



Forget-Me-Not



Volume VI, Issue I

February 2009—May 2009

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

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

Save the Date!!

The 4th Annual

Evening to Remember Basket Raffle

Saturday, March 7, 2009

7:00-11:00 PM



Lily of the Valley Banquet Hall
Masonic Community Center
2379 Union Road, Cheektowaga



Sometimes life comes at you when you aren't looking and bowls you right to the ground. Grief does that, too. However, we keep making our way in life, and we'll keep trudging along our journey of grief. The next day dawns and we keep making our way.

But guess what? We made it through the holidays. I hope yours were the best they could be under our horrible circumstances.

I do hope that everyone intends to make it to the Basket Raffle this

year! Last year's raffle experienced a horrible blizzard that weekend, and had to be rescheduled. The "snow date" still showed a great turn-out! We got to think about our lost babies, but not in a sad and contemplative way... we had some fun... because our babies would want us to be happy!

Please join us this year! Spend some money, win some baskets and relax in a safe and loving environment!

Peace

In This Issue:

4th Annual Basket Raffle	2	Forget You Nots	6-7
News about WNYPBN	2	CBRS Bill Info	8-9
Wings of Love	2	Local Internet Support	9
Blake Anthony	3-4	Newsletter Submissions	9
Parent Telephone Support Team	4	Special Thank You	9
Thoughts on The Walk to Remember	4	Safe Arrivals	9
Poetry	5	Area Support Groups	10
		Internet and Keepsake Resources	11



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

4th Annual Evening to Remember Basket Raffle



The Western New York Perinatal Bereavement Network (WNYPBN) announces the Fourth Annual "Evening to Remember". The Evening to Remember is a basket raffle and an evening of fun for a good cause!

Admission:

\$5/person and \$8/couple.

This is an ADULT ONLY EVENT.

**Saturday, March 7, 2009
7:00 – 11:00 p.m.**

Lily of the Valley Banquet Hall
Masonic Community Center
2379 Union Road, Cheektowaga

*New this year – an "Elite Raffle" – a separate set of baskets with packages valued over \$200!

Proceeds from this year's event will benefit the WNYPBN and their Wings of Love program. Wings of Love provides eligible families with funds up to \$350 towards their unexpected burial costs.

The WNYPBN is an organization that provides educational support, community programs, and referral services to bereaved families, including this newsletter.

Baskets are created in memory of babies who have died through miscarriage, ectopic pregnancy, stillborn or early infant death.

If you wish to donate a basket or an "elite raffle" item in memory of a child or for more information contact:

Lisa Jerebko

(716)474-1024

ljerebko@roadrunner.com

The donation of appetizers and desserts are greatly appreciated!



News from the Western New York Perinatal Bereavement Network

We have received some good news! The Center for Hospice and Palliative Care has approved the Western New York Perinatal Bereavement Network (WNYPBN) an official position within their organization. We are now in the process of trying to obtain "seed"

money to fund a part-time position to oversee every aspect of the program and events as the WNYPBN continues to grow.

We at the WNYPBN are aware that many in our network are diversely connected and we would like to utilize everyone's strong points where possible! If someone in the network is aware of a large company or Foundation that may be able to donate this "seed" money, please contact:

Christine Scott at the Life Transitions Center:
(716) 836-6460 x-117.

Or email Dawn Both-Kim at:
forgetmenotnewsletter@hotmail.com

Thank you for your help and support!



Submitted by: Dawn Both-Kim and Lisa Jerebko



Wings of Love Memorial Fund is a program being offered to parents in our eight county region of

Western New York, under the WNYPBN. 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 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:

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 x-117.

Thank you!

Christine Scott

BLAKE ANTHONY

My story began in early May 2006, when my husband and I found out that we were pregnant again! I was trying to lose weight and was going to take over-the-counter diet pills. So, I decided to take a test just in case. While the test was positive, I wasn't sure on how to tell my husband, because two years before this time, I had a baby boy at twenty-six weeks and it was a very scary thing for us. Everything is good with our son: he is our little miracle. After him, we had had two miscarriages: one in 2005, and one early 2006. So, the news that I was pregnant again was scary, overwhelming and anything else you could think.

We went to the doctor's to confirm it. We were excited and happy. This could be another gift from God. I did everything the doctor said and more. I was extra careful, not working like I usually did. I took the easy path.

Everything was going good as we had made it past our usual miscarriage mark of nine weeks; we were excited. Then we made it passed the first trimester. But at 18 weeks, I began cramping and could not move; staying still was the only thing that helped. At this time, my normal doctor was on vacation. He had said to be good and not to give the people on call a hard time. I called the doctor and they said to go right to the hospital. Once there, we had blood work done, then one sonogram, then another. Four sonograms when all was said and done: the baby was just fine. We came to find out it was just a urinary tract infection... thank God.

Everything continued to be good. We felt nothing was going to happen with this pregnancy, but always on edge. For the next six weeks, all was well. Then one day, my lower back was hurting and I had said to

my brother that something wasn't right. We called the doctor again. At this point, it seemed as I was always talking to the doctor. I have a wonderful doctor that just calls to check up. He said to go to the hospital, which I did. I called my husband on the way, letting him know that his son was acting up again, thinking nothing was wrong and that I'd be going home soon. But I can remember, as I was leaving to go, my son had said, "Mommy, the baby is coming today."

I said, "No, not yet!"

He said, "Yes, the doctor is going to take the baby out today." Not wanting to argue with a two-year-old, I gave him a kiss telling him I love him and would see him soon.

Driving to the hospital, I remember saying "Little one, you're fine."

I got to the hospital at the same time as my husband, walked to the maternity ward and was wondering what is going on. Once there, they took me back to a room, asking all kinds of questions. They hooked me up to the contraction machine. I told them that I wasn't having contractions. However, they did an exam and said that I was two centimeters dilated. I told them that this can't be happening again. I wasn't in any pain, or having contractions. I looked at my husband and said, "Sorry."

Then it all rushed back, just like before. We knew the drill: meds to stop labor, meds to develop the lungs, tip the bed backward (like you had to be on your head). Nurses and doctors were in and out of the room. I wondered how this could be happening, I was not in any pain. After being at the hospital for an hour, I went from two centimeters dilated, to fully dilated.

I remember them saying that my doctor was on his way. Once he got there, he told us the baby had

to come out and that my membranes had abrupted. So, off to an emergency C-section again, but this time my husband was there. I won't lie, I was sick a bunch of times though the C-section. I just kept looking at my husband, thinking, "Why us, again?" I even asked if God could really give us two miracles.

Then, after seconds it seemed, our son was in this world. We heard a little cry: very soft and quiet. We looked at each other and smiled. My husband went over to check the baby. At this point, we still had to decide on a name. The doctors said that he was doing well, but they needed to get him upstairs. They showed him to me and up they went.

I was lying in recovery, complaining that I could not feel my legs. When was the medicine going to wear off? We sat there thinking of names: I had picked Blake months ago. But I named our first son, so it was up to my husband to come up with this baby's name. We could not agree on any, so my husband said, "Blake it is."

We went upstairs, when I was able and before they took me to my room. We saw our son and the nurse talked to us: but we were already familiar with it all. Then the doctors talked to us, letting us know that he had a long road to fight as weeks make a big difference. We told our son that we loved him and that we were proud of him. We told the nurse his name. Blake weighed 1 lb 6 oz and was almost 12 inches long. Then we went down to my room.

We called our daughter at work first, as she was 18 years old. We let her know what had happened and what was going on. Then we called the rest of the family. My daughter came that night to see

Continued on page 4 ➡

him. She said that he was adorable. We agreed! We said he looked like our other son a little, but he had lot of me in him. The next day, the family on both sides came in and out. My son came with his father and sister to go see his little brother. He was so proud that he was a big brother and he had a little brother. When he came back to my room, my husband said that he was trying to get in the isolator with Blake.

Then my son Tucker said, "Mom told ya the doctor was going to take the baby out. Now come on let's go home."

The day and night went well. Around three in the morning on September 14, 2008, the nurse said that I had to get upstairs right away. I went in to a bunch of doctors and nurses around Blake. One doctor said that they were doing their best. I went to call my husband to tell him to get to the hospital: something was wrong with the baby. Once my husband got there, the doctor told us that Blake suffered from a brain bleed, then a stroke. My husband said to let him go, and to put my son out of pain. The doctors wanted to do one last test: it was for his lungs. The doctor said that Blake's lungs

were failing, but he wasn't in pain.

We went and held our baby. We told him how much we loved him and wanted him. We sang him a song and gave him a bath. We told him how proud of him we were, and he lived for a little over an hour with no machines. We let him know that he would always be in our hearts. We then called family to come and say good-bye. That was the hardest thing in my life that I had to deal with. But I know that God needs good angels in heaven and he chose my son to do a big job up there.

Yvonne M. Bauer (mother of Blake)

Parent Telephone Support Team

When I lost my son, John Paul, in 1999, one of the things that helped me through the deepest darkest time of my life was to talk to someone who understood what I was going through. And that person was another mom with a loss similar to mine.

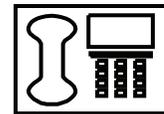
This prompted me to explore the possibility to start a Parent Telephone Support Team (PTST) through the WNY Perinatal Bereavement Network. The program

was first started in 2001. Unfortunately, due to changes in bereavement personnel at hospitals and only having volunteers to run it, it has not been an active program. So, with the help of Lesley Jordans (WCHOB) and myself, the Western New York Perinatal Bereavement Network has agreed to re-start the PTST program again.

What this program does is this: each newly bereaved family is to sign a HIPPA release form before leaving the hospital. Upon this form, is an option where the family is offered a phone call from an-

other bereaved parent. If this portion of the form is completed, the newly bereaved family will obtain a call from a parent volunteer. All phone calls are kept strictly confidential.

If anyone wishes to more information about the Parent Telephone Support Team, either to receive a call or to volunteer to make the phone calls, they may call 716-836-6460 ext.117.



by Lisa Jerebko

Thoughts on



I did attend the Walk to Remember (October 2008), and I was very impressed by the whole event. My granddaughter Shannon Rose was born on October 23rd last year and passed on January 14th 2008: she was born

on Raleigh, NC with a genetic disorder (among other problems) called T-18, sometimes referred to by doctors as Down Syndrome's evil twin.

She, of course, was the sweetest little girl, and I was fortunate enough to be able to spend time with her after she came home from the hospital. Her parents, my son Tom and his wife Laura, along with their older children Andrew and Reagan made Shannon's life a wonderful time. They included her in all family activities and we even spent time with her at the ocean, so that she could experi-

ence the things that they love to do as a family.

I wanted to honor her this month and was glad for the opportunity of the Walk To Remember; it is hard to be so far away, and this was my way of saying that I think of her every day. I have 12 other grandchildren and they are so special, but Shannon is our own Angel and will always be so dear to all of us.

Thanks you for all you do for the many who are thinking of their own little angels this month and always.

By: JoAnn Hurley

Poetry

9-2-08

Why am I afraid to be happy?
 Why can't I move on?
 Why do I continually feel guilty?
 Why do I miss you while you're gone?



I have a chance to give a living child love –
 The love that was meant for you.
 But knowing you can only watch it from above
 I hope that I can show him – I do.



But you're my girls, and you're my dreams,
 And you're the reasons I live.
 I love you so much, I might burst at the
 seams
 So, what do I do with all the love I can give?

I will love him forever... and forever for you.
 And tell him he's the youngest of three
 And I'll tell him and talk to him all about you...
 Maybe that'll make us all complete.

I miss you and I'm sad and I hope you understand
 That all this that I've done and all
 this that I've planned
 Is always for you and will be for
 him – I love you.



By: Dawn Both-Kim

9-3-08

For you—I fly
 And I live and I carry on.
 For you I work and play and create and build.
 I am the person I always wanted to be
 because of you.
 So that when I can see you and
 hold you and know you—
 I will be everything I wanted to be,
 With no regrets, with no embarrassment.
 Just me, your momma, with my girls in bliss.

For you and your memories—
 I exist and am "Mother"

By: Dawn Both-Kim

Beyond These Tears



Beyond these tears
 is a mother that wants to smile.
 I want to learn to remember to dream again.
 But sometimes life seems to hard.

Beyond these tears
 is a wife who wants to love again.
 I want to believe we can get back to
 the way we were,
 but the grief is still all to raw.



Beyond these tears
 is a friend who wants to be kind again.
 I want them to know how much this still
 hurts,
 but they have no idea.

Beyond these tears
 is a mother, a wife, and a friend
 who misses her little boy,
 more than anyone realizes.



By: Anonymous



*"To the babies that we lost as parents, sister, brother
 and family member: Just think of them as living in
 the hearts of those they touched... because some-
 thing loved is never lost and they were loved so
 much."*

Ashley Krajewski (sister of Blake and many others)

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!



“Forget-You-Not”s

In Loving Memory of:



Michael Anthony Anderson April 5, 2005
We love & miss you so much!
Love, mommy, daddy & Mia
Parents: *Michael & Kelly Anderson*



James Anthony Giambra February 8, 2003
Missing you still, love Daddy and Mommy
Parents: *Bob & Donna Giambra*



Dakota Lynn Baer March 22, 2006
Happy 3rd birthday little one. You are missed dearly. You are thought about every day.
Parent: *Kayla Baer-Schenk*



Angelo James Guido May 30-31, 2007
Gregori James Guido May 9, 2008
We love you and miss you like crazy.
Love, Mommy & Daddy
Parents: *Greg & Mellissa Guido*



Joshua Burke January 12, 2003
Justin Burke
Happy Sixth Birthday – we love you and miss you!



Brennan Mark Hayes April 15, 2006
Happy 3rd Birthday Brennan! You are the most special little boy, and we miss you so much! Thank you for giving me so much strength!
Love, Mommy, Daddy and little brother Hunter!
Parents: *Laurie & Wayne Hayes*



Calib Burke September 27, 2005
We love you and miss you!
Parents: *Lynn & Sean Burke*

Angela Marie Capage August 28, 2003
Baby Capage January 24, 2007
We love you! Watch over us!
Parents: *Chuck & Lisa Capage*



Patrick Hemphill March 17, 2006
You are forever in our hearts!
Love, Erin and Laurie
Parents: *Mark & Tamara Hemphill*



JayBrion Jamar Cummings August 8, 2008
Parent: *Mindy Cummings*



John Paul Jerebko November 18, 1999
We love and miss you so much!
Parents: *Lisa & Peter Jerebko*



Hunter DeLude April 4, 2008
Happy 1st Birthday! We love you and miss you. Love, Mommy and Daddy
Parents: *Susan Woodin & Daniel DeLude*



Marrina Kim August 3-4, 2005
Ella Grace Kim June 8, 2007
Thank you for bringing Trent home to us!
You are always remembered, loved and terribly missed! Hugs and kisses!
Love, Mommy and Daddy
Parents: *Mark & Dawn Kim*



Sarah Suzanne Fahey October 23-27, 2000
We miss you so much and love you even more!
Parents: *Kevin & Cyndee Fahey*





“Forget-You-Not”s



In Loving Memory of:

Angel G. LePage-Torres

May 31, 2008

You are always loved and never forgotten.
You are our little boy.

Family: Jennifer LePage, Hector Torres-Droz, Grandma, TT, Tho, Cano, and Arrie



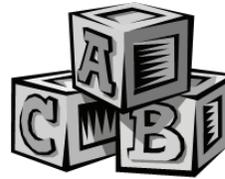
Jason Skrok Jr.

November 30, 2008

Mommy and Daddy will love you forever! We will all have you in our hearts forever, baby boy.

Parents: Amanda Belwan &

Jason Skrok Sr.



Ra'Marie O'Shea Martin

March 7, 2008

Mommy's Precious Angel. I will always love you! Forever in my heart!

It's been a year since God called you home.

Happy Birthday.

Parent: Rachel L. Martin



Cory Alvin Williams

September 19, 2008

We love you. Take care of Uncle Gab.

Parents: Duane & Ebony Williams



Edward Neuhauser Jr.

November 12, 2007

Still thinking of you. We miss you and love you.

Parents: Janet Shimburski &

Edward Neuhauser



Ariel Withey

November 22, 2005

Adam Withey

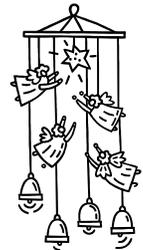
June 9, 2008

Addison Withey

October 24, 2008

We've seen your rainbows. Thank you for remembering us as we remember you! We love you

Parents: Christian & Tara Withey



Diana Marlene Puccio

March 31, 2008

Mommy and Daddy will never forget you.

Protect your little sister! We love you!



Lynn Marie Marschke/Puccio

October 10, 2008

Mommy and Daddy love and miss you. We are always thinking of the both of you!

Parents: Michael Puccio & Erin Marschke



Raven Thomas Zagara

November 24, 2005

Mommy & Daddy miss you so much!

Know that Joaquin will always know of his older brother! Love, mommy

Parents: Thomas and Angel Zagara



Michael James Schrlau

September 9, 2006

Always Remembered.

Love, Mommy, Daddy, Matthew & Kristen

Parents: Frank & Teri Schrlau



Jacob Wesley Scott

May 27, 2000

We love and think of you every day!

Love, Mommy, Daddy, Thomas and Mandy

Parents: Christine & Phillip Scott



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!

2009 Legislative Season
for the Certificate of
Birth Resulting in
Stillbirth (CBRS) Bill
(aka Missing Angels Bill)

The 2009 New York Legislative session started on January 7th. The Certificate of Birth Resulting in Stillbirth bill has been referred to the Health Committees in both the Senate and Assembly. We will let you know when those committees vote.

We need your help in telling the 62 Senate and 150 Assembly members that we want this bill to be passed into LAW! **Please, take a few minutes and make two phone calls.** Those two calls will make all the difference this year. Our Senate and Assembly members want to hear from you. They want to know what is important to you. Tell them this bill is the one bill you definitely want them to pass this year.

Contact your Senate & Assembly Representatives

Log on to:

**[http://
nymap.elections.state.ny.us/
nysboe/](http://nymap.elections.state.ny.us/nysboe/)**

Type in your address. Your representatives will be the last two names listed. Click on their names to view their web page(s).

Call their local offices. Ask to speak to their Legislative Assistant regarding the Certificate of Birth Resulting in Stillbirth bill. (Senate sponsor: Bill Larkin; Assembly sponsor: Janele Hyer-Spencer)

Tell them you are a constituent. If they ask you what group you represent, respond "Still Parents NY." (We now have a name for our growing group!)

If no one is in, ask to leave a mes-

sage on the Legislative Assistant's voice mail.

What To Say:

Voice Mail (or phone message):

I am calling in support of the Certificate of Birth Resulting in Stillbirth bill. As a mother/father/grandparent/other AND constituent, I am watching this bill. I believe that families, like mine, who suffer the tragedy of having a stillborn child deserve to receive recognition of the birth with a Certificate of Birth Resulting in Stillbirth.

I would like to know if the Senator/Assembly member supports this bill.

My name is [name]. I reside at [address, city]. I can be reached at [phone #].

I would appreciate someone contacting me regarding this bill. Thank you.

Speaking With Legislative Assistant:

I am in support of the Certificate of Birth Resulting in Stillbirth bill. As a mother/father/grandparent/other AND constituent, I am watching this bill. I believe that families, like mine, who suffer the tragedy of having a stillborn child deserve to receive recognition of the birth with a Certificate of Birth Resulting in Stillbirth. [briefly share your personal story - if you choose to]

Can I expect the Senator/Assembly person to vote YES when this bill comes up for any votes?

(Yes?) - Thank them for their support. Mail a follow-up letter confirming and thanking them for their support. They will keep your letter along with other documents regarding the bill and refer to it prior to any voting they do.

(No?) - Ask them to share the reason(s) why. Schedule an appoint-

ment to speak to the legislative assistant in person to share your personal story and discuss why they should support the bill.

(Undecided?) - Schedule an appointment with the legislative assistant to share your personal story and discuss why they should support the bill.

Whenever possible, make an appointment to speak to someone in person. A face-to-face meeting has more impact than a phone call, letter or email. Likewise, a phone call is more effective than a letter and lastly an email.

Important Points

Always end by asking them for their Support of the bill. It puts the ball in their court and makes it more difficult for them to put you off.

The bill has bipartisan support. Both republicans and democrats in the Senate and Assembly support the bill.

The passage of this bill will help to increase stillbirth awareness. Stillbirth is 8-10 times more prevalent than SIDS. Passage of this bill will acknowledge the importance of this issue and stimulate much-needed research so that, in the future, fewer families will face this tragedy.

The Bill's passage depends on Families like you

The successful passage of the CBRS bill depends on families like you contacting your Representatives, sharing your personal story and asking them for their support.

The Still Parents NY group is growing. If you would like to combine efforts and meet your Representatives locally with another Still Parents NY member, please email me. We will match you up with others in your area.

Continued on page 9 

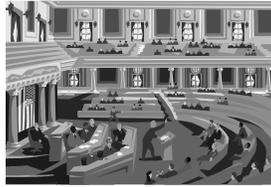
Email Paige - pmciuf@aol.com with confirmed YES/NO/UNDECIDED responses.

We will track votes to focus our efforts where needed. Updates will be sent on the progress being made.

Any questions or suggestions, please contact: Paige

(pmciuf@aol.com) or Jeff (Jeff@bizadvantage.com).

Thank you for your support!
Paige, Jeff & Michelle



Anyone interested in helping with **the Walk to Remember 2009** which will take place in October, please contact Christine Scott at (716) 836-6460 x-117, or Dawn Both-Kim at forgetmenotnewsletter@hotmail.com. An organizational meeting will take place some time in May. Thank you!



Thank you to all of the hospitals and support groups that again organized some truly beautiful and spiritually up-lifting Memorial and Candle-Light Ceremonies during this past holiday season! These services are vital to some parents' healing processes, and along with events like the Walk to Remember, are some of the only times when parents can forget the rest of life's pressures and remember their lost babies in a safe and loving environment.

I feel I speak on be-half of the entire Network when I say, "Thank you! And Kudos!!"

By: Dawn Both-Kim

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.



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



Leam Francis Gulla was born October 28, 2008 to Crystal and Frank Gulla. He weighed in at 7 lbs and was 20 inches long. Together with his big brother Vincent, he will always remember Joseph Mark Frantz (2/19/02).

Juanita Babiarz and Gary Karnuth would like to announce the arrival of **Jayden Christopher Karnuth**. He was born January 12, 2009 at 9 lbs, 6 oz and is 20 1/2 inches tall. Jayden's parents and sister, Jordan Elizabeth, will always remember Ian Karnuth (3/30/04).

Trent Wooju Kim arrived home safely from Korea on December 22, 2008 – just in time for Christmas! He was born February 25, 2008, arriving just before his 10 month birthday to parents Mark and Dawn Kim. He will always be taught to remember his heavenly sisters Marrina (8/3-4/05) and Ella Grace (6/8/07).

January 14, 2009 welcomed the birth of **Maria Stephania Minsterman** to Renee and Brandon Minsterman. She was 8 lbs, 4 oz and 20 inches long. Maria and her brother, Blake Joseph, will always remember their heavenly brother Brandon Joseph Jr. (7/03/05).

Michael and Kayla Schenk are proud to announce the birth of **Lucas Cameron Schenk**, born on January 7, 2008 at 7 lbs, 8 oz and 21 inches long. The family loves, misses and remembers Dakota Lynn Baer (3/22/06) and knows she will watch over her new baby brother!

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 @ 7:30 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

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

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.myheartsmisissinglink.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 Sare © 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.

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

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

Forget-Me-Not
Volume VI Issue I, 2009

