



# 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!

**March 31, 2012** **7:30-11:30 PM**

#### "Evening to Remember" Basket Raffle

St. Gabriel's Church, Clinton St., Lancaster/Elma - See Page 3 for details

**May 12, 2012** **11:00 AM**

#### 3rd Annual Parent's Day Brunch

A brunch honoring the fact that we ARE parents although our babies aren't with us

**May 18, 2012** **7:00 PM**

#### Elegant Evening to Remember

An evening to honor Physicians, Healthcare Professionals and Volunteers

## WNYPBN MEMBER ORGANIZATIONS

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

## LETTER FROM THE EDITOR

The holidays take a lot out of a person with all of the shopping, decorating, baking, parties, DE-decorating and trying to settle back into normal mode. These can seriously be compounded, as they were for me, when that person is hit with a tremendous and overwhelming sense of

grief over their lost child(ren). Somehow, we make our way through it, knowing we are not alone... help and friendship is there.

The Basket Raffle is coming right around the corner, as well as the Parents Day Brunch which helps me endure the

most dreaded Mother's Day and Father's Day. A new event, geared towards Physicians and Health Care Professionals is beginning this year, too. Hope to see you at these functions.

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

*A Life may last for just  
a moment...  
but memory can make  
that moment last forever*

I wanted to start my Network News by wishing everyone a Happy New Year, but I stopped myself and thought, is that really appropriate for everyone reading this? And the answer is No! Some bereaved families would say how can it be a Happy New Year when I just recently lost my precious baby? Some families that have walked the path of grief for years would gladly accept the granted wish. Every minute of every day throughout the year each and every one of us that suffers a loss is either at the beginning, middle, or far down the lifelong path of grief to heal. The families that have walked the path of grief for years give the ones that have just started the gift of Hope. Hope that someday the pain will decrease, hope that life will have some meaning again, hope to laugh and smile, hope that someday they will be reunited with their baby(ies), and hope that it will be a Happy New Year. Wherever you are on your path of grief and your healing journey, I do wish you and your family a peaceful one.

2011 was such a transitional year for the WNYPBN. We survived all the hurdles the year brought us and triumphed as a team. The Network is settled

into our cozy office in the village of Williamsville and ready to jump right into 2012: our first year as an independent not-for-profit organization. There is a lot of hard work ahead, but we are determined to take one step at a time so we can continue to provide the presence and the growth of our essential programs and services that are needed in our bereaved community.

Throughout this newsletter you will find new programs/events that we at the Network will unveil this year, as well as annual established events hosted by our Network. We are taking a grassroots approach with the physicians in our service area in an effort to collaborate with them regarding grief & loss. This will allow us to help more parents who suffer perinatal loss that are not hospitalized. We will be hosting our first annual Elegant Evening to Remember and Awards Dinner on May 18<sup>th</sup> that will be held in the historical, newly renovated Lafayette Hotel in downtown Buffalo. This awards dinner will allow us to recognize the great achievements that have been accomplished by outstanding WNY doctors, nurses, bereaved parents, etc., that serve the

bereaved parents and families of WNY who have experienced a perinatal loss. All event details will be posted on our website, [www.wnypbn.org](http://www.wnypbn.org), in March. We will continue to create awareness on the Public Health Crisis regarding Pregnancy Loss in our community throughout the month of October by creating another Walk to Remember site for our southern tier families. We will also gather as a bereaved community on Oct. 15<sup>th</sup> Pregnancy Loss & Awareness Day to honor and pay tribute to our babies who have left this world too soon. More details will follow in our Quarter 2 newsletter about these new October events.

I would like to thank each and everyone one of you who have supported the Network in 2011. Without you, we wouldn't be able to provide essential support to our bereaved families. As you travel through 2012, please remember the grieving path to healing is YOUR path... walk it at your own pace. We are here for you if you get stuck or lost on the path. We are here to offer you acceptance, empathy, a listening ear and hope. Wishing all of you peace in 2012!

Sincerely,  
*Christine Scott*

## THOUGHTS ABOUT THE WALK TO REMEMBER

This beautiful sentiment was submitted after the deadline for the previous issue of the Forget-Me-Not.

-DBK

The  
19<sup>th</sup> Annual  
**Walk to  
Remember**

The Walk to Remember was absolutely amazing. It was incredible to be around so many people that understand how you are feeling because... let's face it, most people just don't get it. I cried and laughed and felt extremely at peace. I was stunned when I got there and saw how many people were there to honor the baby(s) that they loved and lost. I look for-

ward to next year. I can't wait to see everyone again. Thank You so much to everyone who made this event happen. I don't think I would have made it through this year without the WNYPBN. Thanks again!

Love,  
Tracy Thuman  
Mother of Brandon Formaniak  
born 10-13-10

## HOLIDAY MEMORIAL SERVICES...

### WHAT THEY MEANT TO ME

There are several Memorial Services that are held during and around the holiday season. One for each major hospital: Sisters of Charity (Footprints on the Heart), Millard Fillmore Suburban (Caring Arms Support Circle) and Women's and Children's Hospital of Buffalo (Kaleida). Each is a beautiful tribute in honor of children who have died.

I usually attend the Candlelight Memorial Service at Sisters Hospital, as that is where my daughters were born. This year, because of other commitments, I had to miss one of my favorite remembrances for my girls. I asked a few of the bereaved moms that I know to write a little something about the Memorial Services that they were able to attend this year. If you are ever wavering about whether or not you would attend one of these services, these are some thoughts about what these beautiful events entail.

By: Dawn Both-Kim

*Lena Croce ~*

As I entered the Chapel at Sisters Hospital, the soft lights washed away the chaos from my day and put me at ease. I felt very safe in this room, this chapel full of people who understand and connect with what that hole in my heart feels like; that spot of what could have been, for the child or

children we have lost. Looking around the chapel in the pews around me, I saw husbands embracing their wives, a mother embracing her daughter, and couples holding hands. Although my husband was not there to hold me also, I truly felt embraced by the presence of love in the room. I lit a candle in memory of my two babies, Riley and Gabriella. I have no living children and I pray for hope for the future.

A significant point I took home with me that evening was to trust that the Lord will give me the deepest desires of my heart, and to place my fears before Him.

A special thank you to Fran for planning this beautiful service, with her careful attention to details and thoughtful words.

*Tara Withey ~*

I love attending the Candlelight Memorial Service hosted by Sister's Hospital in January of each year. This year was my fourth year and I really cherish this day. Its been 6 years since my first loss and 3 years since my last loss. When the loss first occurs, there are so many people to love and hold you, and visit with you while you grieve and heal. In the days, weeks, months, and years that follow, they get back to their lives, as do you. The further you get away from your loss, the more distant your little ones sometimes

feel...and that is sometimes our greatest fear as bereaved moms and dads. This day gives us a chance to reflect and remember, to cry a few tears we are sometimes too busy to shed, and to feel like we aren't forgotten, and neither are our babies. Sometimes it brings back a rush of those early raw emotions, which can be hard, but I don't mind. I need to feel that so my babies feel closer and not so distant in this busy life. I'm thankful I have this service to attend annually. I love seeing the flickering candle I light for my babies, and hearing their names read out loud because they were here and they mattered.

*Christine Scott ~*

This year, I attended Caring Arms Support Circle's Annual Holiday Memorial Candlelight Service, "We Remember Them" that was held on December 11 at St. Gregory the Great Church in Williamsville. What a beautiful tribute to remember our babies and children who have died in our community as well as worldwide. The night of the service was held on the very night that incorporated hundreds of services worldwide in all time zones. I have to thank all the dedicated bereaved parents of this group for making this beautiful night possible year after year. I hope that all who attended found as much peace as I did.

## WHERE DO YOUR DONATIONS GO?

Some people ask why the WNY-PBN, Inc. needs money since this organization has survived for 20 years solely on volunteer efforts. The answer? We do so much more now than we did 20 years ago, and these programs end up requiring money, not just an occasional volunteer.

The WNY-PBN became a tax-exempt, charitable organization in 2011 and was able to hire a part-time staff of one. Since then, fewer bereaved families in the Western New York region are forgotten or slip through the cracks when a loss occurs. The WNY-PBN is now able to keep better track of all the bereaved families, providing support and assistance when necessary. Unfortunately, the numbers of families afflicted by perinatal loss grows continuously. More staff is needed to keep records and deliver all of the educational and support programs that have been

created by the WNY-PBN throughout the years.

So, specifically, where does the money go? Some money goes toward postage and day-to-day operations for the WNY-PBN. However, money also goes toward the following:

- Wings of Love Memorial Fund to assist families to bury or inter their babies.
- Inter-hospital Bereavement Initiative which provided area L&D departments with much needed binders full of information to assist bereaved families.
- Help for some hospitals' nurses to learn to create baby plaster footprints and to supply the equipment to do so.
- Assistance for the Angel Robes volunteers with supplies for creating Memory

Boxes and Burial Garments.

- Educational literature to give/lend to grieving families and to have in our lending library (see page 10).
- Educational programs for our community to instruct hospital staff, clergy, funeral directors, etc. on how to attend to bereaved families.
- New Miscarriage Initiative that will provide area Ob/Gyn doctors with information and services for their patients who have experienced a miscarriage.

Plus, numerous other programs already in place, as well as "in the works." We run solely on donations. If you know of a company that would be willing to host a **Dress-Down Day to benefit the WNY-PBN**, please contact Christine Scott at 716-626-6363.

By: Dawn Both-Kim

## 12 YEARS LATER...

It is unbelievable to me that twelve years has passed since our son and daughter passed away. Twelve years later, and sometimes I am still at a loss for words about how to describe the impact of losing Jack and Riley. Our twins were born premature, in December of 1999 at 23 weeks: too early for drastic intervention. I often can't help but wonder if the exact same events would happen today. Advances in medicine make me believe that Jack and Riley would be here if the same events happened yesterday; however, this thought is bittersweet.

Losing a child in pregnancy or infancy is often misunderstood. Losing a child takes away all the hopes and dreams for one's future that were carried with that child. Every day there is a reminder. I cannot help but to wonder what would life be like if my pregnancy had gone as planned. This is especially true on the good days; however, far more prevalent on the bad days. Although I no longer break down into tears at the very mention of twins, I am relatively able to function through the month of December like everyone else. Twelve years later I am still sensitive to the rude comments of others who don't understand or who make remarks about how far along I was, or who put judgments on how people choose to handle their own grief. I like to think that now, in 2012, I am more calm and levelheaded about how I confront these situations, but I know that part of my twin's gift to me was to give me the courage to educate others... so I do.

In those short weeks, Jack and Riley have taught me about patience, control and hope. They taught me the importance of patience, when it comes to others, and when it comes to me: to appreciate that the "waiting" must occur before a payout.

Whether it is waiting for test results, waiting to get pregnant again, waiting on bed-rest, or waiting for an answer: without patience, these periods would be overrun with anxiety and fear.

Jack and Riley also taught me valuable lessons about control. Twelve years ago I thought I was in control of my life, my career, and my relationships. Since the loss of my children, I have learned that I can only be in control of my own thoughts, words, actions and reactions. This is hard to accept at times because so quickly I want to "fix" things instead of just letting a situation play out and unfold naturally. It is the skill I work on everyday.

Letting go can provide a freedom from feeling responsible for everything, and hope makes this task easier. From the darkest period of my life has come some of the brightest moments. Hope is the biggest gift I have received from Jack and Riley. For many months after our loss, I can say without hesitation I ran out of hope. I was angry and bitter, I did not believe I could or would ever feel better. But amazingly I did, sometimes the ray of hope would come from a kind word from a stranger who had been down this path before, from a friend who would just let me cry, or from my dog who would find a way to put a smile on my face. Sometimes it would come from a doctor who would take the time to call on a day off just to check in. Eventually, hope came in the bigger forms of subsequent siblings, first Jonathan then Jake, and slowly but surely I began to evolve.

This evolution continues. Somehow, twelve years later, I have begun to realize that their gifts continue to give. Although I did not get the two babies that I had hoped and dreamed for, I did not walk away empty

handed as I initially thought. Everyday I remind myself of this, and some days I have to work extra hard to believe this is true.

I know that 12 years from now I may look at things differently and I accept that as part of this process. At each new point in my life I look at my experiences with a different set of eyes, and can't help but wonder how my life would have been had they survived? It's hard to explain how I no longer feel a compelling need to go to the cemetery, or to attend support groups to talk about my experiences. But I also have a hard time explaining how sometimes I just feel their presence and know that I am okay, or how sometimes I just feel happy and thankful that I was lucky enough to hold them for the short time I did.

*A person's a person no matter how small  
~Dr. Seuss*

By: Stacey Stevens

Mom to:

Jacob "Jack" Peter Stevens,  
b/d 12/16/1999

Riley Jessica Stevens,

b: 12/16/1999 d: 12/17/1999

Jonathan Cole Stevens, age 11

Jake Bennett Stevens, age 7



## 7TH ANNUAL "EVENING TO REMEMBER" BASKET RAFFLE

To be held on

**March 31, 2012**

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 (WNYPBN) is hosting their annual Basket Raffle fundraiser on March 31<sup>st</sup>. The WNYPBN is an organization that provides educational support, community programs and referral services to bereaved parents. 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. 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 \$1 each and 6 tickets for \$5. If you would like to promote the WNYPBN and sell a few packs of tickets, please contact Sharon Goldyn at 716-681-0278. 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 31<sup>st</sup>. Prizes will be drawn that night, but you need not be present to win!

Invitations for this event which will be sent along soon!

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 Octobersangl@aol.com. Also, check out our webpage for this event at: [www.AnEveningtoRemember.net](http://www.AnEveningtoRemember.net)

Please join us for another great evening!

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



## 3RD ANNUAL "WINGS OF LOVE" PARENT'S DAY BRUNCH

Save the Date:

**Saturday, May 12th**

Details to be announced, soon.

All proceeds benefit the

Wings of Love Memorial Fund

Keep up to date on this and all information via our website: [www.WNYPBN.org](http://www.WNYPBN.org)

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. Years after their loss, many bereaved parents have indicated that it "would have been nice" to have something to attend in honor of Mother's Day and Father's Day to commemorate their parenthood. The WNYPBN and their "Wings of Love" Memorial Fund program are providing that outlet once again.

To honor parents who have suffered a loss, the WNYPBN will be hosting a Parent's Day

Breakfast, details to be announced soon. All family members are invited. Invitations will be arriving in the mail in March/April with more details.



## PRAYING FOR JOY RESTORED RETREAT

Once again the Sisters Hospital's Footprints on the Heart Program will be offering a retreat for bereaved individuals, couples, or family members.

Lead by Rev. Patricia Prieto, also a bereaved mother, the retreat will help you find some of the peace you once had before your baby died by being in the company of others who care and are on the same healing journey as you are. Take some time for yourself: you deserve it. Come alone or with someone else who has been a support to you. They will benefit as well.

This retreat is an adult only event please.

The Retreat will be held:

**Saturday March 10th, 2012**

11 AM-4 PM

Sisters of Charity Hospital

2157 Main Street Buffalo, NY 14214

Marillac Room (first floor)

The fee for the retreat is \$25.00 individually and \$40.00 per couple. Lunch will be provided and is included in the cost of the re-

treat. A limited number of scholarships will be provided based on financial need.

If interested in this amazing and healing retreat, please register by March 7th, 2012 with Fran Kane RN at [fkane@chsbuffalo.org](mailto:fkane@chsbuffalo.org) or by calling 716-862-1678.

Checks can be made payable to the Stevens Bereavement Fund and sent to Sisters Hospital Foundation 2130 Main Street Buffalo, NY 14214 after registering by phone or e-mail.

By: Fran Kane

## FRAN'S CORNER

The weeks and months after losing a baby is an unfamiliar and confusing time. Many will question their sanity. The world view you may have held is no longer of any value. No longer does the idea of the world being a safe and wonderful place make sense. We all have a notion that if we do all the right things we will get what we want, right? You took care of yourself, you starting planning for your future, you may have started buying baby clothes and furniture and then... the unthinkable happened. Now what? What do I do? How do I survive? Who is there that can possibly understand how I feel? How long will this pain last? These are the questions as a bereavement nurse I get asked.

Think of the intense pain of the first few

days and weeks after your loss: self-doubt, confusion, transition. Follow along with the painful months where life as you knew it doesn't exist anymore. The painful comments and experiences are pains that lead you towards the transition state. As time goes on, years for many, the pains that surface are less intense than the ones that were experienced in the first months after your loss. There will always be that connection with your baby but the thoughts of your baby in the future will not be as emotionally painful as they may be right now for you.

The author, Nancy Beck Irland, thinks of these moments as "soul hugs". I love the analogy because I know with all my heart that your babies will not be forgotten. There

will be that gentle "soul hug" every time there is a milestone to weather: an anniversary day, the first day of kindergarten, a prom, a wedding.

Hang in there, dear friends. Life will not ever be the same for you as it once was, but I do promise that you will be "re-born" into a new self, never separated from your baby in a spiritual sense. It will be in your own time and no one else's.

Peace,

*Fran*



*Footprints on the Heart*

BY: FRAN KANE, RN

# Forget-YOU-Nots

In Loving Memory Of...

**Michael Anthony Anderson** April 5, 2005

We love you always! Love, Mommy, Daddy & Mia  
Love and miss you every day! XXX000 Nana & Papa  
Parents: Mike & Kelly Anderson

**Ryan Gerald Bigaj** March 8, 2009

**CJ Bigaj** December 5, 2006

Parent: Molly M. Bigaj

**Gavin Joseph Buckner** September 15, 2009

I love you, baby brother! Love, your big brother, Zachary  
We miss and love you so much baby boy. Hope you are hav-  
ing fun in heaven! Love you!!! Love Mommy and Daddy  
Parents: Amy & Ryan Buckner

**Riley James Croce** March 8, 2010

**Gabriella Irene Croce** August 3, 2010

It has been almost two years since we have lost you, and our  
love for you has never diminished. We still struggle to learn  
how to live without the joy of you being in our lives. We love  
you today and always.

Parents: Lena & Daniel Croce

Rest in peace my Three Kings!

**James M. Dean -Thornwell** September 22, 2007

**Jeremiah Micheal Holley** March 2, 2008

**Nehemiah King David Dean** October 17, 2011

I love you forever & always, Mommy

Parent: Erica Dean

**Hunter Charles DeLude** April 4, 2008

Happy fourth Birthday baby boy, mommy ♥ & daddy love  
you so much. You're our little angel forever!

Hey baby brother, happy ♥ fourth birthday! Fly high baby  
boy & rest in peace. I love you.

Love, your big sister, Savannah

Parents: Susan Woodin & Dan DeLude.

**Sarah Suzanne Fahey** October 23-27, 2000

Our sweet little angel! You are forever in our hearts. We love  
and miss you so much!!

Parents: Kevin & Cyndee Fahey

**Babies Filipski** 2007, 2008, 12/23/11

Although we never met you, we love you with all of our  
hearts. Love, Mommy, Daddy, Emma, Gabi and Adam

Parents: Heather & Kyle Filipski

**Cara Gallivan** October 1, 2010

**Baby Girl Gallivan** April 1, 2011

**Daniel Joseph Gallivan** December 9, 2011

Not a day goes by that we do not think about you. You are  
truly loved and missed. We know that our three angels are  
together in heaven. Someday our family will all be together.

Love, Mommy, Daddy, Ryan, and Aidan

Parents: Colleen & Matthew Gallivan

**Cassandra Elizabeth Goldyn**

September 13, 1999

We miss you and love you always!! You are the sun, moon  
and the stars!!

Parents: Sharon, Tom & Chelsea Goldyn

**John Paul Jerebko** November 18, 1999

You will always be remembered.

Parents: Peter & Lisa Jerebko

**Caleb Daniel Jordan**

March 23, 2009 - April 2, 2009

Not a day goes by that I do not think of you. The holidays are  
the hardest for me. I often wonder when your first tooth  
would have appeared. What your first word would have  
been... or your first step. I wonder what expression would  
have been on your face as you opened your birthday gifts  
and Christmas gifts. I wonder so much, but didn't have the  
chance to know. God Blessed us with your presence for ten  
days, and I am forever grateful for them. I often wonder why  
God needed you more, only He knows the answer to that. I  
pray that both your great grandfathers have told you stories  
of me and your mommy, and that you rest forever in their  
arms, for they carry so much love. Rest in peace, my pre-  
cious grandson - baby boy. Know that grandma loves you  
very much, and time will never take that away. Forever in my  
heart!! Love always, Grandma Bonnie

Parent: Nicole M. Jordan (Kwaizer)

**Brennan Mark Hayes** April 15th, 2006

How I miss you more and more each day. Never stop send-  
ing me signs and please keep watching over us!

Parents: Wayne and Laurie Hayes

**Brooke Marie Helper** December 7, 2010

We miss you, and love you so much. With our never-ending  
love, Daddy, Mommy, & Ella

Parents: Patrick & Lauren Helper

# Forget-YOU-Not

In Loving Memory Of...

## Caleb James Hiltz

**July 29, 2011 – Sept 21, 2011**

Loved with a love beyond telling; missed with a grief beyond tears. Mommy & Daddy love you with all their hearts! Fly with the angels!

*Parents: Jamie & Dan Hiltz*

## Marrina Kim

**August 3-4, 2005**

## Ella Grace Kim

**June 8, 2007**

Wishing you were with us... always.

Love, Mommy, Daddy & Trent

*Parents: Mark & Dawn Kim*

## Baby Kotarski

**May 4th 2011**

Mommy and Daddy love you and miss you. This Christmas will be very hard because you were supposed to be due November 26, 2011. We were supposed to be celebrating your first Christmas together as a family. But you had other plans and went to heaven and sent us another baby. When we are celebrating with your brother or sister in my belly, we will also be remembering you and how you were supposed to be here. We love you and miss you every day.

*Parents: Alexis & Brian Kotarski*

## Olivia Mary Marchese

**January 14, 2011**

Our baby girl, we miss you more than words can say. We think about you all the time and know you are watching over us. Love you!

*Parents: Joelle & Joe Marchese*

## Amelia Grayce Peters

**April 2, 2010**

As time goes by, we miss you more and more! Send us your sunshine and rainbows always! Love, Mommy, Daddy and big brother Merek

*Parents: Mark & Tammy Peters*

## Thomas Joseph Phillips

**July 11, 2007**

Mommy, Daddy & Joseph love and miss you so very much! We think about you every day!

*Parents: April & Terry Phillips*

## 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.

## Hudson Joseph Sowinski **October 19, 2011**

To our little "micro machine": Not a day goes by we don't miss you. We love you always & forever.

*Parent: Candace Frankowski*

## Jacob "Jack" Peter Stevens **December 16, 1999**

## Riley Jessica Stevens **December 16-17, 1999**

*Parents: Stacey & John Stevens*

## Kayleigh Renée Swain **January 30, 2010**

Happy 2nd Birthday! I can't believe it's been 2 years. We think about you every day and we love and miss you so much. - Love, Mommy & Daddy

*Parents: Tymon & Katie Swain*

## Ariel Withey **November 22, 2005**

## Adam Withey **June 9, 2008**

## Addison Withey **October 24, 2008**

It has been said that God will use a tragedy and turn it around for good. Saying goodbye to you has prepared my heart to help other families. Thank you my babies. You were wonderfully made!

*Parents: Tara & Chris Withey*



### *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

### A Grief Ago

'There is no grief  
which time does not lessen  
or soften' –  
so said Cicero, a man so often right;  
a Stoic, those for whom  
all life presents a lesson  
to be learned from,  
and then, to move on from..

But I wonder about all this:  
is grief ever lessened or softened?  
Is it not, perhaps, overlaid  
in our so various ways?

For some, grief framed and falsified  
to ease that grief;

For some, like hyacinths and crocus bulbs,  
left in a dark cupboard in the autumn of our grief  
to respond to time, and  
become at last  
themselves?

gently, gently, the covers pulled  
over the loving bed,  
the true, the pure, the lovely painful grief,  
the memory deep cherished,  
gently, gently, folded  
into the cupboards of the heart

there to be known, without the door disturbed  
until the time - 'a grief ago' as Dylan wrote –  
the cupboard opened only for love's sake  
without grief...:  
those carefully folded memories  
brought out and loved  
and lived a while...

not grief, not grief...but  
the pure memory of grief

and behold,  
life.

By: Michael Shepherd

*This piece of poetry was left in room 240 at  
Sisters of Charity Hospital after a patient left.*

"Maybe from now on the bittersweet memory of  
a child lost  
would be only the sweet memory of a child  
loved,  
and maybe it would not be a memory so heavy  
that it oppressed the heart."

Submitted by Fran Kane, RN

### From The Heart

To my little angel in the sky  
Six years ago mummy had to kiss you goodbye  
I didn't want to let you go  
But you made me a better person I want you to know  
Because of you there is nothing I'm scared to do  
So my beautiful baby  
Every sunset will always be for you

By: Kenna Hodgson

### Empty Arms

Holding out these empty arms  
Cursing my disillusionment  
Why did I imagine it could be any other way  
that I could have been content, dreams that's all it was,  
Mothers arms are not meant to be empty  
I look up at the sky, tears filling my eyes,  
Searching the stars trying to find my angel  
The brightest star I search for  
Finding it the first tear rolls down my cheek  
Memories flood back of our short time together  
Love totally encasing my heart as I look at that star  
I know you are there baby I will never forget  
I just can't come to accept as I look that you are so far  
I would have cuddled and loved you kept you safe  
Within my arms holding you in a tight embrace  
I will search these skies for you each night  
But just for now have to leave you in Gods guiding light  
Sleep well my baby one day my arms and heart will be full  
again  
As I join you and give you all that was meant to be

By: Linda

## KID'S STUFF

Children are affected by perinatal loss, whether it happened before or after they are 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:** The above picture was drawn by Mandy Scott, the bereaved big sister of Jacob Wesley Scott (May 27, 2000). Mandy is 10 years old, kind, generous, sweet and has always been taught about her big brother. Mandy attends the Walk to Remember every year and is helpful, honest and compassionate to all in attendance.

## ELEGANT EVENING TO REMEMBER

Friday, May 18, 2012

Hotel LaFayette, Downtown Buffalo

An evening to honor Physicians, Healthcare Professionals and Volunteers, this event will hopefully bring Caregivers and Health Professionals together in order to provide a continuity of care after the loss of a precious child.

More details to follow on our website in March: [www.WNYPBN.org](http://www.WNYPBN.org)

## FOR ISABELLA GRACE

Born and passed on August 26, 2007.

We had dreams and hopes for you, Isabella. Soccer games, maybe piano lessons and dressing you up for school and play dates. Your legs and fingers told me so. We imagined you dancing and laughing with your many cousins. Our hopes were averted when a different path was revealed for you. Our angel baby and first child was leaving for heaven before we were ready. As your parents, we did our very best and gave you our full love and support.

The pain never leaves us, but love and remembrance fill the holes in our hearts. We remember your kicks and sucking your thumb on the ultrasound. Bevan, our wolf-

hound, guarded over you as we walked in the park and in the cabin woods.

It's hard for us when others won't talk about you or acknowledge us as parents. The yearning never ends. You are close to us: in our hearts and minds every day. Our days will never be the same and holidays are more bittersweet and poignant.

Yet, we thank you, our family and friends, for supporting us with love through every step.

Really though, there are no words to express how we feel.

Beth and Chris Nicastro

## AWARENESS AUTO MAGNETS AVAILABLE



**Pregnancy and Infant Loss Awareness Magnets** can still be purchased from the WNYPBN office. The Magnets are \$6.00 each and can be picked up by contacting Christine Scott at (716) 626-6363 or at

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

Or mail a check for \$6.50 (to cover shipping costs) made payable to WNYPBN and send to:

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

# Safe Arrivals

To Grant Others Hope

**Makayla Renee Otis** was born on January 8, 2012 to Mignon and William Otis. She was 6 lbs and 9.7 oz and 19 ¼ inches long! Her big brother Aaron, just loves his new little sister, and, along with mom and dad will tell her about their Heavenly Brother, William Otis III (June, 2, 2008)



**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.

## WNYPBN'S LENDING LIBRARY

The WNYPBN qualified for a grant from the March of Dimes to acquire multiple copies of various bereavement publications. Other volumes of bereavement materials have also been donated throughout the years in hopes that they may help the bereaved. If you wish to peruse some literature, or would like to make some volumes available to your support groups, please contact Christine Scott at (716) 626-6363 or via email at [christine@wnypbn.org](mailto:christine@wnypbn.org)

The following volumes are available from the lending library at the WNYPBN office in Williamsville:

**A Silent Sorrow,**  
By: Ingrid Kohn & Perry-Lynn Moffitt  
**After A Loss in Pregnancy,**  
By: Nancy Berezin  
**Angels~Heaven's Messengers,**  
By: Elynn Sanna  
**Congratulations.It's an Angel,**  
By: Sandy Alemian-Goldberg  
**Dear Cheyenne,**  
By: Joanne Cacciatore~Garard  
**Empty Arms,**  
By: Vredevelt  
**Empty Arms,**  
By: Sherokee Ilse  
**Empty Arms,**  
By: Sherokee Ilse

**Empty Cradle, Broken Heart,**  
By: Deborah L. Davis, Ph.D.  
**For Better or Worse,**  
By: Maribeth Wilder Doerr  
**Forever Our Angels,**  
By: Hannah Stone  
**From Hurt to Healing /  
Dealing with the Death of Your Baby,**  
By: March of Dimes  
**Gone But Not Lost,**  
By: David W. Wiersbe  
**Help, Comfort, and Hope,**  
By: Hannah Lothrop  
**I Will Not Leave You Desolate,**  
By: Marha Whitmore Hickman  
**I'll Hold You in Heaven,**  
By: Jack Hayford  
**Life Touches Life,**  
By: Lorraine Ash  
**Losing Emily,**  
By: Tammy Anderson  
**Meditations for Bereaved Parents,**  
By: Gilgal Publications  
edited by Judy Osgood  
**Parents' Grief,**  
By: Carol Parrott  
**Parting is not Goodbye,**  
By: Kelly Osmont & Marilyn McFarlane  
**Pregnancy after a Loss,**  
By: Carol Cirulli Lanham  
**Rachel's Cry, A Journey Through Grief,**  
By: Richard A Dew, M.D.

**Sibling Grief,**  
By: Sherkee, Ilse  
**Silent Grief,**  
By: Clara Hinton  
**Still to be Born,**  
By: Pat Schwiebert  
**The Shadow of An Angel,**  
By: Marion Deutsche Cohen  
**The SIDS Survival Guide,**  
By: Joani Nelson Horchlet  
& Robin Rice Morris  
**Thumpy's Story,**  
By: Nancy Dodge  
**Waiting with Gabriel,**  
By: Amy Kuebelbeck  
**We were gonna have a baby,  
but We had an angel instead,**  
By: Pat Schwiebert  
**What Can You Do?,**  
By: March of Dimes  
**When A Baby Dies,**  
By: Martha Jo Church, Helen Chazin,  
Faity Ewald  
**When Hello means Goodbye,**  
By: Pat Schwiebert  
**When You Want to Try Again /  
Thinking About Pregnancy after a loss,**  
By: March of Dimes

## SUBMISSIONS AND HELP REQUESTED!!

The Newsletter Committee is always looking for submissions of poetry, stories, memorials and blurbs. Please email to:

[forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)

or addressed to: **Dawn Both-Kim**  
**1 Montclair Lane**  
**Orchard Park, NY 14127**

The WNYPBN is run solely on donations and volunteer efforts. If you would like to make a donation to support the important programs of the WNYPBN, you may do so via our donations website:

[www.firstgiving.com/WNYPBN](http://www.firstgiving.com/WNYPBN)

Or send checks payable to **WNYPBN** to:

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

If you would like to make donations in person, you may contact Christine Scott at (716) 626-6363 or via email at

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

## On-Line Help and Internet Resources

### 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.

### 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

### 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

### 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.

### Remembering Our Babies

http://www.october15th.com/

The official site of pregnancy and infant loss remembrance day.

### Stone Art Memorial

www.stoneartmemorial.com

The Right way to commemorate your memories.

## 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

### Footprints on the Heart

Stillbirth and early infant death

Call for further details

When: 4th Wednesday @ 7 PM

Life Transitions Center

150 Bennett Road

Cheektowaga

### Contact:

Fran Kane (716) 862-1678

### Heart to Heart

Early loss, miscarriage and ectopic pregnancy

Call for further details

When: 1st Thursday @ 5:30 PM

M. Steven Piver Center,

Suite 100

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,

Suite 100

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

### Contact:

Lisa Jerebko, (716) 474-1024

### 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: 2nd Wednesday @ 7 PM

5780 Main St, Williamsville

(Corner of Main and Evans)

FREE—Please call to register

### Contact:

Christine Scott, (716) 626-6363





**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](http://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!

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523 Cornwall Ave., Buffalo, NY 14215

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Forget-Me-Not

