



Forget-Me-Not



Volume VI, Issue III

August 2009—November 2009

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WNY Perinatal Bereavement Network,
A program of Life Transitions Center, Inc.**

Member Organizations

- Brooks Memorial Hospital
- Catholic Health System
- Mercy Hospital
- Sisters Hospital
- The Center for Hospice & Palliative Care
- Kaleida Health
 - Women & Children's Hospital of Buffalo
- Millard Fillmore Suburban Hospital
- Lakeside Memorial Hospital
- Mount St. Mary's Hospital of Lewiston
- Niagara Falls Memorial Hospital
- Life Transitions Center, Inc.
- NYS Center for S.I.D.S.

The editors reserve the right to grammatically edit or reject materials submitted. Views and opinions in this publication are not necessarily those of WNY Perinatal Bereavement Network or its member organizations, but those of the individual authors.

From Our Heart To Yours

The 17th Annual

Walk to Remember



will be held at

Cheektowaga Town Park, 2600 Harlem Road

October 11, 2009

Registration will begin at 11:00 AM.

See page 2 for details!

I hope this issue of the newsletter finds you all well and at peace.

The Walk to Remember is fast approaching, and I do hope all of you can make it! It is a beautiful event that allows us to remember our babies in a safe and caring environment. Please bring along a favorite poem or your story to share during the ceremony. I liked sharing my funny stories about my daughters in heaven... those are good, too!

Come to help make the day one to truly remember!

The next issue will be the holiday issue. Please consider sharing your story. Please also consider sharing your opinions with the survey on page 5. The due date for submissions is October 15th.

Save the date in March for next year's Evening to Remember Basket Raffle!

Peace

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The mission of the Western New York Perinatal Bereavement Network (WNY Perinatal Bereavement Network) is to assist the community to meet the needs of people facing the pain of perinatal death. We believe all people experiencing this loss have the right to support that reflects a standard of care regardless of the facility where the birth took place. The Western New York Perinatal Bereavement Network supports an established standard of care following a perinatal death. We promote standards of bereavement intervention through educational support, community programs, and referral services to bereaved parents. The WNY Perinatal Bereavement Network is a program of Life Transitions Center, Inc., an affiliate of The Center for Hospice & Palliative Care.

17th Annual Walk to Remember



will be held on
**Sunday,
October 11, 2009**

Registration begins at 11:00 AM
Program begins at 12:00 PM

Cheektowaga Town Park,
2600 Harlem Road

During the months of September and October each year, hundreds of parents, health-care professionals and friends across the United States will be participating in a "Walk To Remember" to pay tribute to the approximately 850,000 babies who die each year due to miscarriage, ectopic (tubal) preg-

nancy, stillbirth or early infant death. 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.

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. Like last year, we are asking that those participating in the Walk obtain donations to help support the Western New York Perinatal Bereavement Network (WNYPBN). Although donations are not a requirement, they are encouraged.

Invitations and Registration forms will be mailed soon. Please invite your family and come help make this year's Walk to Remember a celebration of Life!

Summary of the Walk Events:

- The Walk ceremony will begin with music and sharing time. If you wish to bring along a poem or your "story" to share, please do so.
- Then we will plant a tree and release balloons to begin the Memorial Walk. The Walk route is approximately one mile in length, along walkways and sidewalks (wheelchair accessible).
- At the conclusion of the Walk, there will be a picnic lunch provided.
- A "Kids Zone" with supervised care will be provided to allow adult family members to reflect on the day.

If you have any questions or concerns contact Walk chairperson, Christine Scott, at chrissymm176@hotmail.com or at (716) 836-6460 ext. 117 or Kelly Anderson, Walk co-chair at keanders@chsbuffalo.org

Children and Grief: Developmental Needs and Expectations

Infancy: Infants have no understanding of death, yet are directly affected by separation from their nurturer or their caregiver's emotions, especially anxiety. Distress is visible when an infant is suffering a loss, although infants can usually be soothed. Symptoms include: crankiness, crying, and clinging.

2-5 years: Death is seen as temporary. It can also be interpreted as a punishment, violent, and sudden. Young children believe they have magical thinking powers and fantasize

about the return or healing of the person who has died (Sleeping Beauty). Children may think that they can catch the same illness and die. They may also need to talk often about the illness or death in an effort to understand the concept. Symptoms may include: regression, separation anxiety, bed wetting, bad dreams, baby talk, clinging, and temper tantrums.

5-9 years: Children in this age group may hide their feelings to avoid appearing babyish, to protect others from feeling sad, or if they are unable to tolerate the pain of grief. Death is seen as possible, but the child con-

tinues to see themselves as invincible. These children often seek out very concrete information about the death, although they also have a strong fantasy life that they use to make everything as it was before to death. Symptoms may include: regression, crying, anxiety, headaches, stomachaches, denial of death, hostility toward the deceased, school problems, inability to concentrate, and bad dreams.

9-12 years: Children in this age group begin to truly understand the irreversibility of death. Children may seek information about the details of the illness

Continued on page 3 ➡

Continued from page 2

or death and need explicit explanations. The child's independence is fragile and when threatened, the child may respond with anger towards the deceased, themselves, or other survivors. New fears and phobias are common. Symptoms include: anxiety, physical pain, hostility towards others, guilty feelings, lack of attention, day dreaming, school problems, fear of additional loss, and fear of dying.

12-18 years: Many adolescents would like to retreat to the safety of childhood, yet society does not permit it. They are compelled to act like adults, where their coping mechanisms and ability to understand death may be more similar to a child's. Often they assume different roles to maintain balance within the family. They are overly concerned with acceptance by others and often suppress their own needs in order to fit in. The main goal of this

age group is to feel normal. Adolescents are often more susceptible to unresolved grief. They use denial as a means to avoid losing control. Symptoms include: withdrawal, acting out, assumption of adult roles, regression, preoccupation with death or the details of the death, anger, and difficulty maintaining relationships with family.

Heartlight Children's
Memorial Hospital



Monument and Sacred Site for Babies Born at Mercy Hospital Under Twenty Weeks

Lisa Wolff, RN, is a labor and delivery nurse and the bereavement coordinator at South Buffalo Mercy Hospital. The title of bereavement coordinator has special meaning to Lisa, as twenty years ago, she lost her son, Nicholas Anthony. Since taking over the bereavement coordinator position at Mercy, Lisa began work on trying to get an early loss Monument donated to honor losses of babies prior to twenty weeks. It was a long road, but after years of work with Mercy Hospital, Ronald Paszak of Holy Cross Cemetery (where her son is buried), Cannan Funeral Home and Tom Koch of Stone Art Memorial, Lisa's dream was finally attained.

The new Monument was placed in the section of what is

often called the "old part" of Holy Cross Cemetery in Lackawanna: the section between Dorrance Avenue and Ridge Road. The Monument is near the rear entrance along Dorrance Avenue, across from an infant burial section. The Monument was lovingly designed by William Koch of Stone Art Memorial.

There was a beautiful, yet small, dedication ceremony on June 9, 2009, for the official unveiling of the stone. I was present at the ceremony, not having seen nor had anything to do with the donation/placing of the Monument. When they removed the cover to show the beautiful hands opening to release butterflies to heaven, it took my breath away. My eyes filled with tears, as I remembered my own losses. This is a beautiful memorial to all babies: remembering them, as only those who lost them can. I believe it will give those fami-

lies of such early losses who could not bury their children a tangible place to remember them and visit them.

Thank you Lisa and the team from Mercy Hospital, Cannan Funeral Home, Holy Cross Cemetery and especially Stone Art Memorial for the beautiful job creating such an exceptional Monument!

By: Dawn Both-Kim



Rendering courtesy of
Stone Art Memorial

Family Support

I've heard it said once that one cannot love until the heart breaks, allowing more room in said heart for more and more love. That is not what I felt when my heart broke. I remember the night my nephew Benjamin Thomas was born. My sister, Margaret, found out about three months prior to his birth that Ben had anencephaly and would most likely be stillborn or not live long after birth. My family prepared for Ben's birth and we were all there the night he was born. He lived for about eleven hours. My heart broke as I saw my sister's glowing face and knowing eyes as she cuddled her baby. It broke once again as I reentered her hospital room the next day and saw the complete death and devastation in her eyes. I did not feel ready for more love. My heart just felt dead.

It took about four months for the reality of what happened to settle around me. There was Margaret to worry about, and my parents, as my grandmother had died shortly after Ben, and life to unravel and try to put back together again. But I realized that my life wouldn't shift back into place. I had become

enveloped in a dark place. As grief settled in me, I had so many emotions brewing along with it. Worst were the thoughts I had regarding myself and the unworthiness of my feelings about Ben. I had not given birth to him and lost him, therefore I had no right to this connection to him, as painful as it was. Furthermore, the pain in my heart for my sister, who had suffered a miscarriage and then lost Ben, overwhelmed me daily. I kept these feelings to myself for fear of the judgment and disappointment of family and friends which, as I later discovered, was unwarranted. Finally, unable to keep these painful feelings secret anymore, I spilled them out to Margaret one day on the phone... and found love.

Margaret introduced me to the unbelievably gifted Fran Kane, who at the time was just beginning a support group for grandmothers who had lost grandchildren and were grieving for their children and grandchildren. She opened her arms and her group to me, for which I am forever grateful, and I found support, understanding and a myriad of ways to deal with my grief. I find myself the coordinator of such a group now, and

I would like to offer an invitation.

To anyone who is suffering through grief because of the loss of a grandchild, niece, nephew, or even a friend, I would like to extend my arms in welcome to you. Grieving is a process that we all must go through, unfortunately, but we don't have to go through it alone. Losing a beloved baby is so painful, and seeing your child, sister, brother or friend suffer so much...it's nearly impossible to describe. Please come. And to anyone who has suffered the loss of a baby, I am so sorry for your loss. If you have a family member or friend who is suffering and needs support, please invite them to come. We meet at the Life Transition Center usually on the fourth Thursday of each month. For more information, please contact Fran Kane at 862-1678.

By: Sarah Noonan



Parent's Day Brunch: May 2010

To honor all parents who have experienced the tragic loss of a baby, we are planning a "Parent's Day Brunch." We are in the initial stages of planning, and expect to hold what we hope will be an annual event in

May 2010, between Mother's Day and Father's Day. If you would like to be a part of the planning committee, please contact Christine Scott at (716) 836-6460 ext. 117 or email at chrissymm176@hotmail.com

All proceeds will benefit the Wings of Love Memorial Fund

a program of the WNY Perinatal Bereavement Network (see page 5 for information about the Wings of Love Memorial Fund).

By: Christine Scott



Forget-Me-Not Opinions Survey

Please answer the following questions about adoption. All answers will be kept anonymous, and compiled into an opinions article for the November issue. Send your answers to:

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

Or email your answers to: **forgetmenotnewsletter@hotmail.com**

This survey will deal primarily with opinions about Adoption After a Loss.

1. How long did you consider adoption before contacting agencies/social worker? What prompted you to contact them? (please explain)
2. What is the hardest part about adopting a child after a loss?
3. What was the best part and worst part of your experience with your adoption?
- 4: What would you say about adoption to a mother who recently lost a baby and was unable to have other children?
5. Any other comments on Adoption After a Loss?



"Forget-You-Not"s

In Loving Memory of:



Michael Anthony Anderson April 5, 2005

We love you and miss you!!
Love, Mommy, Daddy and Mia
Parents: Michael & Kelly Anderson



Happy 2nd Birthday, Blake!

Blake Anthony Bauer September 12, 2007

We love and miss you very much. You are always in our hearts, now and forever. Thank you for looking over your big sister, Ashley, and big brother, Tucker. You have fun and be happy. We will be sending you balloons.
Love Mommy, Daddy, Ashley and Tucker



Parents: Yvonne & Robert Bauer

Angela Marie Capage August 28, 2003

Baby Capage January 24, 2007

Happy 6th Birthday to my baby girl, Angela Marie Capage!
Always in our hearts, Love, Mommy and Daddy

Parents: Chuck & Lisa Capage



Grace Curr November 2, 2004

Jack Matthew Curr October 6, 2005

The days seem to pass so quickly, but there isn't one that we don't think about how much we miss you!

All our love, Mom and Dad

Parents: John & Noreen Curr



Ian Dominik Davidson August 31, 2000

Happy 9th birthday to our beautiful boy!

We love and miss you every day! Love, Mommy, Daddy, Sarah and Natalie

Parents: Kristin & John Davidson



Sophia Frommert January 21, 2009

Trevor Frommert

Patrick Frommert

Parents: Angela & Derek Frommert



Claire Greenwood May 23, 2005

Rebecca Greenwood

Aaron Greenwood

Hope Greenwood

August 30, 2006

We love you and miss you!
Look after baby Luke!

Parents: Andrea & Joel Greenwood



John Paul Jerebko

November 18, 1999

We love and miss you so much!

Parents: Lisa & Peter Jerebko



Marrina Kim

August 3-4, 2005

Ella Grace Kim

June 8, 2007

Happy Birthday, girls! We love you and miss you tons and tons!
Love, Mommy, Daddy and Trent
Parents: Mark & Dawn Kim



Grace Curr November 2, 2004

Jack Matthew Curr October 6, 2005

The days seem to pass so quickly, but there isn't one that we don't think about how much we miss you!

All our love, Mom and Dad

Parents: John & Noreen Curr



Nolan Michael Kriegbaum July 21, 2007

We love and miss you!

Parents: Michael and Christina Kriegbaum



Bryan Thomas Mochol

Oct 12, 2002-Mar 29, 2003

Arianna Grace Mochol December 9, 2008

Mommy, Daddy and big brother Joey miss you both so much and love you with all our hearts! We are always thinking of you – you will always be remembered in our hearts.

Parents: Bridget & Todd Mochol





"Forget-You-Not"s



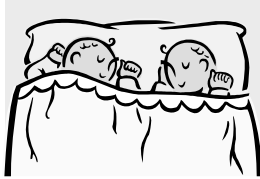
In Loving Memory of:

Theresa Marie Mott
Bud Charles Mott

September 12, 2005

Jacob Wesley Scott

May 27, 2000



Our precious angel twins; though our arms are empty without you here, you're filling Heaven with your precious love. We miss you more than words can express.

All our love ~Daddy, Mommy & Alison

Parents: Timothy & Beth Mott, baby sister, Alison Faith Mott



We love and think of you every day! Love, Mommy, Daddy, Thomas and Mandy
Parents: Christine & Phillip Scott

Franklin Swedene

May 26, 2005

Benjamin Thomas Swedene

April 8-9, 2006

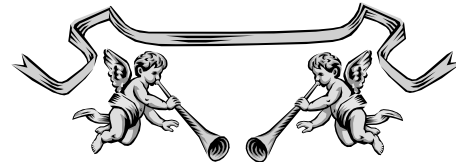
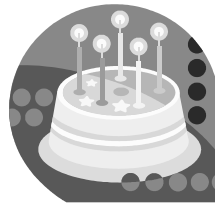
Pray for a safe arrival for your baby brother in September!! Love you to pieces... Aunt Sarah
Parents: Jason & Margaret Swedene

John Christian Jude Mulderig May 28, 2004

Happy 5th Birthday! We love and miss you and know you are watching over your little sisters.

Love, Mommy, Daddy, Molly, Meghan and Kate

Parents: Peggy & Chris Mulderig



In loving memory of our son:

Luke Tyler Szymanski

September 1, 2004

Happy Birthday! We love you Always and Forever! Love, Mom & Branden

Parents: Denise Woodhead & Rich Szymanski



Isabella Grace Nicastro August 26, 2007

Happy Birthday, Isabella! Hugs and kisses to heaven!

Parents: Beth and Chris Nicastro

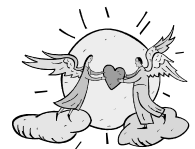


Adrianna Rose Torres-Kaufmann

September 19, 2008

Not a day goes by that we don't think of you. You will forever leave a footprint on our hearts.

Parents: Jessica Kaufmann & Wilmer Torres



Mommy remembering:

Michael James Quigley October 24, 1992

Stay close to grandma Gerry now, my little one. Take care of each other!

Love Mommy

Parent: Debi Zmuda



Vanessa Marie Roy October 29, 2003

Love, Mom, Dad, Sophia and Louis

Parents: Pierre and Vanessa Roy



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 before the next issue is due out.

Family members and friends are also encouraged to submit: not just parents!

Poetry

The Listener

Those of us who have traveled a while
 Along this path called grief,
 Need to stop and remember that mile,
 The first mile of no relief

It wasn't the person with answers
 Who told us the ways to deal
 It wasn't the one who talked and talked
 That helped us to start to heal

Think of the friend who quietly sat
 And held our hands in theirs,
 The ones who let us talk and talk
 and hugged away our tears

We need to always remember
 That more than the words we speak
 It's the gift of someone who listens
 That most of us desperately seek.

By: Nancy Myerholts
 (Compassionate Friends, Central Iowa Chapter)

Back to Grief Today

Sometimes I really miss
 The way life used to be:
 My husband and I looking forward and planning
 The way life ought to be.

And, simply, life's not like that anymore
 And naïve is not something we are
 Not since she died and to hammer it home
 The second loss made living so hard.

But now I'm used the way life is...
 We all somehow muddle through
 But I'm just remembering my ignorance – my bliss
 It's just something that I do.

I'm just feeling empty and alone today
 And missing what really should have been
 But it's not... and I will eventually be fine
 And I'll go back to being "okay" again.

By: Dawn Both-Kim

Remember Me

As the wind stirs the leaves...
 Remember Me

As the evening sunset casts its rosy glow...
 Remember Me

As you smell the earth after a fresh, spring rain...
 Remember Me

As you hear the sound of a child's laughter...
 Remember Me

As the warm summer sunshine caresses your skin...
 Remember Me

As the first winter snowflake falls to the ground...
 Remember Me

As the smell of spring flowers tantalize your
 senses...
 Remember Me

As you are wakened in the morning by the song of a
 bird...
 Remember Me

As the days gently ease, one into another...
 Remember Me

As you greet a smile on a friendly face...
 Remember Me

As you walk through life, remember Me For I shall...
 Remember You.

By: Libby Graham



Interested in Submitting a Poem or Story?

Please email your submission to:
forgetmenotnewsletter@hotmail.com
 Submissions are due by the 15th of the month before the next issue is due out.
 Family members and friends are also encouraged to submit: not just parents!



Wings of Love Memorial Fund is a program being offered to parents in our eight county region of Western New York, under the WNY-PBN. This Memorial Fund was created by one of the bereaved mothers, Christine Scott, in honor of her son, Jacob Wesley. The Wings of Love Memorial Fund will provide financial assistance for burial costs up to \$350.00, to bereaved parents who can't afford these unexpected expenses.

"My son, Jacob Wesley Scott, was born still on May 27th, 2000. Even though several years have passed, there is not one day that goes by that I don't think of him, miss him, and love him. In his honor, I want to share that love and strength he has given me, with all of the parents in our community who experience the loss of their child."

Anyone interested in making a donation during this season dedicated to family to help this fund assist families in need are asked to please make checks

payable to:

Wings of Love Memorial Fund
Donations can be sent to:

The Hospice Foundation of WNY
c/o WNY Perinatal
Bereavement Network,
225 Como Park Blvd.,
Cheektowaga, NY 14227

Any questions? Feel free to contact *Jan Walkden* or *Christine Scott* at the Life Transitions Center: (716) 836-6460 ext. 117. Or email at: chrissymm176@hotmail.com

Thank you!

Christine Scott



The Newsletter Committee is looking for submissions of articles, poems, stories, memorials, etc. Submissions may be emailed to:

forgetmenotnewsletter@hotmail.com

or addressed to: Dawn Both-Kim,
1 Montclair Ln.
Orchard Park, NY 14127

Local Internet Support Group

If you are interested in Footprints on My Heart, a local Internet support group with a private listing, please send an email to melissasidor@hotmail.com or forgetmenotnewsletter@hotmail.com. You'll need to have a Yahoo ID to access this private group. Missy Sidor created this wonderful site in memory of her daughter, Liljana, who was born prematurely at 24 weeks. She has also created Hopeful Hearts, a local internet private support group for those pregnant after a loss, or those considering trying again after a previous loss. These groups are not affiliated with any area hospitals and although Missy is the founder of both, she is not responsible for any information or messages posted on the group pages.

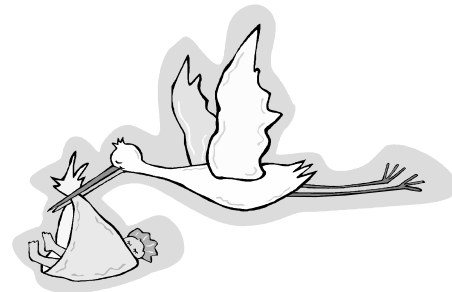


Safe Arrivals



Luke Isaiah was born on May 13 and placed with us on May 15. We praise God for his precious life and this tremendous gift from a loving and selfless birthmother. We pray he comes to know the love we have for him, as well as for his siblings in heaven (Claire, Rebecca and Aaron, May 23, 2005 and Hope, August 30, 2006).
Love, Joel & Andrea Greenwood

Cole Jackson Kriegbaum was born on June 3, 2009 to Christina and Michael Kriegbaum. He was 9 lbs, 3.5 oz and 20 ½ inches long! The family remembers Nolan Michael who was born July 21, 2007.



Please send your new baby's name, birthday, size and weight to us, along with the new baby's heavenly big brothers' and sisters' names and honored dates to:

forgetmenotnewsletter@hotmail.com

Subject: *Safe Arrivals*



Area Support Groups



Bereaved Parents of USA

Death of a Child

When: 2nd Friday @ 7:30 pm.

Life Transitions Center

150 Bennett Rd., Cheektowaga

Contact:

Tony & Bernie Misita, 675-3844

Caring Arms Support Circle

Stillbirth or Early Infant Death

When: 2nd Tuesday @ 7:00 pm

Ministry Center, Rm #4

100 St. Gregory Court, Williamsville

Next to Millard Fillmore Suburban

Contact:

Denise Hudden, RN, 668-6653

Circle of Hope

Death and/or Serious Illness-Niagara Hospice

4675 Sunset Drive, Lockport or

2186 Liberty Drive, Niagara Falls

Contact:

Outreach Department 280-0777



Death of a Child

Discovering New Life: After the Death of a Child

When: 1st and 3rd Tuesday

at 9:30 am

United Methodist Church

5681 Main St., Williamsville

Contact:

Lesley Jordans, 878-7773

Death of an Only Child

When: 4th Wednesday of each month

5:00 pm

United Methodist Church

5681 Main St., Williamsville

Contact:

Lesley Jordans, 878-7773

Families Growing Through Grief

Parent/Grandparent & Sibling Grief (4-16)

(Separate Rooms)

When: 2nd Wednesday @ 6:30 p.m.

1st Trinity Lutheran Church

1570 Niagara Falls Blvd., Tonawanda

Contact:

Lesley Jordans, 878-7773

Footprints on the Heart

Miscarriage, ectopic pregnancy, stillbirth, and early infant death

When: 4th Thursday @ 7:00 p.m.

Life Transitions Center

150 Bennett Rd.,

Cheektowaga

Contact:

Fran Kane, 862-1678



Hopeful Hearts/Subsequent

Pregnancy

Pregnancy after a loss

Contact:

Fran Kane, 862-1678

Pat's Place

Contact:

Lesley Jordans, 878-7773

SIDS Family Support Group

SIDS and Infant Death

Life Transitions Center

150 Bennett Rd., Cheektowaga

Contact:

Jan Walkden, 837-5189

Sibling Grief

Young Sibling (5-16 yrs)

Adult Sibling (17 yrs-adult)

When: 2nd Wednesday of each month

6:30 pm

1st Trinity Lutheran Church

1570 Niagara Falls Blvd, Tonawanda

Contact:

Lesley Jordans, 878-7773

Storm Clouds & Rainbows

When: Mondays 6:30 p.m. - 8:00 p.m.

Life Transitions Center

150 Bennett Rd., Cheektowaga

Contact:

Jim Grande, 836-6460



Surviving the Death of Your Child

Loss 12 years and under due to illness/ disabilities

When: 2nd Tuesday of each month

6:00 PM

Williamsville United Methodist Church

5681 Main St, Williamsville

Contact:

Lesley Jordans, 878-7773

The Compassionate Friends

Death of a Child

Buffalo Area:

When: 1st Friday @ 7:30 pm

Life Transitions Center

150 Bennett Rd., Cheektowaga

Contact:

Andy Thomasula, 626-9463

Hamburg

Contact:

Candie Young, 627-5472

mytimtodd robin@aol.com

Rochester

When: 2nd & 4th Tuesday @ 7:00 pm

Genesee Region Hospice Homecare

70 Metro Park

Contact:

Kathy Spodo, 585-214-1000

"Tiniest Angels" Parent

Bereavement Support

Miscarriage, ectopic pregnancy, stillbirth, and early infant death

When: 3rd Wednesday of each month

7:00 pm

Baby's Sweet Beginnings Lactation & Wellness Center

231 Aurora Street, Lancaster

Contact:

Christine Scott, 681-8100

Transitioning Parents

Further along the Journey of Grief

When: 3rd Wednesday of each month

6:30 pm

Contact:

Lesley Jordans, 878-7773

WNY Rainbow Connection

Children after a loss

Contact:

Nicole Pirrone, 716-566-6587

716-799-4183

nicole_pirrone@hotmail.com

Internet Support and Keepsake Resources

Angel Babies Forever Loved

www.angels4ever.com

Provides support to grieving parents of infants whether from miscarriage, stillbirth, neonatal loss or SIDS.

Angel Lady

www.angelady.net

Artist Ethel Pontsler offers custom artwork of deceased loved ones based on photographs.

Angels in Heaven Ministries

www.angelsinheaven.org

Offers framed poems, cards, and audio tapes relating to infant loss.

Ashwood Artisans

726 Main St. in East Aurora (716) 652-7333

Engrave footprints onto charms for necklaces, tie tacks, etc. Diane Lehman will work with you to get what YOU want.

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 many wonderful sites, pregnancy loss support, infertility support, neonatal loss support, and adoption resources.

Breathless Tears of Silence

<http://members.tripod.com/~abier/breathless.htm>

Site dedicated to those who lost through stillbirth.

Celebration Forest

www.celebrationforest.com

Allows you to plant a tree in honor of your deceased beloved one

Creating Memories

www.anencephalie-info.org/e/memories.htm

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

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.

Journey of the Hearts

www.journeyofhearts.org

An online healing place for anyone grieving a loss.

Links to sites for Loss and Grief

<http://www.trisomyonline.org/grieflinks.htm>

M.E.N.D.

www.mend.org

To reach out to those who have lost a child due to miscarriage, stillbirth or early infant death and offer a way to share experiences and information through support groups, a quarterly newsletter and an internet web site.

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.

My Heart's Missing Link

www.myheartsmisssinglink.com

Offers beautifully designed heart-shaped pendants with a birthstone and a "missing link" to help remember loved ones who now live in heaven and your heart.

National Share Office

www.nationalshareoffice.com

For those who are interested in an infant loss support group. Also the site has good information regarding parents' rights and grief education.

A Place to Remember

www.aplacetoremember.com

Uplifting support materials and resources for those who have been touched by a crisis in pregnancy or the death of a baby.

Rainbow Maker

www.rainbowmaker.org

To provide comfort, peace, and informative resources to bereaved parents. To promote healing through poetry and writings. To help families rebuild.

Remembering Our Babies

<http://www.october15th.com/>

The official site of pregnancy and infant loss remembrance day—October 15th.

Rich Remembrances

www.richremembrances.com

Offers custom engravings that decorate, commemorate and motivate.

Sara's Smile

www.Sarasmile.org

Operates to fill the arms of grieving mothers with a Share © Bear giving them something to fill that empty space as they grieve for their child.

Star Foundation

www.starfoundation.net

Gives you the opportunity to Name a Star in the sky after a friend or loved one.

Subscription Renewal

We would like to inform you of a change in our policy regarding sending out this newsletter. We will send this newsletter, **free of charge, for 4 issues (1 year's time) after your loss.** After this time, if you would like to remain on our mailing list, we are asking for a \$5.00 contribution to help defray the publishing costs. Following this mailing, any labels not current will be removed from our mailing list. If your free subscription is no longer valid, and you wish to continue receiving our newsletter, please fill out the renewal form and forward a check for \$5.00 payable to **WNY Perinatal Bereavement Network**, c/o Christine Scott, Life Transitions Center, 150 Bennett Road, Cheektowaga, NY 14227. Please note on the check it is for the Forget-Me-Not Newsletter. This fee will cover a one year period, or 4 newsletters. Thank you very much for your cooperation as we update our mailings. If you are receiving duplicate mailings please let us know by either email or US mail. If there are any financial concerns that prohibit you from subscribing, please notify us by email or US mail, and we'll be happy to continue your subscription. If you have received this newsletter through your bereavement packet at the hospital and have not signed a release at the hospital to receive this newsletter, and you wish to assure you will receive it in the mail, please forward your name, address, baby's name, baby's date of birth/death, and hospital where loss occurred to the same address, or email to **forgetmenotnewsletter@hotmail.com**

Name: _____

Address: _____

City/State/Zip: _____

Hospital loss occurred: _____

(Please include the following if you would like your baby's name(s) listed in the memorial section of the newsletter)

Parents Names', Baby's Name(s) and Honored Dates: _____

If you would like any poems/stories/letters/etc published, please email to: forgetmenotnewsletter@hotmail.com

If you would like your name removed from the mailing list please send your request to:

Forget-Me-Not
C/O Christine Scott
Life Transitions Center
150 Bennett Road
Cheektowaga, NY 14227

Email: forgetmenotnewsletter@hotmail.com Subject: mailing list

If you would be interested in having the newsletter emailed directly to you in .pdf format as opposed to getting a paper version, please contact the email address above.

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