



# Forget-Me-Not



Volume VI, Issue IV

November 2009—February 2010

**This newsletter is sponsored by:**  
**WNY Perinatal Bereavement Network,**  
**A program of Life Transitions Center, Inc.**  
Member Organizations

Brooks Memorial Hospital  
Buffalo Prenatal-Perinatal Network

Catholic Health System  
Mercy Hospital  
Sisters Hospital

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*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

### Save the Dates!!

<b>December 2, 2009</b>	<b>7:00 PM</b>
<b>Hellenic Orthodox Church of the Annunciation in Buffalo</b>	
<i>A Service of Remembrance...</i>	
<i>sponsored by Women's and Children's Hospital of Buffalo</i>	
<b>December 20, 2009</b>	<b>7:00 PM</b>
<b>The Cross Point Chapel in Getzville</b>	
<i>Caring Arms Support Circle's Holiday Memorial Candlelight Service</i>	
<b>January 7, 2010</b>	<b>7:00 PM</b>
<b>Sisters of Charity Hospital Chapel</b>	
<i>Footprints on the Heart Holiday Memorial Service</i>	

The holiday issue is never an easy one to put together. The holidays are never easy, and nothing anyone can or will say is going to change that. All we can do is muddle through! Read Fran's "How will I survive the Holidays?" article on pages 4-5 for tips on making the holidays bearable. Be easy on yourselves during the holidays. Try to take in one or more of the Memorial Services (above & page 2)... they are a beautiful way to remember our babies.

The 17th Annual Walk to Remember was a success! It was a chilly day, but the sun was shining, and our love for

our babies kept us warm. We even had three pictures in the Buffalo News publicizing our event. There are still people in Western New York who have had losses, yet are unaware of our Network. If this publicity helps to direct these souls to the healing that so many have found with us, all the better!

Mark your calendars for the 5th Annual Evening to Remember Basket Raffle in March (bottom page 5). It's always a good time, and a nice way to keep in touch with other bereaved families.

Peace

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The mission of the Western New York Perinatal Bereavement Network (WNY-PBN) 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-PBN is a program of Life Transitions Center, Inc., an affiliate of The Center for Hospice & Palliative Care.

***A Service of Remembrance***

sponsored by Women & Children's  
Hospital of Buffalo

You are invited to A Candlelight  
Service of Remembrance to honor  
children who have died.

Please join us for an evening of  
compassion, music, reflection, and  
friendship.

**Wednesday, December 2, 2009  
7:00 PM**

**Hellenic Orthodox Church of  
the Annunciation**

146 W. Utica St.  
(corner of Delaware)  
Buffalo, New York 14222

In case of inclement weather call  
878-7773 for further information.

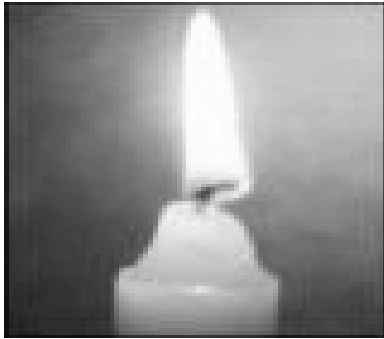
In order to begin promptly at 7  
PM, we ask that you arrive twenty  
minutes early.

Please park behind the church  
and enter through the front doors  
facing Delaware.

(A reception by the Women's Philop-  
tochos Committee will follow the ser-  
vice)

We look forward to seeing you.

KALEIDA'S Millard Fillmore Sub-  
urban Hospital invites you to:

**Caring Arms Support Circle's  
Annual Memorial  
Candlelight Service**

**Sunday, December 20, 2009  
7:00 PM**

**The Cross Point Chapel**

500 Crosspoint Parkway  
Getzville, New York  
(716) 631- 2636

Please join us during a Service of

Remembrance, as we celebrate  
our Sons and Daughters during  
this season of love. Parents,  
grandparents, friends, relatives,  
caregivers, and Clergy, are  
warmly welcome.

Reception Immediately Following  
the Service... please bring a sim-  
ple snack to share during Fellow-  
ship Time.

Questions may be directed to:  
Anita Hardy at 568-6653

**Sisters of Charity Hospital**

Invites you to the

**Footprints  
on the Heart  
Annual Candlelight  
Memorial Service**

**January 7, 2010  
7:00 PM**

**Sisters Hospital Chapel,  
2nd floor**

2157 Main Street  
Buffalo, NY 14214

Please join us for an evening of  
music, reflection and lighting of  
candles in memory of our babies

who have died through miscar-  
riage, stillbirth or early infant  
death.

A reception of light refreshment  
will follow the service.

Due to the solemn nature of this  
service, we request attendance by  
*adults only*.



**Wings of Love  
Memorial Fund**  
is a program be-  
ing offered to par-  
ents in our eight  
county region of

Western New York, under the  
WNYFBN. This Memorial Fund  
was created by one of the be-  
reaved 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 be-  
reaved parents who can't afford  
these unexpected expenses.

"My son, Jacob Wesley Scott, was  
born still on May 27<sup>th</sup>, 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 com-  
munity who experience the loss of  
their child."

Anyone interested in making a do-  
nation during this season of giving  
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:

Life Transitions Center  
c/o WNY Perinatal  
Bereavement Network,  
150 Bennett Rd  
Cheektowaga, NY 14227

Any questions?

Feel free to contact:

*Jan Walkden* or *Christine Scott* at  
the Life Transitions Center  
(716) 837-5189.

Thank you!

*Christine Scott*

# 17<sup>th</sup> Annual Walk to Remember

The sun shone beautifully on the windy and brisk October afternoon, but it was a wonderful day to memorialize our babies lost to miscarriage, ectopic pregnancy, stillbirth, or early infant death. Native American custom says that windy days mean the spirits are watching over us: and boy was the day ever windy with our babies'

spirits!

We would like to thank the dedication of several walk committee members whose time, talent and dedication made this day possible: Lisa Jerebko, Phil, Thomas & Mandy Scott, Dawn & Mark Kim, Mike Anderson, Nina Leskiw, Lesley Jordans, Frank Enders, Fran & Tom Kane, Shannon & Kevin Brown, Vivian Jiminez-Comins, John & Noreen Curr, Melissa Guido, Jennifer & Mike Opoka, Laura Reyda, Cyndee Fayhe, Sarah Noonan, Debi Zmuda,

Vickie Michalowski, Jenine Trzewieczynski, Jillian Willoughby, Lisa Wolff, Tim Mott, Abby Unger, The West Seneca Youth Theatre, Fr. Duke, and Jan Walkden. We also would like to send a warm thank you for our "day of" volunteers and corporate sponsors. Our walk brought in nearly \$20,000 that will benefit the programs of the WNYPBN.

From the bottom of our hearts, we thank you!

Sincerely,  
Christine Scott & Kelly Anderson  
Co-chairs

This year, the **17th Annual Walk to Remember** collected sponsorship funds to help the many programs of the WNY Perinatal Bereavement Network. Thank you to all the families that participated in this endeavor!

Below is a list of corporate sponsors that assisted us in achieving our goal. Please give these associations your support as a "thank you" for their generosity!

*Angel Sponsors:*

**Hyde Foundation**  
**Joan & Peter Andrews**  
**Family Foundation**

*Dove Sponsor:*

**Village Veterinary**  
**Clinic of Hamburg**

*Butterfly Sponsors:*

**Adpro Sports,**  
**Sisters of Charity Hospital**  
**Women & Children's**  
**Hospital of Buffalo**

*Star Sponsors:*

Niagara Tying Service, Inc.  
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The Mentholatum Company  
Mercy Hospital  
Millard Fillmore Suburban Hospital  
Phillips Lytle LLP  
Jonathan C. Reynhout, MDPC  
Rich Products Corporation  
Uniland Development Co.  
University at Buffalo Pediatric Associates—Division of Neonatology

*Supporting Sponsors*

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ELMLAWN CEMETERY & CREMATORY, INC.  
Orlowski-Pietszak Funeral Home  
Mr. & Mrs. Robert Wutz  
St. Matthew's Cemetery  
Fretthold Funeral Home INC.  
James E. Grace Funeral Home Inc.  
Grever & Ward, Inc.  
Daniel Smolarek Funeral Home  
Jean and Henry Szymula  
Donald M. Demmerley Funeral Home, Inc.  
Dolores and Joseph Saber

Please support those who supported us!

We would also like to thank the following for their donations of time, talent and goods at this year's Walk!

Programs printed courtesy of  
**Bates Jackson Engraving**  
**Company, Inc.**

**North Delaware Printing**

Signs printed courtesy of  
**Hale Expo Services, Inc.**

Sound & Music courtesy of  
**Tim & Beth Mott**

**Abby Unger**  
**West Seneca Youth Theatre**

Flowers courtesy of  
**Maureen's Buffalo Wholesale**  
**Plant Place**  
**A Blooming Place**  
**Flowers By Diane**

Family Picnic courtesy of  
**Frontier Catering**

Hats courtesy of  
**New Era Cap Company**

T-shirts & Bracelets supplied by  
**J&A Sports, Stephenville, TX**  
**Impressive Imprints**

Airline package provided by  
**AirTran Airways**

SnoCone & Popcorn Machines  
courtesy of

**Bouncing on Air**

Face Painter in Kids' Zone  
**Charles Both**

Kids' Zone Games built by  
**Rick Schumacher**

Kids' Zone Prizes  
**Tom & Fran Kane**

Projector Equipment provided by:  
**Cheshire AV**

Water & Juice Supplied by:  
**Tops Markets LLC**

## Walk to Remember Memorial Signs

If anyone left their baby's memorial sign(s) behind after the Walk and would like to get it/them back before next year, please contact Christine Scott at 836-6460 ext 117 or Dawn Both-Kim at [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com) to arrange a time when you can

come to Life Transitions Center for pick-up. We request that you do not "show up" at LTC without having set up a time, as the volunteers will not be able to get the signs for you.

Life Transitions Center is located at 150 Bennett Road in Cheektowaga, behind the Appletree Business Park.

Finally, if anyone has accidentally picked up the signs for Marrina Kim and Ella Grace Kim, please contact Dawn Both-Kim at [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com) as soon as you are able. I was very disappointed to find them missing after the Walk. Thank you!

*Dawn Both-Kim*

## How will I survive the holidays?

By: Fran Kane RNC  
Footprints on the Heart Coordinator

Whenever I'm asked to write something for the newsletter, my first thought is, "No, I can't write anything that will make a difference to you, my dear friends." After all, I haven't lost a baby. But then I think about all the times I have shared in your pain and longing, I think, "Well, maybe I do have something to say that can make a difference." As those who know me well, I am not often at a loss for words. Talking is much different than writing, though. But here goes...

As I was searching for some information to share with you about handling the holidays, I remembered I had a book in my office about grief during the upcoming season. The book is called "A Decembered Grief – Living with Loss While Others Are Celebrating" by Harold Ivan Smith. I would highly recommend it, not only for the wealth of great suggestions but also because it is an easy read for those of you that may struggle to read something "too heavy". I wrote a few of them down to share with you because I thought they had special meaning. I'd like to add my "two-cents" in too, since I think I'm pretty good at doing that.

"If there is one thing I have learned... it's that we all grieve in our own ways and on our own

schedule" (Candy Lightner). Think about it. No two people are alike so why should the way we grieve be any different? This may be your first Christmas without your baby. Maybe your baby would have been due around this time? Maybe this is your fifth Christmas but you still proudly place your baby's special ornament on the tree and think "what would it be like to have him/her here". Be guided by the reality that there is no right or wrong way to celebrate the holidays after a loved one is gone. Do what you have to do. Do you want to buy an ornament or stocking and put your baby's name on it and hang it on the tree or mantle? Would it make you happy? Then go ahead. Does everyone have to understand? No. Will they? No. But, never apologize for what will nurture you.

"While grief in life is unavoidable, we do still have a choice about how we respond to our feelings and how we spend our holidays" (Barbara Johnson). Do you always go to your mom and dad's house? Do you have the whole family over? Does everything have to be just right on the Thanksgiving Day table? Well, what if this year you just don't want too? Maybe you want to be alone. Maybe it's just too hard to be around all the nieces and nephews or your sister who just had a baby. Sometimes it can be too overwhelming to make yourself do what others "expect" of you. How

about breaking with tradition for a year? Maybe go away for a weekend retreat. Have dinner out at a restaurant. Will everyone understand once again? No. Take the time you need to grieve your loss and try not to worry about what anybody else thinks. I like this saying from the book I mentioned: tears are a natural seasoning of the season.

Should you choose to spend the holidays in the traditional way, with family and friends, why not try this? You want your baby remembered. You're not sure if anyone else is thinking of him or her but you are... every single second. Why not light a candle in front of you and have your closest relative say this little prayer before you start to eat. "Creator of all, we thank You for the gift of life You gave to \_\_\_\_\_ (your names go here). In our confusion and grief, help us to remember the joy that \_\_\_\_\_ (your baby's name goes here) brought us. Guide us through the choices and the demands the traditions of this season brings. Amen" Ann Brener says it well; "contemporary society minimizes the appropriateness of grief. Even when the importance of mourning is recognized, the outside world imposes many distractions and demands... with so many variables involved, it seems clear that the chronology of grief is unique to each person; this must be respected and never judged."

*Continued page 5* ➡

## &lt;Holidays Continued&gt;

Lastly, I'd like to offer some suggestions from people who have been there... These ideas appeared in one of our past Forget-Me-Not Holiday Issues but they will work every time.

- ◆ Donate to a charity in memory of your baby.
- ◆ Attend a support group during the months of November, December, and January.
- ◆ Give your significant other or spouse a present symbolic of their motherhood or fatherhood like something with the baby's birthstone.

- ◆ Light a candle each day in memory of your baby.
- ◆ Attend one or all of the local Candlelight Memorial Services.
- ◆ Give your close family members an ornament or something small in memory of your baby.
- ◆ Hang a stocking with your baby's name on it if it would make you feel better.
- ◆ Find an "angel" on a giving tree that is close in age to what your baby would be and buy a present for them.
- ◆ Send a letter to your family and friends asking them to make a donation to a charity of your

choice in memory of your baby.

- ◆ Add a symbol of your baby (i.e. an angel, a teddy bear, a butterfly) to your holiday greeting cards if you choose to send them.
- ◆ Decorate a small wreath and place it in the cemetery or take a small artificial tree with battery powered lights there on Christmas Eve.

But most importantly, be kind and gentle with yourself. Sometimes people say the only way to get through it – is through it.

Do the best you can and know my thoughts and prayers are with you. Peace.

I would like to say thank you to all the Walk committee members for making the 17<sup>th</sup> annual Walk to Remember such a beautiful event. I sensed a tremendous amount of team effort and superb coordination as each section of the program flowed from one thing to the next flawlessly. I loved the new program schedule and the new time. There was no short supply of volunteers this year either. It was nice to see all the young people of our community weather the chilly winds and help in so many different aspects.

Christine and Kelly, you both did a phenomenal job at coordinating the day. Dawn, your talent for keeping the data base going and for designing the power point with

all the babies names was wonderful. Nina and her helpers, the parent gifts were beautiful. Abby and the youth choir sounded amazing. Tim thanks for doing the sound despite your very busy work and school schedule (Lord knows I know about that). Sarah, Shannon, Jennifer, Laura, Vivian, Melissa, John, Noreen, Lisa W., Lisa J., Jan and Frank it was great to have you join the committee for the first time or again. We couldn't have done it without you all. I hope you felt it was all that it could be, I certainly did. To all the extra helpers, mostly our husbands, family members and friends: a sincere thanks to you. As Christine said at the Walk, please patronize our sponsors, they helped us meet

our fund raising goal.

I also want to especially thank Melissa Guido for getting up in front of the crowd and sharing her story of Angelo and Gregori and for giving me the credit of helping her on her journey towards healing. If you only knew how quiet Melissa is, you would know why I am pointing this out. Thank you Melissa and all of the people I have come to know through the loss of your beloved babies. It is my honor to support you and I hope to always respect and cherish this role. I know your babies will forever be in your hearts and they will be in mine.

Sincerely,  
Fran

Mark your calendars, folks!



## The 5th Annual "Evening to Remember" Basket Raffle



will be held on **Saturday, March 20, 2010**

We will be at a new location this year: *The Knights of Columbus Father Justin Council*  
2735 Union Road, Cheektowaga, NY

Join us for another great evening! If you would like to volunteer or donate a basket in memory of a child please contact Cyndee Fahey at 361-9330 or [Octobersangl@aol.com](mailto:Octobersangl@aol.com). Adult only event, please.



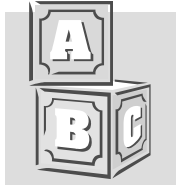
# "Forget-You-Not"s

*In Loving Memory of:*



**Michael Anthony Anderson** April 5, 2005

We love and miss our precious angel boy! Love & kisses Nana & Papa  
We love and miss you!! Love,  
Mommy, Daddy & Mia  
Parents: Michael & Kelly Anderson



**Caleb Gritzmacher**

July 2, 2008

**Job Gritzmacher**

Parents: Daniel & Rita Gritzmacher



**Baby Becker**

October 2, 2009

Parents: Bill & Becky Becker



**Victor Lawrence Hawkins** August 1, 2009

You were loved and will be missed!! Love,  
Mom, Dad, Shawn & Mi'Kaila  
Parents: Tomika Birl & Lawrence Hawkins



**Jordyn Marie Belling** December 18, 2006

We miss you and love you every day! Love,  
Mommy, Daddy, Big Sister Kat & Big Brother Aric



**Jackson Troy Belling** January 1, 2008

Forever loved and missed! Love, Mommy, Daddy,  
Big Sister Kat & Big Brother Aric  
Parents: Mike & Krista Belling

**Gabriel Kieran Honan** September 30, 2009

Your cousins, Ben & Franklin, will  
look after you while you're all in  
heaven! Love always, Auntie  
Sarah Noonan

Parents: Lisa & John Honan



**Ryan Gerald Bigaj** March 8, 2009

**CJ Bigaj** December 5, 2005

My two angel babies. The two of you are my first  
thoughts in the morning, the last thoughts that run  
through my mind at night and my  
million thoughts through out the day.  
I love you more than anything in the  
world!!! With every beat of my heart,  
love you always. Mommy  
Parent: Molly Bigaj



**John Paul Jerebko** November 18, 1999

We love and miss you so much!  
Parents: Peter & Lisa Jerebko



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

**Ella Grace Kim** June 8, 2007

We miss you so much! Lots of love and  
kisses from us to you both! Love,  
Mommy, Daddy & Trent  
Parents: Mark & Dawn Kim



**Isabella Marie Blevins** August 8, 2008

Parents: Kim Ruda & John Blevins



**Mikayla Elizabeth Gentner** Nov 5, 2006

Happy 3rd Birthday! Mommy Daddy and Michael  
miss you very much. Waiting for the day we all meet  
again.

Parents: Denise Hussey, Michael Gentner & Mikey Jr

**Earl Lee "Early" Leisenheimer** Sept 30, 2008

Happy 1st Birthday Earl Lee. We love you and miss  
you every day.

Love: Mommy, Daddy and sisters Erin & Emory

Parents: Rebekah Frick & Jason Leisenheimer





# "Forget-You-Not"s



*In Loving Memory of:*

## Jesse Thomas Neff

October 24, 2005



Happy 4th Birthday! We love you and miss you!  
Love, Dada, Mama, and Tyler  
Parents: Jeremy & Erin Neff

## Jhaziere Snell

August 29, 2008

For your first birthday. There's not a day that goes by that we don't think about you. We love you so much. Happy Birthday our sweet angel! Love, Daddy & Mommy



## Zion Alexander Snell

June 9, 2009.



We miss you dearly!  
Parents: Jeremiah and Latoya Snell

## Baby Opoka

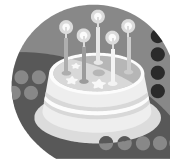
November 21, 2008

Not a day goes by that we don't think of you. You will always be remembered & forever loved. All our love, Mommy & Daddy  
Parents: Michael & Jennifer Opoka



## Robert Michael Sullivan

October 20, 2004



Happy 5<sup>th</sup> Birthday! Love, Mom, Dad, Izik & Raymond  
Parents: Jim & Tamara Sullivan

## Thomas Joseph Phillips

July 11, 07

Parents: April France & Terry Phillips



## James Thomas Reeson

January 31, 2003



We love and miss you and wish we could hold you!!  
Parents: Mark & Tammy Reeson

## Franklin Swedene

May 26, 2005

## Benjamin Thomas Swedene

April 8-9, 2006

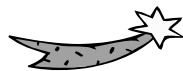
Thank you for keeping William safe! Look after Gabriel! Love, Auntie Sarah Noonan  
Parents: Margaret & Jason Swedene



## Robert Udell Russell III

July 26, 2009

Parents: Aisha Ray & Robert Udell Russell Jr.



## DeShawn D. Williams

September 22, 1998

It's been 11 years since you were born and I miss you like it was yesterday. LOVE YOU!  
Parents: Tomika Birl & DeShawn Williams Sr.



## Jacob Wesley Scott

May 27, 2000

We love you and think of you every day! Love, Mommy, Daddy, Thomas & Mandy

Parents: Christine & Phillip Scott



## Baby MayKayla

August 5-13, 2009

## Michael James Quigley

October 24, 1992

Missing you so much! XX OO  
Love, Mommy  
Parent: Debi Zmuda



## Steven Serrano

March 16, 2006

Always loved – never forgotten  
Parent: Lisa Salgot



### Interested in Submitting a Memorial?

Please email your baby's Forget You Not to:

[forgetmenotnewsletter@hotmail.com](mailto: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



### Counted Among the Stars

They are counted among the stars  
to be beacons of never-ending light  
In hope  
And in remembrance.

They are named amid that light  
With a constancy and brilliance  
That will remain in us forever...  
Never Forgotten—Always with Us.  
Their light will burn in our hearts  
As the stars burn in the heavens,  
Eternally.



By: Dawn Both-Kim



### Always Remembered & Forever Loved

Not a day goes by that I don't think of you.  
You're in my head and in my heart;  
You're in everything I do.

I never will forget the day the doctor told the  
news,  
"You lost your baby; I'm sorry,  
There's nothing we can do."

How could it be possible you were no longer  
there?  
I was supposed to be your Mommy,  
Didn't anybody care?

I remember feeling numb  
And sad beyond belief.  
My once happy emotions had now turned to  
grief.

I questioned God. I was so mad.  
I cried every single day.  
Why did He take you from me?  
How could He take you away?

With time and love and healing  
God's amazing grace helped me to see...  
He didn't take you from me,  
It was Him who set you free.

He knew that you were special  
And needed up above;  
A precious little angel,  
Released from Earth with so much love.

It hurts that I can't hold you  
Or do things that mommies do.  
It hurts that others don't understand  
The love I have for you.

The spare bedroom is empty,  
Where all your things should be.  
And in their place are hopes and dreams  
That will never be.

I never got to see you  
Or hold you in my arms,  
But I carried you in my womb  
And I hold you in my heart.

Though my arms are empty,  
My heart is full of love.  
You will **always** be **remembered**  
**And forever loved.**

By: Jennifer Opoka







"From the voiceless lips  
of the unreply dead, there comes  
no word but in the night  
of death. Hope sees a star  
and listening love can hear  
the rustle of a wing..."

To our precious angels,  
Amarie 5/26/05,  
Jhaziere 8/29/08, and  
Zion 6/9/09  
Love, Daddy & Mommy  
*Jeremiah & Latoya Snell*



### 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 melissasiador@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.

**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



## *Safe Arrivals*



The Capage family proudly announces the arrival of **Morgan Elizabeth Capage!** She arrived on October 7, 2009 at 9 lbs 2 oz and was 20 ½ inches long. Proud parents, Chuck and Lisa, together with their children, Samantha, Julia and Matthew, will lovingly tell Morgan about her heavenly siblings Angela Marie (August 28, 2003) and Baby Capage (January 24, 2007).

**Ian Joseph Marciniak** was born on August 19, 2009 to Dana and Joseph Marciniak. Ian was 2 lbs 4 oz and 14.75 inches long. The family remembers his big sister and brothers in heaven: Alyssa Grace and Evan James (June 30, 2003), and Ethan Joseph (October 12, 2008).

Miracle Faythe Martin would like to announce the arrival of her new baby sister **Mariana Felicity Martin**. She was 8 lbs 4 oz and 20 ¼ inches long when she was born on September 9, 2009. Proud parents, Matthew and Marisa, will teach their daughters about their lost angels, Messiah John, Meadow Anne, Marshall Jude (November 14, 2004), and Maeko Noel (December 16, 2005).

**Aaron Jamal Otis** was born on August 11, 2009 to William and Mignon Otis. He was a healthy 8 lbs 3 oz and 20 inches long. The family lovingly remembers William Louis Otis III (June 2, 2008).

Cindy and Larry Radka, along with their children, Michael, Jimmy and Larry Jr., welcomed **Sarah Grace Radka** into this world on August 14, 2009. She was 9 lbs 0.3 oz and 21 inches long. They thank the Lord for her safe arrival; the beautiful part is an added bonus! The family will always remember their heavenly brother, Xaviar Earl Radka (September 8, 2008).

**Mya Skrok** was born on October 12, 2009 to Amanda Beltran & Jason Skrok. She was 5 lbs and 15.9 oz. The family will always remember Jason Jr. (August 15, 2008-November 30, 2008).

**William Francis Swedene** was born to Margaret and Jason Swedene on September 22, 2009. He was over 7 lbs and 20 inches long. The family will always remember William's big brothers in heaven, Franklin (May 26, 2005) and Ben (April 8-9, 2006), as well as his cousin Gabriel Honan (September 30, 2009).

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, 568-6653**

## 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: 2<sup>nd</sup> 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 p.m.

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**

**mytintoddrobin@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](http://www.angels4ever.com)

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

## **Angel Lady**

[www.angelady.net](http://www.angelady.net)

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

## **Angels in Heaven Ministries**

[www.angelsinheaven.org](http://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](http://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](http://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](http://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](http://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](http://www.handonline.org)

Helping cope with the loss of a baby before, during, or after birth

## **A Heartbreaking Choice**

[www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

For parents who have interrupted their pregnancies after poor prenatal diagnosis.

## **Hygeia.org**

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

An online journal for pregnancy and neonatal loss.

## **Journey of the Hearts**

[www.journeyofhearts.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.richremembrances.com)

Offers custom engravings that decorate, commemorate and motivate.

## **Sara's Smile**

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

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

## **Star Foundation**

[www.starfoundation.net](http://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 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](mailto: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](mailto: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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