost angels. Please take the time to attend some of the events, or set aside time for yourself to remember them. It helps me... I hope it will help you, too!

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

*“FOR ALL THE  
CATERPILLARS THAT  
NEVER BECAME  
BUTTERFLIES...*

*FOR ALL THE  
BUTTERFLIES WHO  
NEVER HELD THE  
WIND IN THEIR  
WINGS...*

*AND FOR ALL THE  
HEARTS THAT HAD  
DREAMED OF A  
WONDRIOUS FLIGHT  
TOGETHER”*

*-JEANNE NOERING*

“How quietly they tiptoed into our world softly~ only for a moment they stayed, but what an imprint their footprints have left upon our hearts.” How impactful and meaningful this quote is as we begin to plan this year’s Pregnancy and Infant Loss Awareness Month’s events throughout the month of October. The Walk to Remember, October 15<sup>th</sup> Memorial Services and other planned activities are designed to bring grieving parents together to be surrounded and supported by the love of their family and friends, and to honor their babies lives that were very brief... yet, what an imprint their footprints left on our hearts.

I am pleased to announce that The WNYPBN will be hosting another walk this year in the Southern Tier to support and reach our bereaved community in our Southern Tier counties. The “Southern Tier Walk to Remember” will be held on September 22<sup>nd</sup> at Ellery Town Park near Jamestown N.Y. The 21<sup>st</sup> Annual Walk to Remember will be held on October 13, 2013 at Cheektowaga Town Park. Invitation/Registrations form will be mailed out the in the later part of August. For more information on all Pregnancy & Infant Loss Awareness Month activities please see pages 3-4 and 9.

The Spring and Summer has been filled with a flurry of activities. Some of our Highlights are:

The Wings of Love Parents Day Breakfast that was held on May 11<sup>th</sup> at ACQUA Restaurant was a beautiful, unique and serene event that honored us as parents as we paid tribute to our children who are no longer with

us. I would like to sincerely thank everyone who helped make this morning beautiful and to Phillips-Lytle LLP and Mount Calvary Cemetery Group for your generous sponsorship.

This spring, I was awarded a scholarship through The Peter & Elizabeth C. Tower Foundation in order to attend the University at Buffalo School of Social Work, Office of Continuing Education, Nonprofit Public Relations Certificate Program. This certificate program allowed me to learn the elements, tools and processes to create an effective Public Relations and Communication Plan for our organization. I successfully completed the 18 hour program and have begun to use the tools I learned to enhance the quality and effectiveness of marketing our Network.

I was recently asked to be a guest and presenter for the School of Social Work, University at Buffalo inSocialWork Podcast Series to speak on the topic of “Shadow Grief: Perinatal Loss and Bereavement.” The program inSocialWork (formerly “Living Proof”) is the podcast series of the University at Buffalo School of Social Work. The purpose of this series is to engage practitioners and researchers in lifelong learning and to promote “research to practice” and “practice to research.” inSocialWork features conversations with prominent social work professionals, interviews with cutting-edge researchers, and information on emerging trends and best practices in the field of social work. I would like to thank Mr. Tony Guzman and Ms. Rebecca Rouland and the Department of Social Work for the opportunity to create awareness on this

very difficult topic. To listen to the podcast please visit <http://www.insocialwork.org/insocialwork.xml> Episode 123.

I am beyond excited to announce that we were chosen to be one of the recipients of the Ingram Micro 2013 Golf Charity Event to support the Wings of Love Memorial Fund and the creation of Wings of Love Memorial Garden Parks throughout our community. The Golf outing will be held in August. Currently, there are two Wings of Love Memorial Gardens in progress: Acacia Park Cemetery in North Tonawanda and Lancaster Rural Cemetery. Upon completion of the gardens, parents will be able to purchase an engraved bronzed butterfly with their child’s name and honor date or an engraved paver. These gardens will not only be a place to commune with their children, especially on specific anniversaries, but a place to support the grieving process and healing journey. It is my goal to create at least two more Memorial Parks in 2014, one in the city of Buffalo and one for our Southern Tier families.

We have just teamed up with Purchase.org a website based company that promotes great deals. Their goal is to Change the World, One Purchase at a Time by supporting local small businesses and support charities. Please see page 4 for more details.

I would like to Thank Fran Kane, WNYPBN Board of Directors Member, Coordinator of the Footprints on the Heart program at Sisters of Charity Hospital, friend and colleague for her years of dedication and services to the bereaved community in our area. She has left an imprint in the hearts of so many

families in WNY and will never be forgotten. The WNY-PBN family would like to wish her the best of luck and much happiness as she starts a new chapter in her life by pursuing a career at Dartmouth Hitchcock Medical Center in New Hampshire. Good Luck Fran we will sincerely Miss You!!!!

As I wrap up this edition of the Network

News I would like to encourage all of you to join us during one or more of our October Pregnancy & Infant Loss Awareness Events that will take place throughout the months of September and October. Let us unite together to create awareness about the pain of Perinatal loss and the effect it has on families, break the silence, and honor

our children who left this earth to soon. I wish you much peace as you continue your healing journey and hope it is filled with much courage, love, hope and remembrance.



Sincerely,  
*Christine*

## OCTOBER IS PREGNANCY & INFANT LOSS AWARENESS MONTH

October is Awareness Month for numerous organizations and causes. For example, it is Breast Cancer Awareness, Domestic Violence Awareness, National Down Syndrome Awareness Month and awareness for a whole host of other worthy and needed causes. The Western New York Perinatal Bereavement Network recognizes one other awareness that sorely goes unnoticed and underserved: Pregnancy and Infant Loss Awareness.

In October 1988, President Ronald Reagan proclaimed October as National Pregnancy and Infant Loss Awareness Month. In 1993, the Honorable Dennis Gorski, Erie County Executive, gave a proclamation that the month of October would, each year thereafter, be recognized as Pregnancy & Infant Loss Awareness Month in Erie County. Although these proclamations were decreed a good amount of time ago, Awareness about the tragedy of Pregnancy and Infant Loss is poor at best. The WNY-PBN would like to help change that, removing the last big taboo in society.

The WNY-PBN is hosting several awareness events throughout September and October to commemorate babies who have died due to miscarriage, ectopic pregnancy, stillbirth or early infant death. We want to help recognize the loss that so many parents have to endure and inform the rest of society that losses like these affect so many!

**The 21<sup>st</sup> Annual Walk to Remember** will be held on October 13, 2013 at Cheektowaga Town Park (2600 Harlem Road). Registration for the event will begin at 11 with the proceedings beginning at around noon. Invitations will be sent out in late August/early September. You can start to collect pledge monies for the Walk via our secure website: [www.firstgiving.com/wnypbn/21st-walktoremember](http://www.firstgiving.com/wnypbn/21st-walktoremember).

For the parents who have experienced perinatal loss, this event is an opportunity to listen to beautiful songs and poems,

plant a tree, and come together with other parents to remember their beloved children.

There is a reverent Walk with signs with babies' names along the route that families may personalize. Flowers are distributed for families to place with each baby's sign.

Like other memorial walks, the Walk to Remember promotes awareness about serious health-related issues, as well as raises money to help support those afflicted by a tragic loss. We ask that those participating in the Walk obtain donations/pledges to help support the WNY-PBN. Although donations are not a requirement, they are encouraged.

Please create a team for your baby/babies to SPREAD THE WORD FOR SUPPORT!

**The Southern Tier Walk to Remember** will be held on September 22, 2013 at Ellery Town Park in Jamestown, NY. The event will be held from 11 AM to 2 PM. The WNY-PBN has created this event for those families who live in our Southern Tier and cannot attend the main Walk to Remember due to distance. We hope to reach more families with a second event closer to home! Information for this event will be sent to Southern Tier families only, but all are welcomed to come. Collect pledges for the Walk on our secure website:

[www.firstgiving.com/wnypbn/ST-walk2remember](http://www.firstgiving.com/wnypbn/ST-walk2remember)

Please contact Rhonda Howard or Christine Scott if you would be interested in attending or helping with this event or for more details:

[rhondahr1@gmail.com](mailto:rhondahr1@gmail.com)  
[Christine@wnypbn.org](mailto:Christine@wnypbn.org)

**October 15<sup>th</sup>: Pregnancy & Infant Loss Awareness Day Memorial Services** to commemorate babies who have died due to miscarriage, ectopic pregnancy, stillbirth or early infant death.

The WNY-PBN will be hosting our **Second**

**Annual Pregnancy & Infant Loss Awareness Day Memorial Service** at Acacia Park Cemetery in North Tonawanda (4215 Tonawanda Creek Road North). The event will take place on Tuesday, October 15<sup>th</sup> at 6:30 PM with a Candle-Lighting at exactly 7:00 to help create a wave of light across the world!

The WNY-PBN is also teaming up with Amy Buckner and **Gavin's Light Annual Pregnancy & Infant Loss Awareness Day Memorial Service** on October 15<sup>th</sup>. This event will begin at 6:30 PM at the Oratory of the Sacred Heart in Portville, NY (near Olean). Contact Amy Buckner for more information: [gavinlight@yahoo.com](mailto:gavinlight@yahoo.com)

**Prayer Flags for Baby Angels.** Bereaved mom, Crystal Swader, will again be collecting Prayer Flags to display throughout WNY to help promote Pregnancy and Infant Loss Awareness. Last year, the flags were displayed at the 20<sup>th</sup> Annual Walk to Remember, at the Acacia Park October 15<sup>th</sup> Memorial Service and at the Walden-Galleria Mall for the duration of October: Pregnancy & Infant Loss Awareness Month. For more information, please visit the FaceBook site:

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

[How to Create & Submit a Flag—Butterflies For Baby Angels' Message Flag Project](#)

Honor your babies who are gone too soon with prayer/message flags. Use a 12" x12" fabric in **any shape**. Reserve the top 2.5 inches so that it can be secured to the string. Put the baby's (or babies') name(s) on it (if they had one and don't worry if they didn't), add a special date, write a message, prayer, or include a picture or image that has significance (iron-on transfers would work with most fabrics and you can print to them from any ink jet printer). Please know that **I cannot send the flags back to you**. They will be in the elements and become weathered and most likely ruined. However, the idea is that our messages will be sent by the breeze to our

angels. Send them to me before September 28, 2013. I will be securing them to string and hanging them in the Western NY area. The flags will be traveling to various locations throughout WNY. For a visual representation of the flags see the album named "Flags for Baby Angels" on the Butterfly for Baby Angels' facebook page at [www.facebook.com/ButterfliesforBabyAngels](http://www.facebook.com/ButterfliesforBabyAngels).

*The flags will be displayed at the 21st Annual Walk to Remember in October.*

Please send all flags to:

**Crystal Swader  
PO Box 233**

#### Clarence, NY 14031

Help me spread the awareness of baby loss, and help me to honor the babies that are not around to hold.

**Sweet Jenny's Chocolate Butterfly Fundraiser** – this new event will take place throughout the months of September and October. Sweet Jenny's Ice Cream and Chocolates on Main St. in Williamsville is helping the WNY-PBN with a fundraiser of butterfly candies in milk or dark chocolate in ¼ or ½ pound bags, or chocolate suckers. The proceeds from the sale of these chocolates will go to the WNY-PBN's important programs and

services. They will be on-sale at all of our September/October events. Please contact Christine Scott at [Christine@wnypbn.org](mailto:Christine@wnypbn.org) or at 716-626-6363 for more information.

The WNY-PBN would like to thank all the volunteers who are helping with these events – we could never accomplish any of this without you!

If you or your family have questions or would like to attend any of these events, please feel free to contact us.

Dawn Both-Kim:  
[forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)  
Christine Scott:  
[Christine@wnypbn.org](mailto:Christine@wnypbn.org) or (716) 626-6363

## A LETTER TO MY DAUGHTER

My dearest Amelia,

I have wanted to write this letter for some time now, but could never find the right words. I often felt that it should be a letter that I will write as I send you off to college or before you are to marry the man of your dreams. No, it will not be one of "those" letters, but one of missing you instead.

The thing I often question is, "How can I miss you so much when we really never met at all?" The harsh reality is just that: I had to say goodbye to you before I even had the chance to say Hello.

Three years ago, on April 2nd, my life

changed forever. There is nothing that will ever come close to filling the void in my days of not having you here. I think about you every single day, and most days I miss you so much that it hurts to breathe. So many things remind me of the time we had with you: dates, places, colors, smells, and sounds. When I hear your name uttered (not necessarily referencing you), I stop - expecting to spin around and see you standing there.

So many questions fill my mind as well. What do you look like? What are your favorite games to play? Do you love to snuggle like your brother? Do the angels read

you a bedtime story every night? What were you going to be when you grew up? Do you snore like your Daddy?

Please keep sending your signs that tell me you are near. I love the rainbows that peek through the clouds, the butterflies that flutter gently past my nose, the soft sound of footsteps, and the moments of calm when your presence is evident.

If love alone could bring you back, you'd be with us right now.

All of my love always,  
Mommy

By: Tammy Peters

## FAREWELL TO A FRIEND...

One of my dear friends worked her last day at her job last month. I am close to devastated for Sisters of Charity Hospital. This woman is one of the main reasons I am able to be here today. I would not have made half the grief progress that I have without her. She is a kind and gentle nurse, a compassionate and tender listener, an outstanding advocate for those of us who

have experienced the loss of a baby and a brave champion for the bereaved community in Buffalo. I am truly sad for us and a little jealous that New Hampshire is getting her. I hope they realize and appreciate what an amazing gem they have found when they hired Francine Kane. Best of luck, my friend! I love you and will miss you horribly.

If you appreciate the help that one or more of the staff members at the hospital had given you, PLEASE let the hospital administrative staff know it! Where would each of us be without people like Fran, Lesley, Lisa, etc. etc. etc.!

By: Dawn Both-Kim

## PURCHASE.ORG



The proprietor of the website [Purchase.org](http://Purchase.org) was in contact with Christine Scott to arrange a collaboration with the WNY-PBN. [Purchase.org](http://Purchase.org) is a website that arranges "deals" with local businesses which

can be purchased via their website. Once a voucher is purchased, the consumer can then choose a charity to receive a portion of the proceeds. In that fashion, the local business gets a boost of business, a consumer gets a good price on something they would have purchased anyway, and a charity gets 10% of the sales. Your donation does not cost you anything: [purchase.org](http://purchase.org) makes the donation out of their own profits. Registration for this website is free and is

very simple! When you make a purchase, please let them know you would like the recipient to be the WNY Perinatal Bereavement Network!

By: Dawn Both-Kim



## TASTEFULLY SIMPLE FUNDRAISER

"How can I help", you wonder. Or "What can I do? I want to help, but don't know how." Have you found yourself thinking this or something similar? Have you wondered how you can make a difference or honor the memory of your baby(ies) gone too soon?

Well, you can! It's that time of year again, the 3rd annual TASTEFULLY SIMPLE fundraiser. And here is how YOU can make a difference. This year, we are trying something a little different. This year, we are looking for a minimum of 3-5 people and/or families (or more) that would be willing

to host a Tastefully Simple party. This can consist of (1) an in-home taste-testing party, where you invite friends over to sample some delicious foods, and order their favorite products or (2) collect orders by passing some catalogs around. All the while, you earn FREE products as the host. The best part is, the profit from the party is donated to "Wings of Love" Memorial Fund, in memory of your baby!

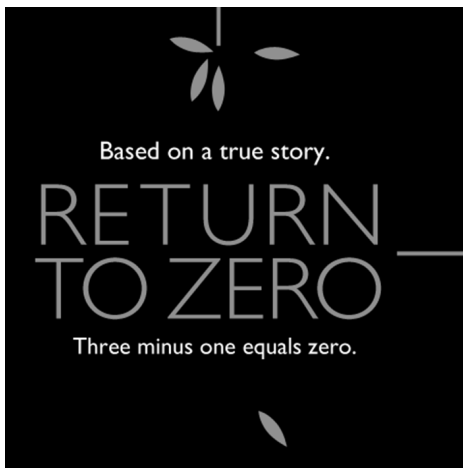
All parties need to be booked and held between 8/1/2013 - 9/30/2013, so that donations will reach Wings of Love in time for the Walk To Remember. Please contact

BETH MOTT at (585) 492-1298 or via email (BethMottTS@yahoo.com) to book your party and help make a difference.

I look forward to each of you hosting a party with your friends to help Wings of Love raise money to help those in need! Pick a night to party with your friends and with these 3-5+ parties, we should be able to raise a huge amount towards Wings of Love and help those in need. Thank you, from the bottom of a very grateful heart.

By: Beth Mott

## RETURN TO ZERO—THE MOVIE



For too long, the reality of pregnancy and infant loss has been ignored. There seems to be a taboo on the subject: that if someone mentions it, it will happen. Most people would rather discuss intimate health problems than discuss a baby who has died. This is a devastating reality to those who have lost a child. Most people will not mention their baby... and that hurts.

Filmmakers have decided to take action! And the public has to prove that there is an audience for the film. Theatres across the globe will not show this film unless there is a pledged amount of viewers for an audience. Local "leaders" for the film have volunteered to get the word out that this film needs your help to be shown in theatres. Although the WNY-PBN does not necessarily endorse the film, it can endorse the need for disseminating information on stillbirth to the general public. Addressing this need will help all of us who have experienced a loss!

**Synopsis** as per the website:

<http://returntozeromovie.com/>

RETURN TO ZERO is based on the true story of a successful couple who are preparing for the arrival of their first child. Just weeks before their due date they are devastated to discover that their baby son has died in the womb and will be stillborn.

Maggie and Aaron attempt to go on with their lives but cannot escape their postpartum grief. Their lives and relationship have been forever altered by this loss. They try to cope in a myriad of ways – through denial, escape, and alcohol – but when Maggie ultimately discovers that Aaron is having an affair with a co-worker, she decides to end the marriage.

Just when Maggie believes she has started a new life, she discovers that she is pregnant by Aaron (in a last ditch 'this will save the marriage' getaway to Vegas.) With the help of her empathetic doctor who had experienced a similar loss years ago, Maggie finally grieves for the loss of her son. Through a turbulent and terrifying pregnancy, Maggie and Aaron reunite to see their child, a daughter, safely into the world.

The following is the **mission statement** as per the website:

<http://returntozeromovie.com/>

While this film is intended for a wide-release to audiences regardless of their life experience, RETURN TO ZERO fills a particular niche for a market that has gone unserved – those who have or know someone who has experienced the devastating loss of stillbirth, miscarriage, or neonatal death.

The statistics on stillbirth, which is the loss of a child after 20th week of pregnancy, are remarkable. In the U.S. alone there are approximately 36,000 stillbirths a year. That is equivalent to the amount of people who die in traffic accidents across this country every year. Yet, this topic has never been the central theme of a feature film.

The impact that one stillbirth has on the mother, the father, their family, and friends is devastating – a shock-wave of pain, guilt and then, too often, silence. The majority of those affected, especially the mothers, suffer in this silence often believing that their grief and trauma is theirs to bear alone.

While planning to entertain and enlighten all audiences with a dramatic tale of the strength and resilience of the human spirit, RETURN TO ZERO intends to break through the silence and become a beacon of cinematic light to the millions in search of answers, understanding and healing.

I intend to go see the movie if it is shown somewhere here in the Buffalo area. I am encouraging my friends and family to do so, as well. After watching the movie trailer on their website, I am more excited about its release than any other movie this year (which is saying something since I cannot wait to see second The Hobbit movie). Check out their website for more information and like them on FaceBook for up-to-date details. See how you can pledge to see the film, such that seeing it in theatres becomes a reality! Thank you!

By: Dawn Both-Kim

# Forget-YOU-Nots

In Loving Memory Of..

**Michael Anthony Anderson** April 5, 2005

Happy 8th Birthday to our angel grandson!  
Always, Always in our Hearts! Love Nana & Papa xxxooo  
We love you always! Love, Mommy, Daddy & Mia  
*Parents: Michael & Kelly Anderson*

**Arianna Marie Brandt** June 8, 2013

We miss you so much, beautiful angel! Not a day goes by that we don't think about you and wish you were still with us. We love you sweet baby girl!  
*Parents: Ashley Gorlick & Ryan Brandt*

**Gavin Buckner** September 15, 2009

Mama, Daddy, Zack & Bashy love you so much!!! Fly high and have fun! We miss you!  
*Parents: Amy & Ryan Buckner*

**Nicholas Joseph Glomb** August 19, 2009

Happy fourth birthday to our oldest! You are forever in our hearts, constantly in our thoughts, and always in your little sister's bedtime prayers. As long as we're living, our baby you'll be. Love, Mom, Dad and Katie.  
*Parents: Thomas & Kelly Glomb*

**Madison Leigh Frankowski** August 7, 2010

Happy 3rd birthday in heaven. Always in our hearts, we love and miss you. We dream about what our lives would be like with you here. Love, Mommy, Daddy and Baby Sister Paige  
Missing you! Grammy & Pappa  
*Parents: Candace & Andy Frankowski*

**Graeme Lee Graupmann** May 6, 2013

Mommy and Daddy miss you so much every day. We love you baby boy, we always have and always will.  
*Parents: Danae & Andrew Graupmann*

**Baby Hart** February 10, 2010

**Baby Hart** March 28, 2013  
Although we could not hold you in our arms, we will hold you in our hearts forever. Love always and forever  
*Parents: Janell & James Hart*

**Brennan Mark Hayes** April 15, 2006

We love and miss you Brennan! Love, Mom, Dad, Hunter and Brianna  
*Parents: Wayne & Laurie Hayes*

**Brooke Marie Helper** December 7, 2010

We miss you every minute of every day. With our never-ending love, Mommy, Daddy, big sister Ella, and little sister Molly.  
*Parents: Lauren & Patrick Helper*

**John Paul Jerebko** November 18, 1999

You will always be remembered  
*Parents: Peter & Lisa Jerebko*

**Marrina Kim** August 3-4, 2005

**Ella Grace Kim** June 8, 2007  
Hope your Heavenly Birthdays are wonderful! Wishing you were with us... always. Love, Mommy, Daddy & Trent  
*Parents: Mark & Dawn Kim*

**Joey Mamott** September 22, 2012

Your little sister is almost here, and without a doubt, it's because you've been watching over her. Miss you everyday and we thank you for the protection you provide. Love, Mommy & Daddy  
*Parents: Joe & Kristina Mamott*

**Anthony Francis McCooey-Viele** June 2, 2005

We love you!! Love, Mommy, Shawn, Aaron, Alena, Javen & Vinny  
*Parent: Starr McCooey-Viele*

**Bud Charles Mott** September 12, 2005

**Theresa Marie Mott**  
It's so hard to believe that you blessed us 8 years ago, and then went to be with our Heavenly Father. Our time together was too short. We miss you each and every day. Happy Angelversary to our precious, beautiful Bud Charles and Theresa Marie. We love you always and forever. Daddy, Mommy and Alison  
*Parents: Timothy & Beth Mott*

# Forget-YOU-Not's

In Loving Memory Of...

**Andrew Thomas Paolini** Sept 8-15, 2003

Happy 10th Birthday to our Angel, Andrew. You are always in our hearts and on our minds. We love you and miss you so very much. Sending lots of love and birthday balloons to Heaven! Love, Mommy, Daddy and little brother, Samuel

**Baby Paolini** October 2004

**Baby Paolini** August 2002

Always in our hearts!

*Parents: Becky & Charlie Paolini*

**Sean Christopher Parrinello** March 1, 2013

You are our precious angel and we think about you and talk about you every day. You have taught us so much and have added so much love to our lives. We couldn't be prouder to call you our son. We love you so much and miss you every day. Love, Mommy and Daddy

*Parents: Sarah & Chris Parrinello*

**Thomas Michael Pattison** July 17-18, 2012

There is not a day that goes by that I don't think about you. I see constant reminders of you all around me, which tells me you are with me all the time. I miss you so much baby boy. Love Mommy

*Parent: Kristina Pattison*

**Vivienne Isabel Pelletreau** July 31, 2009

Happy 4th Birthday sweet baby girl! Miss & Love you always, Mummy, Daddy, Elias & Eamon

*Parents: Alli & Pierre Pelletreau*

**Amelia Grayce Peters** April 2, 2010

This year we remembered what would have been your 3rd birthday. We hope that you received our messages and balloons up there in heaven. It is hard to believe that three years have gone by since we had to let you go. You are missed so dearly and thought of everyday! Keep showing us your rainbows and continue to shine bright like the angel that you are. With never-ending love - Daddy, Mommy, and big brother Merek

*Parents: Mark and Tammy Peters*

**Michael James Quigley** October 24, 1992

Miss you more and more! 'Til we meet again! Love, mom

*Parent: Debi Zmuda*

**Jacob Wesley Scott** May 27, 2000

We love you and think of you every day! Butterfly kisses, buddy! Love, Mom, Dad, Thomas & Mandy

Thank you for watching over your big brother, Thomas!

Love, Aunt Dawnie

*Parents: Phillip & Christine Scott*

**Baby MayKayla** August 5-13, 2009

You are forever loved and will always be remembered.

**Phoenix Bae Wolf** August 6, 2012

What would have been your first birthday is coming up and not a day goes by that I do not think about you. I wonder what it would have been like having you in my life and the joy it would have been seeing you grow. Both your sister, Taylor Ann, and I love you so much. Happy 1st Birthday, Phoenix - xoxo.

*Parent: Andrea McCann*

**Cassandra Elizabeth Goldyn** September 13, 1999

My little angel would be 14 years old, and starting high school this fall. Every day that i breathe I think of you. Happy 14th birthday in heaven.

Love Mommy , Daddy and Chelsea. Xox

*Parents: Sharon & Tom Goldyn*



#### 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

### 'Dear Parents'

*By Christy Kenneally*  
Submitted by: Ashley Gorlick  
in loving memory of Arianna Marie Brandt

I did not die young  
I lived my span of life,  
Within your body  
And within your love.

There are many  
Who have lived long lives  
And have not been loved as me.

If you would honor me  
Then speak my name  
And number me among your family.

If you would honor me.  
Then strive to live in love  
For in that love, I live.

Never ever doubt  
That we will meet again.

Until that happy day,  
I will grow with God  
And wait for you.

### On The Wings Of Dragonflies

By: Danae Graupmann

On the wings of dragonflies  
My sweet boy comes to me  
Reminding me in times of pain  
That love is all I need

He whispers as he spans the veil  
"I'll never really leave,  
For as long as you need me,  
Right by your side I'll be"

He soars  
He glides  
He sings to me.  
My dragonfly, so free.

And even though he's gone away  
I see him in the breeze.

On the wings of dragonflies  
My sweet boy lives and breathes.

### My Graveside Prayer

By: Dawn Both-Kim  
Happy Birthday, Ella Grace (June 8, 2007)  
and Marrina (August 3, 2005)

Lord, please let them know the  
warmth of sunlight on their face  
The feel of wind in their hair  
The joy of laughter  
And the warmth of a Mother's Hug  
And while they are in heaven with you...  
Please let them know about me.



### My Little Angel

By: April Westlake

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

Source: Losing A Baby Isn't Easy, My Little Angel, Baby Death Poem <http://www.familyfriendpoems.com/poem/losing-a-baby-isnt-easy-my-little-angel#ixzz2Zn2DWu00> [www.FamilyFriendPoems.com](http://www.FamilyFriendPoems.com)



## FRAN'S CORNER

Dear friends, I'm sorry that I am writing to tell you good bye after I have already left the State of New York. I now live in Lebanon, New Hampshire where I have accepted a position as a staff nurse, on what the hospital calls, the Birthing Pavilion.

After 25 years as a Labor and Delivery nurse and 13 years as the coordinator of the Footprints on the Heart Program at Sisters Hospital the time had come for a change. I left my position on June 25th and started working at Dartmouth-Hitchcock Medical Center on July 8th. It was with bittersweet sentiments that I left. I had intended to send out a letter, announcing my departure after the hospital had hired a replacement for me so that you could be "introduced" to my successor properly. My replacement has not been chosen as of yet. The Director of the Maternal-Child area is Mary D'Angelo RN and the VP of Patient Care Services is Mary Dillon RN if you wish to send correspondence. Feel free to share with them how the Footprints

Program has touched you in your healing after the loss of your baby. I hope that they will listen and understand why a hospital-based follow-up program is so necessary after a baby dies.

My new residence is breathtaking. I live in a small community in the mountains only 20 minutes from my new job. I have access to a beautiful lake and have a beach only a half mile from my front door. I plan to enjoy nature and relax a bit more than I did in Buffalo. At Dartmouth-Hitchcock I will care for not only laboring mothers but will also learn to take care of families in the post-partum period and provide newborn care. This hospital practices Family Focus Care and is perfectly in line with my beliefs on how care should be provided to families when giving birth and shortly afterwards. It is a medical teaching facility, just like Sisters, but has a third less deliveries. Care for high-risk patients as well as low-risk patients is provided by very skilled and compassionate staff. If the opportunity to pro-

vide bereavement care arises, I will certainly help but that is not my focus at the present time.

Please know that I will always be grateful to you. It has been an honor and a privilege to assist you, on your journey towards healing, while never forgetting the pain that is felt when a baby dies. The reason I am who I am is in part due to all of you. I take such tremendous pride in knowing how much I have helped you get through some of the darkest days. You have allowed me to share in your deepest thoughts and feelings. My prayers will forever have you in them. Thank you for all the fond memories I will always have. I will often think about the friendships formed during one of life's most difficult transitions.

If you would like to stay in touch my new address is P.O. Box 379 Grantham, NH 03753. I'd love to hear from you. Take care, dear friends!

Fondly,  

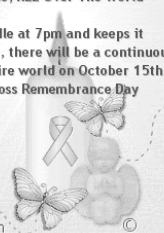

Wave of Light for October 15th

Everyone is invited to light a candle on October 15th at 7pm in ALL Time Zones, ALL Over The World

If everyone lights a candle at 7pm and keeps it burning for at least one hour, there will be a continuous WAVE OF LIGHT over the entire world on October 15th, Pregnancy and Infant Loss Remembrance Day

This Candle Burns  
 In Loving Memory of  
 Our Babies

© www.october15th.com



## TAKE PART IN THE WAVE OF LIGHT

Even if you are unable to take part in any of the October Remembrance Ceremonies, you can memorialize your baby and recognize the fact that you are not alone in your grief by taking part in the WAVE OF LIGHT.

Please pass on this information to friends and family all over the country and the world. Our babies cannot be here with us... but they will forever be in our hearts.

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## 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.

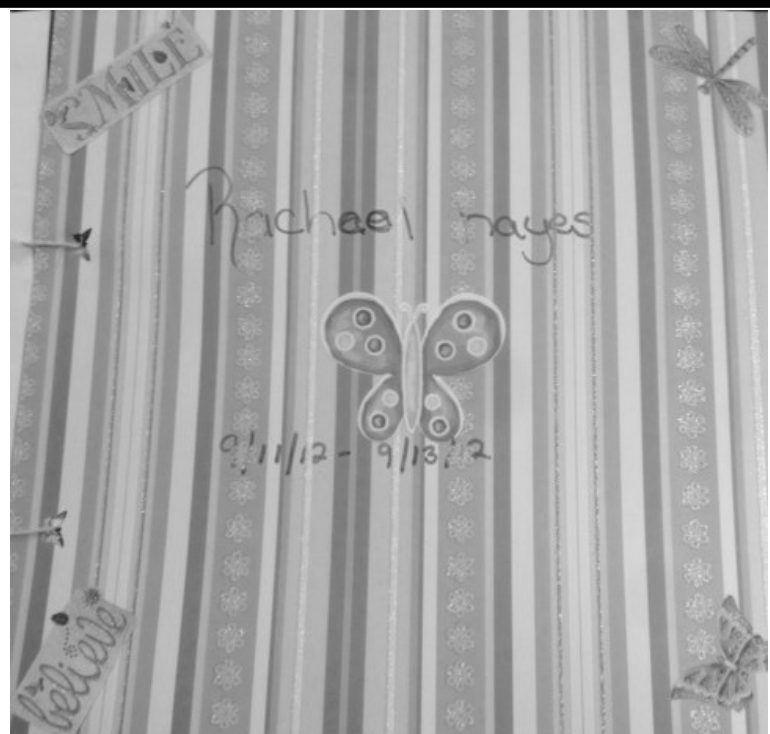
If your child has drawn or written something that they would like to share, please send it to:

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](mailto:forgetmenotnewsletter@hotmail.com)

**CAPTION:** A page from the "Of An Angel" Scrapbook from the 2012 Walk to Remember. This page was created by the family of Rachael Marie Hayes (September 11–13, 2012).



# Safe Arrivals

To Grant Others Hope

**Eamon Jean-Luc Pelletreau** was born on June 28, 2013 to Alli and Pierre Pelletreau! He was a healthy 7 lbs 2 oz. His big brother Elias will teach him all about the world and help him to remember his big sister in heaven, Vivienne Isabel (July 31, 2009)

Katie and Tymon Swain are proud to introduce the arrival of **Landon Isaac Swain**, born January 23, 2013 at 3:21 PM. He was 7 lbs, 13 oz and 20.5" long. The family will always remember his Guardian Angel: Kayleigh Renée Swain (January 30, 2010)

**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](mailto:forgetmenotnewsletter@hotmail.com)  
Submissions are due by the 15th of the month prior to the issue month.



## 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:

Mary D'Angelo  
(716) 862-2026



### 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:  
Mary D'Angelo (716) 862-2026

### 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:  
Mary D'Angelo (716) 862-2026

### 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:  
Mary D'Angelo (716) 862-2026

### 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

### SIDS Family Support Group

SIDS and Infant Death

Joan A. Male Family  
Support Center

60 Dingens St., Buffalo

Contact:  
Jan Walkden, (716) 822-0919

### Sibling Grief

Siblings 5 years and older

When: 2nd Wednesday @ 6:30 PM

First Trinity Lutheran Church  
1570 Niagara Falls Blvd,  
Tonawanda

Contact:  
Tara Young, (716) 878-7681



### “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 *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  
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: TO BE ANNOUNCED

**FREE—Please call to register**

**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

## 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 Sheroke 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.



**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](http://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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Contact **Twenty-First Century Press** for all your printing needs: (716) 835-5907  
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Forget-Me-Not

