Forget-Me-Not

Volume VII, Issue IV *November 2010-February 2011*

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

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United Memorial Medical Center

Wyoming County Community

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!

Caring Arms Support Circle's Annual Memorial Candlelight Service
Sunday, December 12, 2010 - 7:00 PM
St. Gregory the Great Church

Footprints on the Heart Annual Candlelight Memorial Service
Thursday, January 6, 2011 - 7:00 PM
Sisters Hospital Chapel

Evening to Remember Basket Raffle
Some time in March or April Keep an eye out for mailings!

I used to love the holidays. Things are a little different since our daughters died. I enjoy them again… but they tend to fill me with a little melancholy that doesn't ever seem to go away. But that is just how it is! My family has gotten used to it. It's different, but it has become the new "normal." Don't be afraid to create your own new normal after the loss of your baby. Things are different now… but it doesn't mean they are wrong.

I hope you all had a chance to experience the 18th annual Walk to Remember in October. Wow—there were over 850 people there on a lovely autumn day. It was a wonderful experience, and I hope you all enjoyed it!

Remember, the Wings of Love Memorial Cookbooks are available for presale. They'll be arriving just in time for the holidays, on December 10th! If you'd like more information or to place an order, please contact Christine Scott at cscott@palliativecare.org or call her at 836-6460 ext. 117.

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

Looking back on the last four months preparing for the 18th Annual Walk to Remember has been very fulfilling and healing. I am relieved that we were blessed with an absolutely beautiful fall day. Approximately 850 parents, families, friends, coworkers, and healthcare providers gathered to pay tribute to all of our angels. To witness such a supportive, compassionate environment for all of our families and friends to grieve and to celebrate their children is not something that is easily put into words. Words fall so short of conveying the meaning, importance and magnitude of what we all experienced as part of this year's Walk. Words alone cannot express my deepest, sincerest appreciation to all of our friends, families, and dedicated volunteers without whom this day would not have been possible. We will continue our journey together, and continue to be there for one another in all of our work moving forward.

With October coming to an end and the crisp chill in the morning air, it is a reminder that the holiday season is quickly approaching. For bereaved parents, the holidays can be dreaded and cause much emotional pain. Grief and healing are a life long journey, so please know it is okay not to be okay. Allow yourself to be where you are in your grief this holiday season. With some prior planning the pain of loss can be softened, somewhat. Do things to remember your baby that are healing to your heart. Some ideas include: lighting a candle during the holiday season, placing a specially handmade or purchased ornament on the Christmas tree, creating a memory box that can be shared with friends and family during visits, attending an area support groups' candle light service or hanging a stocking for your baby. Every year since Jacob passed, I buy a beautiful butterfly ornament and place it on our tree because it is so healing for me. Remember to do what is healing for you: there is no right or wrong way to remember. May you find peace, love, and healing during this holiday season.

Sincerely,
Christine

A quiet moment for lighting a candle in memory of your baby

"Dear baby of mine, please see this light as a symbol of our never-ending love for you. Please understand that this love knows no limits or bounds; it conquers even the hold of death. Let this light shine in memory of our love for you, in celebration of the life we shared together, however brief, and in the hope that tomorrow will be a brighter day. We feel your spirit with us even now, gently guiding and strengthening us. With this light we will remember the true gifts of the season; memories of holidays past, hope for present peace and love to last a lifetime. We will forever feel your presence and love you, always.

A Very Special "Thank You" to the 2010 Walk to Remember Committee! Sincerely, Christine Scott

Kelly Anderson
Dawn Both-Kim
Shannon Brown
Melissa Browne
Michelle Bukowski
Lena Croce
John & Noreen Curr
Sharon Goldyn
Melissa Guido
Lisa Jerebko
Fran Kane
Sue Mis
Michelle Morgan
Sarah Noonan
Jennifer Opoka
Laura Reyda
Lisa Wolff

Thank you to all the "Day of" Volunteers who helped make the day wonderful!

http://www.mybuffalo.com/_Walk-to-Remember-October-10-2010/set/73881/85283.html

Sisters of Charity Hospital
Invites you to the

Footprints on the Heart Annual Candlelight Memorial Service

Footprints on the Heart

January 6, 2011
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 miscarriage, stillbirth or early infant death.

Please arrive 15-20 minutes early so we may start on time. Feel free to bring a small memento or photo of your baby for the altar. A reception of light refreshment will follow the service.

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

If interested in attending or need further information,, please RSVP Fran Kane, RNC at 862-1678.

KALEIDA'S Millard Fillmore Suburban Hospital invites you to:

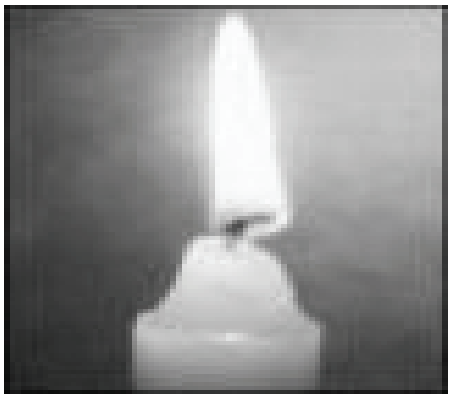
Caring Arms Support Circle's Annual Memorial Candlelight Service

Sunday, December 12, 2010
7:00 PM
St. Gregory the Great Church
St. Gregory Ct., off Maple Rd.
Williamsville, New York

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 simple snack to share during Fellowship Time.

Questions may be directed to: Terry Fronczak (716) 743-1159



Coping with Grief During the Holidays

The holidays are a joyous time for many families, but for families coping with the loss of a [baby], they can be very difficult. You may be facing readjustments in family structure, changing traditions, and feel a void unable to be filled by others. These transitions, along with the memories of previous holidays, can cause grieving people to experience an array of uncomfortable emotions. Grief can affect us emotionally, psychologically, spiritually, and physically. By allowing ourselves to experience grief with a healthy balance, we can make the experience of loss a little less painful. Remember that self care is a priority and that the wise person accepts support when it is offered.

Coping with the holidays is a learning process; what works for one may not work for another. Below are suggestions for getting through the holiday season while honoring the memory of your [baby]:

- Be patient and kind with yourself and others.
- Listen to your feelings and lower self-expectations.
- Do not place extra commitments on yourself.
- Inform others of your needs and recognize that it is okay to make changes.
- Plan your day and keep it simple.
- Share holiday tasks, including family dinner responsibilities.
- Create a memory tree, shadow box, or wall collage with items that symbolize your [baby].
- Give yourself permission to skip holiday cards this year.
- Light a candle, purchase an ornament, or hang a stocking in memory of your [baby].
- Instead of gift giving, you may want to purchase a lasting memorial or donate to [a] charity.

Write a poem, meditate, or pray. This year give yourself the gift of time, patience, love, and understanding. Observe the holidays in a way that is comfortable for you and acknowledge that there is no right or wrong way to grieve. Maintaining hope during your grief journey will help you adjust, as you incorporate the loss of your [baby] into your life, at your own pace.

By: Nicole Doroszczuk & Michelle LeVine
Life Transitions Center, Inc.

18th Annual Walk to Remember

Nets approximately $26,500.00

More than 850 people attended the WNYPBN's 18th Annual Memorial Walk at the Cheektowaga Town Park on Sunday Oct. 10, 2010. Bereaved parents, families, friends, coworkers and healthcare providers walked together on this beautiful, sunny fall day to remember babies whose lives had touched theirs. Though this walk is free to participate, the majority of attendees this year chose to fundraise in support of WNYPBN's mission. Many donated hundreds of dollars they collected in pledges simply because they wanted to help support the important programs of the WNYPBN.

$50.00 and over sponsors:
Wickett Family
Teal Family
Latacki-Baker Family
Bahu Family
Young Family

$100.00 and over
Sanchez Family
Withey Family
Curr Family
Anthony Family
Kim Family
Mis Family
Brown Family
Jordan Family
Reeson Family
Bockhahn Family
Fingeret Family
Pirrone Family
Jehrio Family
Kaufmann Family
Beiting Family
Wolff Family
Bockner Family
Arena Family
Kilner Family
Zorn Family
Jerebko Family
Scott Family

$200.00 and over
Guthrie Family
Schrlau Family
Reyda Family
Weiskerger Family
Seifert Family
Browne Family
Opoka Family
Ficorilli Family
Cole/Jehrio Family

$300.00 and over
Peters Family
Bukowski Family
Anderson Family

$400.00 and over
Piorkowski Family
Malloy Family

$500.00 and over
Swygert Family
Burgess Family
Swain Family
Frankowski Family
Tomaszewski Family

The 18th Annual Walk to Remember could not have achieved its goal of $25,000 this year if it weren't for the generosity of these corporate sponsors. Please give these associations your support as a "thank you" for their generosity!

Angel Sponsors:

The Hyde Foundation

The Joan & Peter Andrews Foundation

Dove Sponsor:

The Village Veterinary Clinic of Hamburg

Butterfly Sponsors:

Sisters of Charity Hospital

Women's & Children's Hospital of Buffalo

Heart Sponsors:

Michelle and Tom Bukowski
Niagara Tying Service, Inc.
Curbell, Inc.
Caring Arms Support Circle at Millard Fillmore Suburban Hospital
Evans Bank
Mercy Hospital Foundation
Professional Turf Services Inc/ Value Turf LLC
Rich Products Corporation
Thomas T. Edwards Funeral Home

Supporting Sponsors:

Uniland Development Company
Elaine's Flower Shoppe
ENSURE-A-SEAL
Footprints on the Heart Support Group
Hudson Transition Partners
Lancaster Dental Associates, PC
The Notable Corporation
Williamsville Pediatric Center
Pietszak Funeral Home
Nancy Weil
DJ Tim Mott

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

Programs covers printed courtesy of
Kevin Knab Graphics

Sound System & Music courtesy of
Tim & Beth Mott
Abby Unger
Billy Elson

Signs printed courtesy of
Hale Expo Services, Inc.

Flowers courtesy of
Elaine's Flower Shoppe

Family Picnic courtesy of
Frontier Catering

Raffle package courtesy of
Hyatt Regency
Buffalo Chop House
Cavalier Wine & Spirits

Snacks and Drink Courtesy of
Wendy's
Tops Markets, LLC
Frito Lay

Popcorn Machine courtesy of
Bouncing on Air

Kids' Zone Prizes courtesy of
Footprints on the Heart Support Group

Photography courtesy of
Jeffery Noto

Volunteer Groups
Walgreen's There is a way… to Lend a Hand
Cheektowaga YES
West Seneca YES

Dear Christine and friends,

Thank you so very much for all of your hard work in putting together The WALK TO REMEMBER this year. It was such a beautiful day and we just loved it. We felt so much support and love and compassion for and from all of the families that surrounded us. There was an unspoken love and understanding there. There was safety to grieve our babies and to justify them as important "people" in our lives who touched us forevermore. We did not have to apologize for our tears or hide them. We did not have to hide our photographs or keepsakes for fear of offending someone.

Our children saw the love and support around them, too. Their feelings of loss and grief were validated. Their love for their lost brother validated. They saw this as a way to celebrate and remember a very special baby brother. It was just what our family needed to continue on the healing journey.

This March 31st will be 3 years since Dylan came into our family and left us. I have felt funny sharing this anniversary with anyone except my husband, children and a best friend because of the strange way so many in my family have acted. This year, after seeing all of the good your organization is doing, I have decided that I will send out a letter to everyone of my family and friends to acknowledge his birthday and to ask for financial donations for your organization in lieu of the birthday gifts they would have otherwise been getting our little boy had he lived. I want other families to be able to continue to feel the support that we felt at the Walk.

Thank you from
the bottom of my heart,

Amy, Chris, Madalyn, Elizabeth &
Christopher Teal Jr.

Loving family of
Dylan Joseph Teal 3-31-08

"I Don't Know What To Say"

By: Ken Kopper

In October of 2008, I met an amazing woman. I found out soon enough via a self help writing group that this woman felt the unimaginable loss of a life growing inside her only to have that life enter the world without a single breath. As this extremely brave woman read that poem about her stillborn son, there was not a dry eye in the room. Speaking for myself, my heart broke and I knew I could never bear such a heavy cross.

Over the next few months, I became very close to this woman. She became (and still is) the very best friend I ever had... and, to be certain, the best I will ever have. One warm afternoon, I received a call from this woman, who was calling from the cemetery where her son is buried. Between heavy sobs, she asked if she could come visit me. Without even the slightest hint of hesitation, I said, "yes."

She came over and we sat in my backyard under the shade of a tree in view of a few blooming flowers. I cradled her in my arms, with my chest as a pillow to cry on. She asked questions such as, "Why would a loving God take my son when there are so many neglectful mothers that have more than one child living with them?"

She asked if there even was a god. Questions I tried to answer, but all of the answers were cliché and yet nonetheless heartfelt. I decided to say "I don't know." I also knew right then and there I would never have all the answers or even one single answer that would be as compassionate as an ear and a shoulder to cry on.

Take this advice not only from me but from that very same friend, that saying things like "You can try again" or "God needed another angel" isn't helpful. Although they seem like comforting words, it may be best just to embrace the grieving mother, let her cry. If you feel the need to pray, you need not say the prayer out loud, it will be heard. It doesn't matter if you are a man or even a woman, all you need in times like this are empathy, compassion, and maybe open arms... because actions speak louder than words.

Dedicated to Heidi Lynn Brown, mother of Lucas M. Brown (12/30/05)

My Grief Journey

This year my husband and I have experienced two losses. I found out I miscarried my first child, Riley, on Feb. 11, 2010. I then found out I miscarried my second child, Peyton, on August 19, 2010. I had lost both of my children in a little over 6 months. My husband and I were devastated. We were at a total and complete loss as to why this was happening, why this was our lives. Why us?

Of course I have no magical answers for you, I never will. I have a lot of faith. I believe that is the only reason I have survived this horrendous year. I believe the clichés that "everything happens for a reason" and "our babies are in heaven," but contrary to popular belief it does not make me feel better. While I believe those things and while I am at peace that Riley and Peyton are together in heaven and will never feel pain, I am not "happy" about this. I have met some absolutely fabulous women in the BLM (baby loss momma) blogging community, but (as many of us have admitted) if given the choice we would want our babies. If we could, we would choose to have our babies back and never have met each other… never have gone on this grief journey. We would choose to stay naive, thinking we would never lose a child, because things like that don't happen to us they happen to "other people." I joined the other people. I joined the statistic. I have now lost both my children. Do we know why? No. Will we ever? Maybe not on Earth. Have I given up hope? NOT A CHANCE!

Continued on page 10

"Forget-You-Not"s

In Loving Memory of:

Michael Anthony Anderson April 5, 2005
Happy Thanksgiving! Missing you always!
Mommy, Daddy & Mia.
Nana and Papa love and miss their baby boy! Love & Kisses!!
Parents: Michael & Kelly Anderson

Ashton Alexander Anthony April 18, 2010

We miss you and love you.
Parents: Julie & Richard Anthony

Binah Qureshi Bongiovanni September 22, 2006
An angel too soon. Grandma wishes she could have held you.
Parents: Joseph Bongiovanni & Sarafina Qureshi

Angel Baby January 1969
I am so sorry! Love always, mom

Lucas M. Brown December 30, 2005

Missing you on your 5th birthday. I love you! Mommy
Parent: Heidi Lynn Brown

Ryan Brown June 3, 2009
Jordan Brown September 12, 2009
You will always be our babies and we will always love and miss you.
Love Mommy and Daddy
Parents: Shannon & Kevin Brown

Gavin Joseph Buckner September 15, 2009

It's been a year since you came into our lives and we will miss you so much. WE love you, Mommy, Daddy & Zack
Parents: Amy & Ryan Buckner

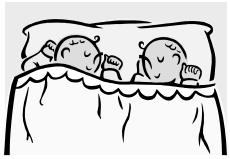
Grace Curr November 2, 2004
Jack Matthew Curr October 6, 2005
Parents: Noreen & John Curr

Alyssa Suzanne Burgess September 19, 2010
We never got to hear you cry
We never saw your beautiful eyes
We never touched your soft skin
We never saw your feet kick
But you are OUR angel
And you will forever be missed.
We love you baby girl, Daddy, Mommy and big brother Dominic xoxo
Parents: Michele & Jeremy Burgess

Amelia Temperance Emich April 15, 2010

Mommy and Daddy love you so much! We will always have a special place in our hearts for you. We miss you.
Parents: Victor & Heather Quirk

Clyde Charles Ficorilli July 12, 2010
Michael David Ficorilli
We will always love you! Love, Mommy, Daddy, Keegan, Emerie and Bianca
Parents: Ryan & Tracy Ficorilli



Lily Faith Giancola May 16, 2009

You are always in our thoughts and in our hearts. We love you and we miss you. Love, Mommy, Daddy & Eva
Parents: David & Lauren Giancola

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

Caleb Daniel Jordan Mar 23, 2009-Apr 2, 2009

Mommy misses you so much. Not a day goes by that I don't think of you. You will always and forever be in our hearts. Love, Mom
Not a day goes by that we do not think of you. Forever loved – Forever Remembered. God Blessed us with you for a short time.
Parent: Nicole Jordan

Ian Karnuth March 30, 2004
You are always in our hearts
Parents: Juantia Barbiarz & Gary Karnuth

"Forget-You-Not"s

In Loving Memory of:

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

Riley Malloy February 11, 2010
Peyton Malloy August 19, 2010

Mommy and Daddy love you some much sweet angels! We think of you every day and not a minute goes by that we don't wish you were still here with us! Love each other and hug each other until we are there to join you!
Parents: Jessica & Nathan Malloy

Nicholas Shane Morgan January 28-30, 1997

You are always in our hearts, Nicholas. We love and miss you so much. Love, Mom, Dad, Casey, Chloe & Noah
Parents: Joseph & Michelle Morgan

Amelia Grayce Peters April 2, 2010

Continue to make rainbows, Amelia; your beauty forever shines down. We miss you every day and love you more than you know. Daddy, Mommy and Merek
Parents: Mark & Tammy Peters

Raul Gabino Ramos III January 23-26, 2010

We will always miss you and love you each day of our lives. Love, Mami, Papi, Abuelos, Abuelas & all of your Aunties
Parents: Maisie & Raul Ramos

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

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

Steven Serrano March 16, 2006

Always loved and never forgotten. I love you forever, my angel!
Parent: Lisa Salgot

Nicholas Gaetano Sicignano November 29, 2009

Not a day goes by that you are not thought of, not a day goes by that you are not missed! You will always be remembered. Until the day we can hold you again, spread your wings little angel. We miss you and love you, today, tomorrow and always. Love mommy, daddy, Britney & Samantha
Parents: Richard & Jennifer Sicignano

Judy Clare Smith November 18, 2009

It has been almost one year since you dashed in and out of our lives. We will hold you in our hearts forever. Thank you for watching over us each and every day. Loved and Missed forever, Mommy, Daddy and James XOXO
Parents: Chelsey & James R. Smith Jr.

Kayleigh Renée Swain January 30, 2010

Merry Christmas AND Happy 1st Birthday! What a busy girl you must be with all those presents!
We miss you and you're always on our minds. Sending all our love and a million kisses! Love, Mommy & Daddy
Parents- Tymon & Kathryn Swain

Jacob Swygert May 21-29, 2010

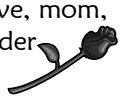
There is not a minute that goes by that mommy & daddy do not think of you. We miss you so much!
Parents: Mary & Rich Swygert

Emery Nicole Tomaszewski April 28, 2010

Mommy & Daddy wish you and your angel baby friends a Happy Thanksgiving and Merry Christmas up in heaven. We miss you so much sweetie.
Parents: Nicole & Mike Tomaszewski

Ariel Withey November 22, 2005
Adam Withey June 9, 2008
Addison Withey October 24, 2008

We love and miss you this year and always. Love, mom, dad, Alissa, Anthony, Amber, Andrew & Alexander
Parents: Chris & Tara Withey



Interested in Submitting a Memorial?
Please email your baby's Forget You Not to:
forgetmenotnewsletter@hotmail.com
Submissions are due by the 15th of the month before the next issue is due out.
Family members and friends are also encouraged to submit: not just parents!

Poetry

Parade to Lucas

Parade of saints lead the way;
my balloon starts to sway-
we walk hand in wing
as I hear the angels sing;
your spirit with me all the way-
all the way.

You don't need to cry
and here's the reason why-
I'm almost by your side;
so just put those tears aside;
put those years aside.
We walk through the snow;
a secret place that few know-
while you rest your head;
in a small cherub bed.

I know your soul is free
high above the Christmas trees.
And halos light my way,
to where your tiny body lay-
but I know you're not far away;
your hearts not there;
your smile is everywhere-
and inside my heart;
mother and child to never part;
never part.

Parade of saints lead the way;
a gold balloon on a snowy day-
and I know I'll be okay;
I'll get to see you again someday,
I'll get to hold you again one day,
this I pray.
This I pray.

By Heidi Lynn Brown
Mother of angel baby Lucas M. Brown
(12-30-05)

To My Baby

To my Baby I have but cannot hold…
I envision you sleeping in my arms;
Where you are tight to my chest,
close to my heart,
And safe from all of life's harms.

To my Baby that I have but cannot see…
I envision your chubby cheeks
and oh-so-cute face,
With Mommy's nose and Daddy's lips,
It's an image I can't erase.

To my Baby I have but cannot hear…
I envision you giggling and cooing,
and crying through your tears.
I know it may be hard to believe,
But it would have been music to my ears!

To my Baby I have but cannot smell…
I envision all your body parts
That I would have sniffed all day long;
Ten little fingers and ten tiny toes;
One pudgy belly, and of course,
that button nose.

To my Baby I have and cannot forget...
I envision us meeting again one day,
High above this Earth
Where I can call you daughter,
And you can call me Mom
Where I can find peace in my heart,
And my life can once again go on.

By Nicole Tomaszewski
In memory of
My Little Baby Girl, Emery Nicole
Born Sleeping on April 28th, 2010

Amelia

They didn't have to say it,
somehow I already knew
This feeling deep inside of me,
had told me you were due.

The feelings of excitement
that flooded over me.
Not able to suppress the smile
that everyone would see.

We had so many plans for you,
a life of joy and peace.
The love we knew we'd give to you
could possibly not cease.

And so we looked impatiently,
toward the day you would arrive.
We wished for health and happiness,
for you to grow and thrive.

Then suddenly; unexpectedly,
our world was turned around.
A problem with your mommy
had somehow just been found.

I didn't want to hear that news,
to me it couldn't be true.
A decision had to be made by us,
they said we might lose you.

I heard her say it was risky,
and then nothing more was said.
I was sobbing uncontrollably,
grave thoughts running through my head.

Going to doctor after doctor,
an answer we did seek.
They told me I was strong,
but all I felt was weak.

Eventually the day did come,
a decision finally made.
After hearing what she had to say,
this was the price we paid.

Nothing could prepare us,
for what we were about to go through.
We'd been praying and hoping for miracles,
all we wanted was simply, you.

The night before, I lay awake,
barely closing my moistened eyes.
Hoping I would wake that morn,
and find it was all just lies.

On our journey to the hospital,
I couldn't stop the tears.
Thinking only of the times you'd miss,
throughout the coming years.

The moments before you left me,
as they walked me down that hall.
I told you that I was sorry,
I had wanted to give you it all.

And just like that they took you,
forever changing our world.
A tremendous amount of emotion,
we found had been unfurled.

They handed us your footprints,
resting there upon that sheet.
Forever for us to gaze upon,
the sight of tiny feet.

Each day that passes by us,
makes me miss you more and more.
We can feel you all around us,
it's your memory we adore.

I remember you in a rainbow,
and the stars that shine at night.
Your spirit carries me forward,
you are my guiding light.

We love you dear Amelia,
and I hope you'll always know.
We didn't want to leave you,
it was hard to let you go.

By: Tammy Peters, May 2010

Poetry

In loving memory

Of our baby Gavin Joseph Buckner
Who would have turned one today...
How handsome he was,
how precious, how small.
Only one day we held him
and that had to be all.
May God please love our baby
and take over from here.
May He enclose him in his arms
and hold our baby so dear.
May He bless him always
and may He bless us, too.
Be with us often and
help us make it through.
We know our baby is safe where he is.
Free from sadness, out of harm.
Some people dream of angels...
We held one in our arms.
We love and miss you
so much Gavin Joseph.
September 15, 2009

By: Amy Buckner

Hearts of Memories

Feast your eyes
on what the Glory Gives You…
Your Babies.
But never give up, it's not your Fault.
You have memories, so be strong.
So never give up!
You're not alone,
your baby is with you.
So come and remember
and never give up.

By Mandy Scott ~ 9 years old
Bereaved Sister of
Jacob Wesley Scott

Emmaus

(For my son)

Blood intermingled with hope
I saw you
I held you
I loved you,
all while hanging off
a mountain of borrowed time

Fury fueling a failing drum,
I didn't want to hold you
for fear of not wanting to let you go

Your brown eyes wanted
to see the world outside their skinny windows
If you had been able
to look at me

Would you have known how
I planned on being the architect of your
juvenile smiles?
Footballs never thrown
Birthday candles
never wished upon
Report cards never disputed
Prom Night never cautioned

You're shining mansion
is a place
I'm not privileged to visit yet
Tell me… are the clouds as soft as they appear
Throughout traces of June?
There has to be an enchanting stream
which deposits into a wide square of comfort

For now, I've disassembled my
strongest telescope
And settled on bribing the bluest stars
in order to get you
A disqualified craftsmen
crying glue-like sadness
This gaze shall once again
behold a seedling
matured in glory
When the street
which appears to be
like gold handles my feet
I will look for you
Oh how I desperately awaiting eternity

Blood intermingled with hope
I saw you
I held you
I love you.

By LaGuan Rodgers
Bereaved Father of Emmaus Rodgers

Flowers Wilt

Flowers wilt
Leaves fall
Rainbows fade
But through all times and seasons,
Love lives forever

Mountains tumble
Stars collide
The earth quakes
The only constant in my life is
Love lives forever

Hearts break
Tears stream
I can only hold you
In my dreams
But love lives forever

Day by day I yearn for you
My baby in heaven so far away
My heart is broken
My dreams are crushed
But my love for you lives forever.

By: Sarah Noonan
Bereaved Aunt of Benjamin Thomas &
Franklin Swedene

Kids' Stuff

We've recently added a few features to the Newsletter that we are hoping you all appreciate reading. The Network News section lets people know what the WNYPBN actually does with the monies we work hard to earn. Fran's Corner gives a little insight from our dear Bereavement Coordinator, L&D nurse, counselor and friend, Fran Kane. We were thinking about adding another feature, if we can get the support from our readers. I'd like to call this feature, "Kids' Stuff."

Children are effected by perinatal loss, whether the loss happened before or after they were born. They must work through their grief, the same as the rest of us. We'd like to publish pictures, poems, stories, etc. that were drawn/written by your bereaved children. So that the kids can know that they, too, are not alone.

If your child has drawn or written something they would like to share, please send it to the submissions address listed above. I will treat each piece carefully and will return it to you as soon as possible. If you have the means and can scan the work, please send it to: forgetmenotnewsletter@hotmail.com Thank you and let's start another new feature!

Dawn Both-Kim

My grief journey—Continued

Losing Riley & Peyton has made me a very strong woman. This is not to say I would have ever considered myself "weak," but I never would have imagined I could survive losing a child, let alone two. I have always been emotional. I would most likely cry at any wedding or funeral whether I know anyone there or not. If I did not have faith in God, I honestly think I would be half gone by now: off my rocker with a step towards the crazy house. I thank God every day that I am alive. That we can try again and we pray that we will have brothers and sisters for Riley & Peyton here on Earth… little ones that we can raise and tell them about their angel siblings in heaven.

I have found a HUGE comfort in my faith but also in the wonderful women that have blogs (as I do) and write about their grief, their journey through losing their child (or children). They have been a blessing through this difficult time. I hope that my blog has helped others who have lost a child the way these ladies' blogs have helped me and continue to help me.

Through these blogs, I learned many things. One of which is that October is pregnancy and infant loss awareness month. I never knew that before. Miscarriage, stillbirth, infant loss.... talking about losing a child is very taboo in our society. People don't want to talk about it and some think that it is not that big of a deal. They could not be more wrong. But I think all of us that have lost a child would agree that those who have been through it can understand it a bit more than those who have not.

The blog community of women I have become a part of is amazing! The 18th annual Walk to Remember was also amazing... and of course as all things baby loss-related was very sad. It was sad to see so many people in my tiny corner of the world that all lost a child, in some cases many more than one child. It was an amazing experience filled with many tears. It made me realize we are not alone. Even in our corner of the world, many are affected by this tragedy. I'm sure we all never would have thought this would be our lives... but it is. I sat there before the Walk watching many people with their children and thought "I hope I have children that walk on this Earth one day". When we did the Walk, we stopped at our sign for Riley & Peyton and decorated it. When we finished and continued the Walk, I looked at all the signs. Some contained many names, some had one name. But one loss is no less sad than any other amount. However, I found myself saying "Lord, I pray the names on our sign don't increase in the coming years. Please say that won't be us." But of course, I have no way of knowing my future. No way of knowing how my journey will continue… how it will one day end. Thus is life.

I took many, many pictures and came home and made a digital scrapbook for my blog. I am proud that we did the walk in memory of our only two children: Forever in Heaven. I pray that one day we will take our living children to the Walk and they can write messages to Riley & Peyton and tell them how much they love them. Explain to them they have two siblings that they will meet one day in heaven.

If you are interested, I create custom pictures for those who have lost a child on my blog called Heaven's Doves. There is a form to fill out on the site. Once you do, I try to create the photo as quickly as possible for you to save on your computer, add to your face book, whatever you would like to do. It will be emailed to you and posted in my dove gallery on my blog. This is completely free of charge. I just know those who have lost a child love to see their baby's names as I do. This is just to bring a bit of peace to you if even for a moment. The site is www.heavensdoves.blogspot.com. On there you can also see links to my other blogs including my personal one. I wish you all peace on this journey and I pray that we all carry on the memory of our babies our entire lives.

By: Jessica Malloy

WNYPBN WishList

The WNYPBN is in need of your help. As you know, we are beginning the work to become an independent, tax-exempt organization. Many of the supplies that we take for granted will need to be purchased from now on. Therefore, we are asking our Network of bereaved parents if they can help us out with our supplies.

We are in need of the following:

- Reams of paper (standard copier weight/printer paper)
- Printer ink (black: HP98, color: HP95)
- Envelops (business size and invitation size)
- Stamps (Postage!!)
- White and Off-White card stock paper (various weight)
- Thank You Cards
- Folders (file and hanging)

We also help supply volunteers who create items for memory boxes, blankets and gowns for the hospitals. Helpful items would include: White fabric, Lace, Ribbon, Buttons, White Thread. Paints, unfinished cardboard boxes (all sizes)

If you are able to supply some or any of these items, please contact Christine Scott at 836-6460 ext. 117 or **cscott@palliativecare.org** to organize a time when you can drop off the donations at Life Transitions Center. Since this is a charitable donation, we would be happy to oblige you with a letter of thanks for tax purposes.

Dawn Both-Kim

Safe Arrivals

David and Lauren Giancola are proud to announce the arrival of **Eva Grace Giancola** on July 27, 2010. She was 7 lbs 8 oz and 20 1/2 inches long. The family will always remember Lily Faith, born on May 16, 2009.

Logan Matthew Seymour was born to Kelly Chciuk and Flip Seymour on May 24, 2010. Logan was 6 lbs 15 oz and 21 inches long. The family will tell Logan all about his big sister in heaven, Kassie Marie Chciuk (June 8, 1997).

Interested in Submitting a Safe Arrival?

Please email your new baby's name, weight, length as well as their heavenly sibling information to:

forgetmenotnewsletter@hotmail.com

Submissions are due by the 15th of the month before the next issue is due out.

The WNYPBN has an electronic version of the Department of Health's application for a copy of Fetal Death Record. For some of us, this is our only legal proof of our baby's existence.

To obtain this form, please email **forgetmenotnewsletter@hotmail.com** or contact Christine Scott at 836-6460 ext. 117.

The form is short: one page. All that is needed for submission to the Dept of Health is a copy of the mother's driver's license or non-driver ID along with the form.

By: Dawn Both-Kim

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 Montclaire Ln.
Orchard Park, NY 14127

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
Stillbirth and early infant death.
Call for further details.
When: 4th Thursday @ 7:00 p.m.
Life Transitions Center
150 Bennett Rd.,
Cheektowaga
Contact:
Fran Kane, 862-1678

Footprints on the Heart

Heart to Heart
Early loss, miscarriage and ectopic pregnancy
Call for further details
When: 1st Thursday @ 5:30 p.m.
M. Steven Piver Center, Suite 100
Sisters Hospital, Seton Bldg
2157 Main St, Buffalo
Contact:
Fran Kane, 862-1678

Hopeful Hearts/Subsequent Pregnancy
Support for pregnancy after a perinatal loss
Call for further details
When: 2nd Thursday @ 5:30 p.m.
M. Steven Piver Center, Suite 100
Sisters Hospital, Seton Bldg
2157 Main St, Buffalo
Contact:
Fran Kane, 862-1678

Parent-Telephone Support Team (PTST)
Speak with another bereaved parent who has endured what you have endured.
Contact:
Lisa Jerebko, 474-1024

SIDS Family Support Group
SIDS and Infant Death
Joan A. Male Family Support Center
60 Dingens St., Buffalo
Contact:
Jan Walkden, 822-0919

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
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: 2nd Wednesday of each month
7:00 pm
Life Transitions Center
150 Bennett Rd
Cheektowaga
Free—please call to register
Contact:
Christine Scott, 836-6460 ext 117

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

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

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

Email: **forgetmenotnewsletter@hotmail.com** Subject: mailing list

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

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Contact ***Twenty First Century Press*** *for all your printing needs: (716) 835-5907*
523 Cornwall Ave., Buffalo, NY 14215

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Life Transitions Center
150 Bennett Road
Cheektowaga, NY 14227

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