



# Forget-Me-Not



Volume VII, Issue II

May—August 2010

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**WNY Perinatal Bereavement Network,**  
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- Brooks Memorial Hospital
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- Life Transitions Center, Inc.
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## From Our Heart To Yours

### Save the Dates!!

**May 8, 2010**

**10:00 AM-12:30 PM**

*Wings of Love*

### **Parent's Day Breakfast 2010**

**October 10, 2010**

**12:00 PM**

*The 18th Annual*

### **Walk to Remember**

Its been a long time since I've gone through the list of Internet Support and Keepsake Resources to make sure they were all still functioning. I think the last time was when I first took over the editor position from Missy Sidor about four years ago. Well, a whole bunch of them were defunct or were changed in some way. My apologies for not keeping on top of that—please take a look at the much abridged list on page 11.

The Basket Raffle was loads of fun! Seeing and catching up with friends at the event has been good for my soul! I recommend attending next year if you possibly can.

The Parent's Day Breakfast is eminent along with Mother's Day and Father's Day. It is a tough holiday for so many of us... it's nice to have this newsletter to fall back upon in this time of sadness. Be kind to yourselves on these days especially. Do something special for yourselves, and your significant other. And please remember that Dads get sad too, although they don't always show it.

Please keep your submissions coming: long, short, blurb, random stream of consciousness (my article on page 9), poetry, memorials. This newsletter is special because you!

Peace.

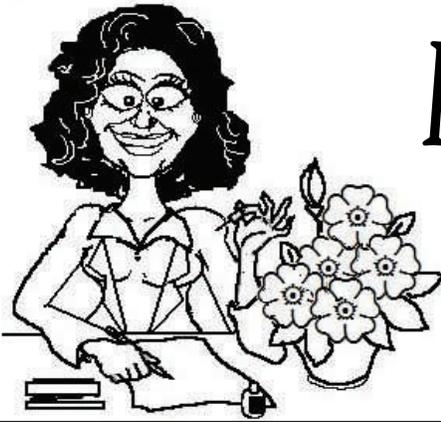
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The mission of the Western New York Perinatal Bereavement Network (WNYPBN) is to assist the community to meet the needs of people facing the pain of perinatal death. We believe all people experiencing this loss have the right to support that reflects 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.



# Network News



From the desk of Christine Scott  
WNYPBN Director



Bereaved Mother of Jacob Wesley Scott—May 27, 2000

The Western New York Perinatal Bereavement Network has been diligently dedicated to providing compassionate care for our WNY families who have been faced with the pain of perinatal death. I am proud to be a part of this devoted team of professionals and bereaved parents as I make the transition to part-time Director.

As I reflect, the first quarter of 2010 has been very productive. I foresee substantial impact and healing for our families with the programs we will be implementing in the near future. Dr. William Zorn, the chairman of the Network, will begin leading us towards our Independent 501c3 status. Independent 501c3 status will mean that the WNYPBN is our own organization and no longer part of the Life Transitions Center or affiliated with the Center for Hospice and Palliative Care. The Hospice organization has encouraged us in this endeavor and is helping us to achieve this status. We are hoping to have our own 501c3 organization by year-end which will open many doors and allow for potential grant opportunities to support our Network's continued growth.

Our "Evening to Remember," chaired by Cyndee Fahey, held on March 20, 2010 was extremely successful. I want to personally thank Cyndee and the entire committee for their commitment and

love in memory of our babies. We raised nearly \$9,000 which will help support the Wings of Love Memorial Fund and other programs of the WNYPBN.

On April 29<sup>th</sup>, the WNYPBN will be hosting a professional conference: "Their Needs, Our Communication" ~Supporting Families Experiencing Perinatal Loss. Our intent is to educate the professional community within our eight-county area in assisting families following perinatal and early infant death. We hope our participants will have an increased individual perception of a healthy grief process, increased knowledge and comfort level when providing end-of-life care, a greater understanding about burial options and an insight into the psychological and emotional needs of bereaved parents.

I have started my journey to the hospitals in our out-lying counties in order to educate and raise awareness about perinatal bereavement and the programs of the WNYPBN. The purpose is to help those smaller hospitals who deal with so few births, deal with losses. Remember a portion of the WNYPBN's mission statement: We believe all people experiencing this type of loss have the right to support that reflects a standard of care following perinatal death. There have even been a number of referrals for support since my visits to these hospitals,

which is very encouraging that families will not slip through the cracks!

Mother's Day and Father's Day are quickly approaching, and we realize this may be the most difficult days of celebration for a parent who has lost a child. Even though your child is not here to celebrate, they will live in your heart forever. To honor all parents who have experienced the tragic loss of a baby, we are holding the "Wings of Love Parent's Day Breakfast" on May 8<sup>th</sup> at Joseph's Country Manor & Grove. This event will include a memorial service and butterfly release in honor of our babies gone too soon.

The 18<sup>th</sup> Annual "Walk to Remember" will be held on October 10, 2010 at the Town of Cheektowaga Park. Our first planning committee will meet in June. This is such a beautiful day that helps us to memorialize our babies. If you are interested in being a part of the planning committee, please let me know.

Please follow your heart on the special days ahead, and take solace in knowing you are not alone.

Sincerely,

*Christine*

## A Mothers' Day Reflection

Every holiday seems to be one more mountain to climb for those of us who have experienced the loss of a child. Mother's Day can seem cruel, especially if this is your initial year following the loss.

I remember forcing myself to attend a Mother's Day Brunch, in that first year, anticipating feeling less like other mothers who would be there. Upon awakening in the morning, my husband presented me with a carefully chosen card and a beautiful, perfect, single rose that I carried around all day. I

learned that though I did not bring my son home with me, in a carrier or car seat, I carried him home in my heart where he has remained, for the past twenty-seven years.

There will never be closure- but there is transformation. It may take years to get to that special place, but you will. And you must always celebrate your motherhood. I framed my son's footprints and the frame is in the collection of all my children's photos. I wear a "Mother's Ring" with all four of my children's birthstones. On Mother's Day, I bring a bouquet of flowers that I raise in my garden,

to the cemetery to commemorate that special day.

For those times that you get leveled by a wave of grief, there is a great little Eskimo proverb that may help you get back on your feet, "Perhaps they are not stars, but rather openings where our loved ones shine down to let us know they are happy."

Happy Mothers' Day to all of us!

Kathleen M. Rog, LCSW-R  
Coordinator of Family Services-NICU  
Sisters of Charity Hospital



## Lilya Raine a story of love and pain

My name is Kelly, and my baby girl Lilya Raine was born sleeping on September 26, 2009. There were no complications during the pregnancy, with the exception of one scare at 30 weeks when Lilya was being lazy. I went to Mercy Hospital and was monitored overnight. Lilya was okay and we were discharged the next day. From there on, I got to see her every week...it was amazing how she grew inside of me. The weeks went on and everything was great. Thank goodness that Buffalo summers are mild: no more scares.

On September 24th, late in the evening, I was chatting (via IM) with my sister. I mentioned that Lilya was not moving a whole lot (I was feeling Braxton-Hicks). She told me not to fret, that babies run out of room in there! Plus, I was due the next day. It made sense, so I closed the computer and went to bed.

The following day, I had an appointment with my doctor to schedule to be induced. If Lilya was not coming on her own we

had to help her. I waited all day, growing more nervous because she was very "still" in there. I only felt a little Braxton tightening that I thought was little movement (shifting). As soon as the nurse got me on the table to monitor her heart beat and was not able to find it, I nearly had a heart attack. As a matter a fact, my heart was racing so badly, the nurses kept picking up my own beats on the monitor. My doctor came in shortly after and took me right to the ultra sound room. It took but seconds for her to see that there was no heart beat; Lilya was gone. It was also discovered that I had a slow leak of amniotic fluids and she did not have a lot left (not a big deal when a baby is soon to be born).

My husband, Mike, was called and he came to get me. We went home. We were sitting on the porch thinking, crying, making calls. I was so scared to call my mother, so afraid to say the words out loud. A bizarre thing happened, a few moments later my mother was driving down the street. She looked so happy when she pulled into the drive. I will never forget the look on her face when she saw me: the happiness

turned into fear.

The next day, Mike and I went to the hospital where I delivered Lilya, vaginally, WITH DRUGS, and tears, on September 26, 2009 at 2:50 PM. Lilya was 40 weeks and 1 day, born sleeping. Mike and I came home that night with empty arms. It was so sad.

We had an autopsy, blood work and genetic studies... nothing. Lilya was small, 5 lb 11 oz, 20 in. but perfect in every way. There are no answers: maybe a pinched cord, maybe lack of fluid, maybe cord around the neck. Maybe, maybe, maybe, maybe, maybe.....get it?

Four and a half months later, we continue to heal. Some days are better than others. The dark ones are dark and the bright ones shine a rainbow. So, we continue on in this journey. We have each other, we have supports, and we have a sweet angel of our own, Lilya Raine.

Peace and Be Well -  
Searching for  
Peace in Our Hearts,  
Kelly

Mommy to Lilya Raine - born  
sleeping on September 26, 2009



## **The Cure for GRIEF: To Medicate or to Grieve**

Far too many doctors are quick to offer or insist that drugs are necessary to help parents cope with death or other serious losses. Maybe it is prompted by our "quick fix" society who wish to be healed and over it within days or weeks. Too many have the belief that the pain is not to be borne and dealt with, but rather eliminated.

Whether it is the pharma commercials that motivate parents to ask for medication or the physicians' desires to make it better, or both - it seems that more and more bereaved mothers are being given prescriptions for anti-depressants or anti-anxiety drugs, often while still in the hospital before or after the birth. This is a frightening turn of events: one we worked hard to attempt to eradicate a mere few decades ago. Normal grief, which is painful and has a lasting impact, is NOT an illness. Medication

may dull things for awhile, but grief pain does not magically disappear. Where are the studies that show drugs are the cure for grief?

Normal grieving will mimic depression, but it is not. There are physical, emotional, and spiritual aspects to grief. Parents may experience sleeplessness or the need to sleep all the time, sighing, crying, aching, confusion, memory loss, questions of God and faith, empty feelings in the body and in life, deep despair, sadness, anger, and more. These feelings can be overwhelming, especially if not expected and understood. When you love someone and they die too soon, the natural instinct is to miss them, feel anguished, and have many intense emotions. These are a sign of love; it is the tough grief work that naturally happens because we love so deeply. As we have heard over and over, "Grief can be delayed, but cannot be denied."

Taking the time and energy to feel

the emotions of grief, to deal with them, and to work towards being healed, are worth it. This is the Rx for feeling better. Grief is a process of trying to cope with your loss and making meaning out of life without one's baby. Grieving is not easy. It is long, unpredictable, and requires much energy. But it is necessary if you are to work through the pain toward healing. Stuffing one's pain and emotions inside a trunk in the attic or seeking to be cured with medication, only delay the inevitable.

Is it better to do the work early, when you might have your community's support, or to wait until it knocks you over at some unsuspecting time in the future? Who will be there for you then? There are many resources to help parents understand and experience their pain. Finding and using these resources is far better than taking a prescription.

By: Sherokee Ilse

from *Babies Remembered Magazine*,  
found at [www.BabiesRemembered.org](http://www.BabiesRemembered.org)

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

The Western New York Perinatal Bereavement Network held the 5<sup>th</sup> annual "Evening to Remember" Basket Raffle on March 20, 2010 at St. Gabriel's Parish Hall in Elma, NY. This year was once again a huge success!! We raised nearly \$9,000 to continue our bereavement support programs that we have implemented throughout Western New York, including our "Wings of Love" program. Thank you to all who attended, volunteered their time and donated so generously to continue to make this event so amazing each year.

We would like to thank all of our donors who made this year's

event possible, especially National Fuel/BPO, Russell's Restaurant, Buffalo Bandits, Great Lakes Restaurants Management, LLC, Moondance Cat, Blu Spa Salon, Salvatore's Italian Garden, Fairgrounds Gaming and Raceway, Mischler's Florist, The Olde Steeple, Expressions, Crowne Plaza Niagara Falls, Buffalo Bisons, Buffalo Sabres, PARC Darien Lake, LLC, Capello Salons & Day Spa, Hillview Family Dental P.C., St. Gabriels Holy Name Society (especially Fr. Dan and Paul Bloom for going above and beyond to help us out!), Kristina Ozimek, and Dr. Muller.

There were 150 baskets donated this year and over 350 friends and family in attendance. Thank you to everyone who donated a basket

in memory of a child. Without you it would not be possible to help families get through the terrible tragedy of losing a baby. With your continued support the WNYPBN is growing every day and reaching out more and more to families in need.

We would also like to recognize and thank our committee members who put their hearts and souls into planning this event each year in memory of our children. The Evening to Remember committee: Kelly Anderson, Dawn Both-Kim, John and Noreen Curr, Kristin Davidson, Cyndee Fahey, Sharon Goldyn, Lisa Jerebko, Michelle Morgan, Jennifer Opoka, Christine Scott and Deb Zmuda.

By: Cyndee Fahey  
Event Chairperson

## WNYPBN Memorial Cookbook



The WNYPBN is creating a cookbook in memory of our angels. We need recipes in honor of your children to be a part of this publication! Please write out your favorite recipe along with a one to two line memorial (as we have in the Forget-You-Not section of the Newsletter) to your lost angel. Include your baby's name and honored date to complete your Forget-You-Not. There is NO FEE to submit your recipe, and 100%

of the proceeds from the sale of the cookbooks will benefit the "Wings of Love" Memorial Fund. As you may know, the Fund helps parents in need to pay for the burial of their precious babies gone too soon.

If you would like to submit a recipe, email the recipe to Jennifer Opoka at [jnopoka@aol.com](mailto:jnopoka@aol.com) and include the type of recipe in the subject line (i.e. appetizer, salad, main dish, bread, dessert, etc). Please include your first and last name and your Forget-You-Not. Only one recipe per baby will be accepted at this time. If you have any questions or concerns please

email Jennifer Opoka or call Christine Scott at 836-6460 ext. 117.

We are planning to have the cookbooks ready for the 2010 Holiday Season. What a special Holiday gift idea! Deadlines for all submissions will be September 27, 2010 to allow for printing – so submit your recipes now! You may currently pre-order your copies and pay for them when you pick them up. Each copy will cost \$15.00. Pick-up dates and locations will be announced soon.

*Jennifer Opoka  
Fundraiser Chairperson  
& Christine Scott  
Director WNYPBN*



Returning to work after a pregnancy loss can be a challenging ordeal for many women. It seems unfair to me that women who experience a miscarriage, especially an early one, return after only days. Hormones are still in the process of stabilizing and yet women are expected to go back to work, perform physical labor in some cases, deal with people, and make important decisions. From my experience working with moms, the first three days are filled with sadness, tears, and emptiness. The need to be near loved ones, rest, and process what has happened is paramount. Many times women had not even mentioned to co-workers that they were pregnant and now they have to return to work and pretend that everything is "fine."

When a later loss occurs, such as a stillborn or infant death, women are commonly given a little more time off. Some take the necessary time to cry, read, talk to others, seek outside support, and cry some more. Some first time moms

return to work for some sort of "normalcy," to get back to their routine. They get tired of staying home and prefer to keep their mind busy in attempts to not think about all the sadness they feel. Others take the necessary time off and will feel a sense of dread when it comes time to return to work.

Should you find yourself in any one of these situations, I'd like to offer a few suggestions to make your return a little easier for you. Many women have shared their experiences with me and have found them to be helpful. I hope you do too.

- ✧ Enlist the help of a close friend/co-worker who can tell others you work with about your loss. Share only as much as you feel comfortable with.
- ✧ Although it may not be easy, going back to work does not have to be extremely difficult. The apprehension and anxiety you may feel could possibly be worse than it actually will be. You may find others who will be supportive of your needs because they have "been there,

too."

- ✧ Take the time you need to be alone, if possible. If you work in an office, tell co-workers that when the door is closed, you need some time to yourself.
- ✧ Make sure your employer knows what has happened so that if the need to "take a break" occurs, he or she will understand your request and grant the necessary time to gather up your emotions.
- ✧ Be gentle with yourself. You will not return the same person, in many cases. Grieving takes time and follows its own timetable. Things may aggravate you a bit more and you may find your patience at a minimum some days.

Lastly, may I wish you all a Mother's Day filled with bitter-sweet remembrance of your precious baby. And please extend the same on Father's Day to all your husbands/boyfriends out there as well. I hate to surmise but I know that you ladies read the newsletter a bit more than the men out there. ☺



# "Forget-You-Not"s



*In Loving Memory of:*

## John Tyler Adam

July 23 – Sept 29, 2009

Truly missed – you are always in our hearts.

Parents: *Brian D. Adam & Margaret Stewart*



## Riley James Croce "Baby Croce"

March 8, 2010

We have so much love for you. We will be thinking about you and longing for you this summer, especially August 21st, your expected due date. Love, Mom & Dad

Parents: *Daniel & Lena Croce*



## Ella Donna Alba

November 9, 2009

We are so proud to be your parents. We love and miss you each and every day.

Parents: *Sam & Danielle Alba*



## Grace Curr

November 11, 2004

## Jack Matthew Curr

October 6, 2005

Not a day goes by that we don't think of our baby angels. Love, Mom, Dad, Hannah, Joe, Nanas & Papas

Parents: *John & Noreen Curr*



## Michael Anthony Anderson

April 5, 2005

5 Years and we still miss you more than words can say. We love and miss our precious baby boy! XXOO!! Love Nana and Papa Happy 5th Birthday to our beautiful baby boy! We miss you and love you. Love, Mommy, Daddy & Mia

Parents: *Michael & Kelly Anderson*



## Ian Dominik Davidson

August 31, 2000

Our beautiful boy! We love you! Love, Mommy, Daddy, Sarah & Natalie

Parents: *John & Kristin Davidson*



## Hunter Charles DeLude

April 4th 2008

Happy second Birthday! We love you and miss you. You are always with us in our hearts. Love always, mommy and daddy

Parents: *Susan Woodin & Dan DeLude*



In Loving Memory Of:

## Baby Burroughs

January 2007

## Baby D. Burroughs

August 15, 2008

You will live in our hearts forever...our lives were blessed with yours.

Parents: *Jeffrey & Nicole Burroughs*



## Aiden James Gawera

February 9, 2006

With love, Mommy and Big Sister Devin  
Parent: *Kimberly Gawera*



## Lily Faith Giancola

May 16, 2009

We love you and think about you every day!

Parents: *David & Lauren Giancola*



## Marie Hope Chavanne

Oct 19 – Nov 16, 2009

No footprint is too small to leave its imprint on the world. Love, Mommy, Daddy and big brother Jacob

Parents: *John & Hope Marie Chavanne*



## John Paul Jerebko

November 18, 1999

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





# “Forget-You-Not”s

*In Loving Memory of:*



**Caleb Daniel Jordan** Mar 23 – Apr 2, 2009

Grandma misses you and thinks of you every day. Forever in my thoughts – never to be forgotten. Happy first birthday, baby boy!  
Parents: Nicole Jordan (Kwaizer) & Robert Jordan



**James Thomas Reeson** January 31, 2003

Seven years have gone since you left us and we still miss you as much as we did the first day you were still born. We know we will always have an angel watching over us. We think of you every day wishing you were here with us to laugh with, play with and hug. You will never be forgotten!!!

Love You Always and miss you lots. Love Always, Mommy, Daddy and Little Brother Mark Jr.  
Parents: Tammy & Mark Reeson



**Marrina Kim** August 3-4, 2005  
**Ella Grace Kim** June 8, 2007



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

**Jacob Wesley Scott** May 27, 2000



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

**John Christian Jude Mulderig** May 28, 2004

Happy 6th Birthday, baby boy! We love you and know you are watching over your 3 little sisters every day. We miss you SO much! Love, Mommy, Daddy, Molly, Meghan, and Kate

Parents: Peggy & Chris Mulderig



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

You touched our lives so completely for being with us such a short time. You are forever loved and will always be remembered!



**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

**Kayleigh Renée Swain** January 30, 2010



We hope that your first holiday in Heaven was amazing and that you had loads of fun with the Easter Bunny. We miss and love you so much, Princess! Our love always, Mommy & Daddy  
Parents: Tymon and Kate Swain

**Vivienne Pelletreau** July 31, 2009

Forever our love, Mum, Dad & Elias  
Parents: Alli & Pierre Pelletreau



**Noah Richard Haas** September 7, 2009

We love and miss you so much. We know you are in the Lord's loving arms.  
Parents: Bill & Bryana Haas



**Jack Stevens** December 16, 1999

**Riley Stevens**



10 years later – loving you still as much as the first year! Love always, Mom, Dad, Jonathan & Jake  
Parents: John & Stacey Stevens

### 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

### What Makes a Mother

I thought of you and closed my eyes  
 And prayed to God today  
 I asked "What makes a Mother?"  
 And I know I heard him say  
 A Mother has a baby  
 This we know is true  
 But, God, can you be a mother  
 When your baby's not with you?

Yes, you can he replied  
 With confidence in his voice  
 I give many women babies  
 When they leave it is not their choice  
 Some I send for a lifetime  
 And others for the day  
 And some I send to feel your womb  
 But there's no need to stay.

I just don't understand this God  
 I want my baby here

He took a breath  
 and cleared his throat  
 And then I saw a tear  
 I wish I could show you  
 What your child is doing today  
 If you could see your child smile  
 With other children and say  
 "We go to earth to learn our lessons  
 of love and life and fear  
 My mommy loved me so much  
 I got to come straight here  
 I feel so lucky to have a Mom who had so much love  
 for me  
 I learned my lessons very quickly  
 My Mommy set me free.

I miss my Mommy oh so much  
 But I visit her each day  
 When she goes to sleep  
 On her pillow is where I lay  
 I stroke her hair and kiss her cheek  
 And whisper in her ear  
 Mommy don't be sad today  
 I'm your baby and I am here"

So you see my dear sweet one  
 Your children are okay  
 Your babies are here in My home  
 And this is where they'll stay

They'll wait for you with Me  
 Until your lessons are through  
 And on the day you come home  
 they'll be at the gates for you

So now you see  
 What makes a Mother  
 It's the feeling in your heart  
 It's the love you had so much of  
 Right from the very start  
 Though some on earth  
 May not realize  
 Until their time is done  
 Remember all the love you have  
 And know that you are  
 A Special Mom

*Author Unknown*

### When I think about you

When I think about you, my head meets my hands.  
 My tears fall and make a puddle on the table.  
 When I think about you, I look out the window and  
 imagine kissing you, hugging you.  
 When I think about you, I pull your picture from the  
 sleeve and hold it close to me. I touch your foot im-  
 prints.  
 When I think about you I demand answers: "WHY?"  
 I question everything, everyone. I question and I  
 cry.  
 When I think about you, I say it out loud, "How I miss  
 you." Sometimes it's welcoming and sometimes it's  
 uncomfortable.  
 When I think about you, I pace and tinker. I fidget. I  
 sit in the rocker in your room and cry.  
 When I think about you most is when I am alone,  
 deep in thought, on auto pilot, in silence.  
 When I think I think about you too much, I remind  
 myself that it's impossible and I think about you  
 some more.  
 And just when I think I might feel a little better, I re-  
 member that while it is ok to smile. I am still missing  
 you... and the day you were born was the day I was  
 forever changed.  
 Some days I am nothing more than an Empty Gaze.

*By: Kelly Lynn Arena  
 In loving memory of my sweet angel, Lilya Raine*



**The Newsletter Committee** is looking for submissions of articles, blurbs, 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

On April 5th 2005, our son Michael Anthony Anderson was born into a room full of love, 18 weeks too soon. From the day we found out that I was pregnant, we imagined the day our baby would be born. But that day was not at all how we thought the birth of our first child would be.

Two days earlier I went to Sisters Hospital hoping and praying for the best, but knowing something

was wrong. As I lay there listening to the strong heart beat of our baby, our family surrounded us and we were given the news that our baby would be born very soon and that he was too early to be saved. For two days we waited and prayed that my body could hold on for just a few more weeks, giving more time for our baby to develop. On April 5th our baby boy, Michael, was born, yet in the same moment became our guard-

ian angel. We kissed him, hugged him and promised him that we would never forget him and that we would always love him.

This year, his 5th birthday, we are still surrounded by so many people that help us to remember our beautiful little boy.



Happy Birthday, Michael!

By: Kelly Anderson

### Feelings of Guilt

I caught myself doing it... I couldn't believe my ears. I want to throw up every time I think about it. Seeing that Easter just passed, I'm reminded of how Peter is told he would deny Jesus three times before the cock crows. I denied them at least a dozen times now... and I weep bitterly.

"How many kids do you have?"

How many times in the first year or two was I asked that, and I always answered, "I have one in heaven." "Two" after Ella was born. But now we have a son on earth, the light of my life. However, ever since he came home, when people ask about my children, I tell them about my son. Am I denying my girls? Am I pretending they don't exist?

"Is he your only child?"

"Yes."

Then the wave of guilt and I wish I could take it all back... step back in the conversation and say that he has two beautiful sisters in heaven. But the conversation has

gone on, and Trent is off doing something crazy and I have to chase him or something. I always said that I want the world to know and to remember Marrina and Ella, and now I'm not even letting people know about them.

Why?

It could be that I'm not hurting so much anymore that I need to dumbfound people with mentioning that my children are dead. Most times the person asking would have to think about my statement of "two in heaven" and when they realized what it meant would stammer an apology. Awkward silence would ensue. Maybe I'm just not generally in the mood to endure their haphazard and slightly insincere apologies. I might have initially been saying it for shock value: it shocked me when Marrina died and then left me angry when Ella died. Perhaps I was trying to get back at the world for not having my daughters with me. But time has gone by. My wounds are healing. I'm not so angry anymore, just resigned. What is the sense in get-

ting angry? My daughters died, I cannot get pregnant again, my health has been severely diminished because of the pregnancies I did undergo... but being angry won't change any of that. And honestly, it just gives me heartburn!

So, here I am, wracked with guilt. But maybe I shouldn't feel guilty. The thoughts of my precious angels aren't just some conversation fodder for the random stranger who asks about my family. They were the two most special and amazing beings that my life has ever beheld. I'm not really denying my daughters... what mother could? I'm denying those people who ask me about my kids. They'll never get the experience of knowing about the most precious gift I've ever been given. Sure, they get a glimpse of that wondrous gift: they get to meet or see my son. But they will never get the full beauty and wonder that left this world too soon. I suppose I should pity them. I suppose it's all gonna be okay.

By: Dawn Both-Kim



## Safe Arrivals



**Christopher Jeffrey Burroughs** was born October 29, 2009, weighing 6 lbs. 1 oz., and measuring 19 inches, to Jeffrey and Nicole Burroughs and Big Brother Jonathan David. The family will always remember their angel babies (January 2007 and August 15, 2008) and are thankful to be blessed with two healthy and beautiful little boys!

**Charlotte Grace Comins** entered this world on March 29, 2010. She was 20 1/2 inches long and 8.7 lbs. Her parents, Eric and Vivian Comins, will always tell her about her big sister in heaven, Isabella Moon (April 28, 2008).

Mary Beth and Bob Lewis are proud to announce the early arrival of baby **Anna Victoria Lewis**. She came 6 wks early but is perfect, healthy and beautiful! She was born on February 3, 2010 at 9:57 AM, 6 lbs 8 oz and 18.5 in long. Her parents and older sisters will tell her

about (and always remember) her sibling angels in Heaven (Aubrey 1/12/2009, twin siblings 12/09/2001 and baby Lewis 1985).

Please let us know about  
your new baby...  
it lends so much hope  
for a brighter tomorrow...  
when tomorrow is  
looking so grim.

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](mailto:forgetmenotnewsletter@hotmail.com)  
Subject: Safe Arrivals



## Area Support Groups



### 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

### 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

### Parent-Telephone Support Team (PTST)

Speak with another bereaved parent who has endured what you have endured.

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

A Support group for children, teens and their caregivers after the death of a loved one.

When: Wednesdays

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

Life Transitions Center

150 Bennett Rd., Cheektowaga

Contact: Jim Grande, 836-6460



### "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:

Polly Thomann to register or  
Christine Scott, 681-8100

## *Internet Support and Keepsake Resources*

### **Ashwood Artisans**

726 Main St. in East Aurora (716) 652-7333  
Engrave footprints onto charms for necklaces, tie tacks, etc.

### **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 pregnancy loss support, infertility support, neonatal loss support, and adoption resources.

### **Celebration Forest**

[www.celebrationforest.com](http://www.celebrationforest.com)  
Allows you to plant a tree in honor of your deceased beloved one

### **Facts About Miscarriage**

<http://www.pregnancyloss.info>

### **The Grief Recovery Institute**

<http://www.grief-recovery.com>  
The action program for moving beyond loss

### **H.A.N.D.**

[www.handonline.org](http://www.handonline.org)  
"Help After Neonatal Death"  
Helping cope with the loss of a baby before, during, or after birth

### **A Heartbreaking Choice**

[www.aheartbreakingchoice.com](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.

### **M.E.N.D.**

[www.mend.org](http://www.mend.org)  
"Mommies Enduring Neonatal Death"  
Quarterly newsletter and an internet support group 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.

### **National Share Office**

[www.nationalshare.org](http://www.nationalshare.org)  
To serve those whose lives are touched by the tragic death of a baby.

### **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.

### **Remembering Our Babies**

<http://www.october15th.com/>  
The official site of pregnancy and infant loss remembrance day.

### **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.

### **Stone Art Memorial**

[www.stoneartmemorial.com](http://www.stoneartmemorial.com)  
The Right way to commemorate your memories.

### **Trisomy Support**

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

## **Roster Information Needed!!**

As the new year began, postcards were sent to what we like to refer to as "Silent" members of our area's network of bereaved parents. "Silent" members are those parents that do not normally attend the annual Walk to Remember or Evening to Remember Basket Raffles, as per the WNYFPB's records. We also have little to no information about the "Silent" member's loss(es) or no longer have a viable address. If someone you know has received this postcard, and would still like to remain on the mailing list to hear about the various updates and Network events, it is imperative that you call Christine Scott at **836-6460 ext. 117** or email Dawn Both-Kim at **forgetmenotnewsletter@hotmail.com** requesting to remain on the mailing list. Please leave/send your full name and address, phone number, and your baby's name(s) and honored date(s).

If you do not contact us, we will remove your name from the roster. But remember that we will always be here for you in the future, should you wish to be involved again—for any reason!

Also, if your information is in our records incorrectly (i.e. misspelled name, wrong/old address, baby's honored dates wrong), please feel free to contact Christine or Dawn to correct your information, or to add your baby's name or honored date information.

Thank you.

Dawn Both-Kim & Christine Scott

**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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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  
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