



# Forget-Me-Not



Volume VIII, Issue I

February 2011—May 2011

**This newsletter is sponsored by:  
The WNY Perinatal Bereavement Network, Inc.**

Member Organizations

- Brooks Memorial Hospital
- Buffalo Prenatal/Perinatal Network
- Catholic Health System
- Mercy Hospital
- Sisters of Charity Hospital
- The Center for Hospice & Palliative Care
- Kaleida Health
- Women & Children's Hospital of Buffalo
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- Life Transitions Center, Inc.
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- Niagara Falls Memorial Hospital
- NYS Center for S.I.D.S.
- United Memorial Medical Center
- Wyoming County Community Health System

## From Our Heart To Yours

### Save the Dates!

**“Evening to Remember” Basket Raffle**  
Saturday, April 9, 2011 - 7:30—11:30 PM  
St. Gabriel's Parish Hall, Lancaster / Elma

**2<sup>nd</sup> Annual “Wings of Love” Parent's Day Breakfast**  
Saturday, May 7, 2011 - 10:00 AM  
Brierwood Country Club, Hamburg

I hope the new year has found you and your family well and safe!

So, you're sitting home watching a Lifetime exclusive movie about a homeless woman who is pregnant. She goes to the hospital to give birth to a stillborn child. She feels relieved that she doesn't have the burden of care of an infant... but she also feels grief and sorrow, as well as that self-loathing that goes along with, “what did I do wrong that my baby died?” We all know that feeling. She panics and leaves the hospital before any paperwork can be signed to allow for the cremation or burial of the baby.

Years later, she has a job and a husband and realizes that she wants to know what happened to her stillborn child from years ago. The hospital

sends her to the cemetery. The people at the cemetery point to a large plot and tell her the baby was buried in an unmarked grave, “somewhere in this area.”

It is because of these experiences that the WNY PBN began and continues to evolve to support programs like the Wings of Love Memorial Fund. We collaborate with the area hospitals in our eight counties to make sure every baby has the opportunity to have a marked headstone at their gravesite. Please know the Network is here to support families that feel they don't have any burial options. All donations and monies raised go to help support this endeavor and all of the other programs that the Network provides.

Peace.

### WNYPBN Board of Directors

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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.



# Network News



From the desk of Christine Scott  
WNYPBN Director



Bereaved Mother of Jacob Wesley Scott—May 27, 2000

I would like to wish you and your family a peaceful New Year, as you continue your journey toward healing your hearts. The Network has been undergoing some necessary changes as we continue to grow and work on obtaining our independent 501c3 status. This independence will allow us to provide much needed services, programs, and education to all collaborating professionals and bereaved parents within our eight counties of Western New York. I am so grateful for the continued support and hard work of our newly formed Board, Program Service Committee and our dedicated volunteers. As a team, we will continue to work very hard to support all of you.

The Parent Telephone Support Team (PTST) has been going through some modifications and is up and running. We will link bereaved parents to another trained bereaved parent with a similar gestational loss. These parents will make phone calls that will provide a listening ear and compassionate support. Please contact us if you would appreciate a call.

I will continue my journey throughout the southern tier and northern counties providing education and the necessary tools needed to assist bereaved families to the hospital bereavement programs, health departments, funeral homes, etc. Our Program Services Committee has updated and finished our Interhospital Be-

reavement Program Packets that will be delivered to our hospital-based bereavement programs.

I am very excited to launch our new website: [www.wnypbn.org](http://www.wnypbn.org) which will provide event information, education, support, resources, lists of provided services and programs etc. This should be up and running in mid-February.

Our first event of the year will be An Evening to Remember Basket Raffle. Please see the article and event information on page 3 or at our webpage, [www.aneveningtoremember.net](http://www.aneveningtoremember.net).

We decided to make the Parent's Day Breakfast, which is held on the Saturday before Mother's Day, an annual event since it helped so many last year. Moms and dads can be recognized as Parents, even though their baby isn't here on earth. Invitations to this memorial breakfast will be mailed out in March. Also, please stay tuned for news on an adult summer event. It will be a celebration that our babies do live forever in our hearts and we can celebrate their life with other bereaved parents in a relaxed atmosphere. Our biggest event, the 19<sup>th</sup> Annual Walk to Remember will again take place in October. If anyone would like to join the planning committee for any of these events please email me at [cscott@palliativecare.org](mailto:cscott@palliativecare.org). One bereaved mom said, "Volunteering on a committee made of fellow bereaved parents

has been a very necessary step in my lifetime healing journey."

The Wings of Love program continues to provide financial support to parents in their time of tragedy. To date, we have assisted over 100 families and provided over \$16,000 in financial support. We wouldn't be able to have helped so many without our generous community donating to such a needed cause. If you know of any company that would like to host/sponsor a "Dress Down Day" in 2011 to support the Wings of Love Memorial Fund / WNYPBN please contact me. The Wings of Love Memorial Cookbook turned out beautiful and I want to thank all of you for your recipes and memorial tributes to your angels. There are still Cookbooks available for \$15.00 each, please contact me if you are interested in purchasing a copy (ies).

Please remember the Network and many of our collaborating partners, Children's Hospital, MFS Hospital, and Sisters Hospital provide Parent Support Groups and are here for you. The support groups are listed on page 10 of this newsletter. If you need assistance, please call us at 836-6460 ext. 117 and we will link you up with a service that will work for you. As the continued need for support grows in our community, so will we. Wishing you a year filled with Peace & Joy.

Sincerely,

*Christine*

## Evening to Remember Basket Raffle

Will be held on  
**April 9, 2011**

### St. Gabriel's Parish Hall

5271 Clinton St. in  
Lancaster / Elma  
Just off the 400—Transit Rd exit  
Park in the side lot

**7:30 PM until 11:30 PM**

**Admission: \$7/person  
or \$10/couple**



The Western New York Perinatal Bereavement Network (WNYPBN) is hosting their annual Basket Raffle fundraiser in April. The WNYPBN is an organization that provides educational support, community programs and referral services to bereaved parents. All proceeds from this event will benefit the programs of the WNYPBN, especially the Wings of Love Memorial Fund which provides up to \$350 in monetary support to eligible families for burial costs.

Everyone is invited for a fun and exciting evening to get together with other bereaved parents. Previous years' basket raffles displayed over 150 baskets for raffle. The past few years brought us an Elite Raffle with packages valued at over \$200, and will be repeated this year! There will be a cash bar with beer and wine service, free pop and coffee, and minimal snacks provided by those in attendance. **Please feel free to bring snacks for your table!**

Invitations for this event will be sent along soon. Inside, you will

be given five raffle tickets to sell. The prizes for the raffle are cash: \$500, \$200, and two prizes of \$150! The raffle tickets are \$5 each and all proceeds will go towards the continuing mission of the WNYPBN. You can return the sold ticket stubs with a check made payable to **WNYPBN** to Christine Scott at Life Transitions Center, 150 Bennett Road, Cheektowaga, NY 14227, or bring them with you to the Basket Raffle on April 9th. Prizes will be drawn that night, but you need not be present to win!

If you have any questions or would like to donate a basket in memory of a baby who has died through miscarriage, ectopic pregnancy, stillbirth or early infant death, please contact the event Chair, Cyndee Fahey at 361-9330 or at [Octobersangl@aol.com](mailto:Octobersangl@aol.com). Also, check out our webpage for this event at:

**[www.AnEveningtoRemember.net](http://www.AnEveningtoRemember.net)**

Please join us for another great evening! The Evening to Remember Basket Raffle is an **ADULT ONLY EVENT**.



## WNYPBN Needs You!

If you would like to volunteer at any WNYPBN event, please contact us at 836-6460 ext. 117 or [cscott@palliativecare.org](mailto:cscott@palliativecare.org)



### WNYPBN Receives Gift from Girl Scouts

Troop 1912 selected the WNYPBN as their "Gift of Caring Program" Recipient for the 2010 Cookie Sale. The Junior Girl Scouts of Lancaster Troop 1912 donated 25 boxes of Girl Scout cookies to our program. During their sales, the girls asked buyers if they would like to purchase cookies to be donated to our organization. The cookies will be used at our annual "Wings of Love" Parent's Day Breakfast. A big thank you to the entire troop for their hard work and the ongoing service they provide in our community. The Girl Scouts foster courage, confidence and character in the young ladies that take part, and try to help make the world a better place!



## **When you tell your story, you share your child's memory**

*By Heidi L. Brown, mother of angel baby Lucas 12/30/05*

I am 36 and yet a small receiving blanket lay in my queen size bed, under a small pile of pillows: hidden throughout the day and under my head at night. First it is looped through my arms and held on to tightly... and holding this blanket has been a nightly ritual for 4 years, 7 months and 6 days.

The blanket, though 4 yrs old, has only been washed twice, maybe three times I believe. It has faded from medium light blue to just light blue. It has a small red helicopter embroidered in the lower left corner. It was an "early" Christmas gift from my sister's son, age 4, for my own son whose gestation was nearly 21 weeks. This blanket would probably have been my son's best friend: the type that accompanied him to the breakfast table or curled up with him in front of the TV until he was five years old. If he was like me, it would have been until closer to nine years old. It would become an important memory for him. It would be part of the roof in the living room fort, his security, friend and confidant. If my son had woken up... which, he never did. He never received this blanket.

I went to the doctor for the pain and was told that at 20 weeks and 6 days, the pain was only my tiny baby growing inside of me. I could barely walk, but got to hear the reassuring heartbeat. But after all the doctors and weekly home visits from a pre-natal/ social worker, my son was ready to come into this world. He would not come kicking and screaming, however... THAT would be left to me.

By late morning, I was sure something was truly wrong. I had been up all night with my son kicking inside me with his one inch feet,

something he'd done for weeks usually around 1:30 AM. But after 7 AM, I passed out for a few hours. Apparently, he stopped kicking me long enough for me to sleep, because he himself had gone to sleep. Before noon, I was taken by ambulance to the hospital. My water broke and my dreams shattered.

The EMT didn't confirm my son's loss of vitals, although babies at 21 weeks can't survive without fluids. Maybe it's protocol not to tell. But it also wasn't a guarantee that my son was gone until we would get to a hospital and to a fetal monitor. But I knew as I lay flat on my back on the stretcher, before the ambulance doors closed, and I saw the gray sky. Something that felt like the flutter of angel wings shuttered through me gently. I knew. It was over, yet, something else was about to begin.

As the ambulance drove away, I must have gone into a state of shock. I talked about how this was my first ride in an ambulance. How it was very small inside, blah, blah... anything but what was really going on. Strangely enough, the pain I had been in for several days was suddenly and completely gone. Later, I would read how this was my way of dealing with the situation: by going into a state of shock to protect myself, my mind and my emotions.

In NY state if your child is born at 10.5 ounces (300 g) or 20 weeks you are responsible for "the remains." My son was 10 ounces, but 21 weeks. There were decisions to be made and very little time for considerations. I decided to have my son cremated, against what I thought would be best for myself... due to the fact that cremation can be as little as twenty-five dollars and sometimes even free. I supposed his ashes would sit on a shelf, only to haunt me the

rest of my days. But my family stepped up and told me if I wanted a funeral they would make the arrangements and cover the finances. I would be responsible for my son's memorial stone when I could afford one... someday... I hoped.

In my religion, babies are not baptized. We leave that as an individual decision for later in life: a personal decision. After all, wouldn't all babies just go to heaven? But having very little to do with a tiny infant who doesn't cry, thirst or need anything, I did decide to have my son baptized. Baptized for no other reason than to symbolize my love and my need to do something for my child, who now only needed to be buried and always remembered. A Chaplin from the hospital gave a non-denominational ceremony. I was present and a nurse witnessed. It was very still in the room: the Lord's Prayer drowning out my sobs.

That night, Lucas lay in my arms as I finally slept. My parents came in the morning. I asked my father to get a disposable camera from the gift shop on their way up in the elevator. I had been given a thick 3 ring binder of information and suggestions on what to do with your dead baby. "How to memorialize your baby" is how they put it. But no matter how I looked at it, my child was dead. Eventually, I would have to leave the hospital without him. My arms only carrying small mementos like his christening gown, photos and a gold ring: things the hospital collected for moments like these.

I was fortunate to have had the strength to take photos of my son. My parents held Lucas. I thought my photos of him came out better than the hospital photos. He looked dead in their "baby's first" Polaroids. In my photos, he looked like he was only sleeping. But then, I see him differently than

others. I see him through a mother's eyes. He wasn't a slightly deformed premature infant but a perfect child. My brother and his wife stopped by. I think I made it clear that I wouldn't be offended if they didn't want to see my son. They didn't. I understand... and it's okay. I let him stay sleeping, his face hidden under a tiny blanket for the duration of the visit.

While I slept the night before, I'd covered my baby's face with a blanket. I didn't know what was appropriate. After all, he was dead. I was afraid for his physical preservation. In the morning, he looked different. The blanket left an imprint. I knew I'd have to give him up soon. I was afraid he'd fall apart. I told my sister that at a later date, and she whispered, "yea, probably eventually he would." She said it with such compassion and love. Her support was appropriate and appreciated. It still is.

The last nurse I saw that day took off my son's christening gown and allowed me to keep it. I was told that elderly ladies hand made these baby gowns in all sizes. Later, I would buy a doll to wear it: collecting dust on a shelf full of other reminders of that day because the fact that my womb was nothing more than an empty grave wasn't always enough.

I did want the white teddy bear the hospital gave me to go in his casket but my family thought that later I may want to keep it for myself: something to hold I suppose. So I kept it. I also wanted to see my child one last time at the graveside funeral. My family didn't think that was a good idea. I still regret that decision. My son had an autopsy. Perhaps their insistence spared me. They told me that he was "ready to go." I guess some days even I agree with them. Maybe it is better I remember

holding him up to the hospital room window to "show" him the sky and the snowy rooftops of nearby houses rather than letting the drizzling rain in the cemetery wash over his closed eyes.

I had seen the baby shows on television. Seeing all the healthy live babies born to proud parents... some with close calls... but all eventually went home to a new exciting world. Babies ready to take their first breath... the first of many. These shows had a very special commonality: every time a baby was born, someone would declare "Happy Birthday!" No one said that to my son. I doubt anyone even dared think it.

Finally, after nearly four hours of lying in the hospital, waiting for a doctor to "free up" to help me deliver my son, the words I heard were "It's a boy." Before I passed out I replied, "I know: Lucas."

Oddly enough, I had chosen his name the day before; the name means "bringer of light." That's what Lucas did. I was no longer in the dark. I knew what it meant to love... truly. And the light shines still, though most days I walk in the dark... lonely, but not alone.

Babies die. Children die. We all die. The worst part is that we can't stop it. The pain that comes with it is in more abundant than we could ever dream... and that dream is a real nightmare. The only difference is you never wake up. A lot like my son.

The tiny "cherub" bed (the small doll-like casket) was lowered into the earth, with blue tipped white carnations and white roses. I remember saying to my mother and sister that no one had said "Happy Birthday" when my baby was born. We said it then. Every time I think of saying it again, it somehow feels worse, knowing that those words were once attached to my expectations of an actual happy

birthday: a day to brag about, photograph and talk about for years to come. Now the day is only spoken of in counseling or hushed asides on anniversaries. It was just a horrible memory. Happy Birthday is not so much a song or declaration as it is words that haunt me. I'm not really clear on how life will be down the road. Although at the very end, I'm pretty sure I'll be reunited with Lucas. Maybe when I get to heaven, I'll hear "Happy Birthday!" again... my new life with an old love.

So many times I think that this experience was not mine but perhaps a movie or something I read in a book. For over 2 years, I would go to the cemetery and stare at the grass, wondering if my child was even really in the ground. I wondered if he had existed. I wanted him to be on earth, or at least, have something with his name on it. I wanted someone to say his name or read his name and remember him. Thanks to Wings of Love, I was finally able to pay off the memorial stone I had designed for my precious child. I no longer have to wonder where my child is. I have a place to go. I know I can love and talk to my child anywhere I am in the world, but to actually have a tangible memorial... to see my son's name... has helped me to come to terms with the reality that this all did happen and is still happening to me.

I'm not emotionally able to visit the grave very often, and I had to tell myself that that's okay. There's no right or wrong, no limit to times or occasions that I visit, because my son is in my heart. He was so little when he received HIS wings of love. But the important fact is, he was here and is loved. He was alive, inside me. He has a name. I will never stop saying or reading it... below the treetops and above the clouds... and in my heart. My child's name is Lucas.



# "Forget-You-Not"s

*In Loving Memory of:*



**Michael Anthony Anderson** April 5, 2005



We love and miss you!! Love, Mommy,  
Daddy & Mia

Parents: Michael & Kelly Anderson

**Dominic James Arena** December 13, 2009

You will never be forgotten and  
we will always hold a special place  
for you in our hearts! Love always,  
your family.

Parents: Pete & Kathy Arena



**Lucas M. Brown** December 30, 2005

December's Child; snow babies cannot stay on this  
earth forever; they never sleep in the cold—but  
wake with the SON of God.

Mommy loves you!

Parent: Heidi Lynn Brown



**Christopher Micheal Browne Jr.** Feb 20, 2010



Happy 1st Birthday to our Angel in  
Heaven. Mommy and Daddy love you  
and miss you more as each day passes.

Parents: Christopher and Melissa Browne

Born Sleeping

**Nadiyah Carrion** July 9th 2010



Mommy and Daddy miss you and love you  
so very much! There's not one day that  
passes that we do not think about you.

Love mommy

Parents: Rebecca Mancini & Ramon Carrion

**Hunter Charles Delude** April 4th 2008

Happy third Birthday Hunter!

Mommy and daddy love you.

Parents: Susan Woodin & Daniel Delude



**Shayla Dziewa** December 10, 2008

**Haley Dziewa**

**Joseph Dziewa**

Parents: Danielle & Joe Dziewa



**Madison Leigh Frankowski** August 7, 2010



Maddie, not a day goes by that we do not  
think about you. We love and miss you so  
very much. You are forever in our heart.

All of our love!

**Baby Frankowski** December 2010

We never knew you

Parents: Candace & Andy Frankowski



**Brooke Marie Helper** December 7, 2010



I met your grandma, and she already  
misses you so much! Look after your  
family, especially your big sister, Ella. —  
DBK

Parents: Patrick & Lauren Helper

**Gracie Caroline Howard** March 11, 2010

There aren't words to describe  
how much we love you and miss  
you. We will always carry you in  
our hearts and memories. On  
your birthday, we will be think-  
ing of you in a very special way.  
We love you, "Little Miss."

Mommy and Daddy xoxo

Parents: Brad and Rhonda Howard



**John Paul Jerebko** November 18, 1999



We love and miss you so much!

Parents: Peter & Lisa Jerebko

**Caleb Daniel Jordan** Mar 23-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

Parent: Nicole M. Jordan (Kwaizer)



**Lillian Rose Irene Kilner** Jun 16-Jul 2, 2010

Our precious angel! We were so  
blessed to have you with us for 16  
days. We think of you often. Your  
rainbows are beautiful. In our arms for  
a moment, in our hearts forever. Love  
you, Mommy, Daddy, Nick, Victoria  
and Timothy

Parents: Chuck & Laura Kilner





# "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

**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!



Born an Angel

**Anthony Francis McCooey-Viele** Jun 2, 2005

If tears could build a stairway  
and memories a lane

I'd walk right up to Heaven  
and bring you home again

Mommy loves you and misses you, baby!

Parent: Starr McCooey-Viele



**Kayleigh Renée Swain**

January 30, 2010



We hope you had a wonderful birthday!  
Please continue to watch over us as we await the arrival of Danica. We love you and miss you so much and we just know that you're going to be the best big sister ever! Love you Peanut! Daddy & Mommy

Parents: Tymon and Kate Swain

**James Thomas Reeson**

January 31, 2003



Happy 8th birthday! Hope you have a great day. We hope Santa brought you lots of presents for Christmas and I hope you receive some fun ones for your birthday. We love you and miss you and think of you all the time. Miss you lots!!!! XXXOOO

Love you forever, Mommy, Daddy and little brother Mark Jr.

Parents Tammy & Mark Reeson

**Emery Nicole Tomaszewski**

April 28th, 2010

We hope your holidays were magical up in heaven. We missed you so much and we love you more than you know. Sweet dreams Little Baby Girl. Until next time... Love Mommy and Daddy.

Parents: Nicole & Mike Tomaszewski



**Dayanara Cecilia Sanchez** March 21, 2010

To our sweet Dayanara – Happy 1<sup>st</sup> Birthday! Although you are not here to celebrate with us, Mami and Papi know you are in the arms of Jesus. We ask him to give you a great big hug and kiss. Te amamos nuestra bella angelita.

Parents: Jose & Judy Sanchez



**David Michael Schimert** January 30<sup>th</sup>, 2010

Not a day goes by that we don't think of you, the way life should have been... and long to hold you again. We love you our precious baby. Mommy, Daddy, Paiton, Blake, Alex and Miles

Parents: Paul & Kerri Schimert



**Ariel Joanna Withey**

November 22, 2005

**Adam James Withey**

June 9, 2008

**Addison Jean Withey**

October 24, 2008

Parents: Chris & Tara Withey



**Wings of Love Babies** buried on  
December 23, 2010

I hope you have found peace. Our brief encounter meant more to me than you will know. -DBK

**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!

## My decision to become a Doula

By: Tara Withey

I have always been fascinated by pregnancy and childbirth, even as a small child. It was no surprise as I became an adult that I wanted a large family. Being pregnant made me feel truly alive! My first two pregnancies went off without a hitch. It never occurred to me that 9 months after getting a positive test that I would not have a baby to hold... until I was pregnant with our third baby. It became clear at 11 weeks that our baby was not to be. Devastated, and unsure, we had a D&C.

My next baby was born healthy the following year. It wasn't a pregnancy without fear and worry though, but my previous loss was surely a fluke. When I became pregnant for the fifth time, I was confident that nothing would go wrong and I spent the majority of my pregnancy unafraid. Then my confidence was shaken when at 16 weeks, our baby's heart stopped beating. We were in a fog. How could this baby die? He was just alive a few days ago! How does the heart just stop like

that? After agonizing over our options, we had labor induced and birthed him stillborn in June of 2008.

We jumped right back in the saddle again once my cycles resumed. That loss was surely the fluke! We became pregnant again almost right away. I was confident that this wouldn't happen AGAIN, but was still worried it would. I made it to 8 weeks by the time I began bleeding. We opted to miscarry naturally at home. I couldn't believe it. Two losses I can write off as "one of those things", but three losses was a pattern.

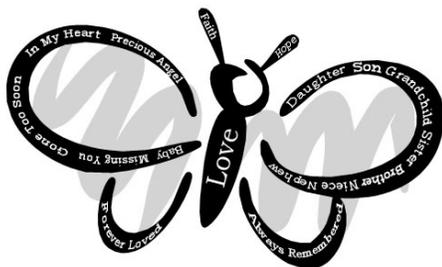
As nervous as we were, we decided to try again when my body healed. We knew in our hearts we wanted more children, so we placed our fertility in God's hands and prayed for His will. I became pregnant again the following year. My pregnancy went perfectly and I really wanted a natural birth. I sought childbirth classes, hoping to find Christian based ones. I found none in this area. I sought to hire a doula and really wanted one that had gone through a loss before. Someone who knew that fear; knew those worries and had come out on the other side,

changed like I had been. Someone who had birthed after a loss, and hopefully was a Christian, too. It was hard, but I found her! It was so nice to have someone to talk to during my pregnancy who KNEW: someone to be at my birth, who cried the same tears, who welcomed their safe arrival. We were blessed that God's will included another healthy baby that we birthed in November of 2009!

It wasn't long after my last birth that I felt driven to work in this field. I had always wanted to, but wasn't sure where I fit in until now. I completed my training with Cascade Christian Childbirth Association in August of 2010 to become a Christian Childbirth Educator and Christian Doula. I especially hope to work with families who are pregnant again after a loss. It can be so scary at times and I'd love to serve you in your journey. You can find more information at my web site Birthingbydesign.webs.com. If you have any questions, please contact me at Birthingbydesign@aol.com. I pray for healing and peace for our hearts, and healthy safe arrivals for our future!

Blessings, ~Tara

## Second Annual Wings of Love Parent's Day Breakfast



Holidays can be exceptionally difficult after losing a baby. Mother's Day and Father's Day can be especially hard since our children are no longer with us to show the world that we are parents. Years

after their loss, many bereaved parents have indicated that it "would have been nice" to have something to attend in honor of Mother's Day and Father's Day to commemorate their parenthood. The WNYFPB and their "Wings of Love" Memorial Fund program are providing that outlet once again for the second year in a row.

To honor parents who have suffered a loss, the WNYFPB will be hosting a Parent's Day Breakfast at Brierwood Country Club in Hamburg. All family members are invited. Invitations will be arriving in the mail in March/April with more details.

### Save the Date:

Saturday, May 7<sup>th</sup>

Brierwood Country Club  
5324 Rogers Road  
Hamburg, NY 14075

10:00 AM until 12:30 PM

The Event will include a buffet-style breakfast, a memorial service and balloon release.

All proceeds benefit the Wings of Love Memorial Fund

Questions?

Please contact Christine Scott at 836-6460 ext. 117



## Safe Arrivals



Michael and Kelly Arena would like to announce the safe arrival of **Willow Grace Arena**. She was born November 17, 2010. She was 5 lb 11 oz and 18 inches long. She came out kicking and screaming, healthy and breathing. Willow's big sister, Lilya Raine, will always be in our hearts (born and sent to heaven September 26, 2009).

**Henri James Arena** was welcomed with loving arms and grateful hearts by Pete and Kathy Arena on September 20, 2010. He was 4 lbs, 12 oz. and 18.5 inches long. Brother of Dominic James Arena December 13, 2009.

**Anna Browne** was born January 7<sup>th</sup>, 2011 at 12:09pm. She was 7 lbs 0 oz and 19 1/2 inches long. She looks just like her brother, Christopher Jr. (February 20, 2010). She is an amazing gift for which parents, Chris and Melissa Browne are so thankful!

**Ariana Marie Dzewa** was born to Danielle and Joe Dzewa on July 22, 2010. She was 5 lbs 14 oz and 19 1/2 inches long. The family will always remember her heavenly siblings: Shayla, Haley and Joseph born on December 10, 2008.

Bill and Bryana Haas joyfully announce the birth of their son, **Levi William Haas**. He was born at 5:43 pm on October 8th, 2010, and was 6 lbs, 9.9 oz and 18 1/2 inches long. We love and miss big brother Noah Richard (September 7, 2009) every day. You are always in our hearts.

### 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](mailto:forgetmenotnewsletter@hotmail.com)**

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



Each time I ponder what to write about, I tend to wait until something "calls to me". As Dawn Both-Kim well knows...I ponder too long most of the time. This time the topic is about patience (no "dig" Dawn, really). No one would doubt that grieving and mourning after the loss of a baby is an overwhelming task. Journey is a better word in my opinion. Many times I'm asked "when will I feel better" or "when will I not feel so much pain and anger?" I really wish I could answer that question but I do believe only you have the key and resources to unlock the mystery. Everyone's time table will be different. Each of you will draw from different sources to seek the support you need to heal. As a nurse, I am an advocate for holistic care. I need to care for my patients taking all dimensions into

consideration; the physical, psychological, spiritual, and social. Many times medicine is "single-minded" and only looks at the physical. Healing after a loss of such magnitude will not happen until all the dimensions are tended to.

I've started reading for pleasure once again (instead of school text books that is). I tend to read bereavement books so that I am constantly learning about how to better support you. I have come across a new book. I have not finished it yet, but I feel that I can safely and highly recommend it to you. The book is entitled ABCs of Healthy Grieving: A companion for everyday coping by Harold Ivan Smith. I think the reason I like it so much is that it is written to be read how **you** choose; either cover to cover or when you may ponder a certain topic. It is filled with insightful and comforting quotes, short thought-provoking paragraphs and then finally affirmative statements such as "I can give myself time and space to make good decisions." I ordered

my copy from the Centering Corporation but I'm sure Amazon may carry it.

One passage I found quite appropriate and worthwhile to share with you from the above mentioned book is a quote from Madeleine L'Engle (from her book Glimpses of Grace). It goes, "I have also learned... through pain, that I must be patient with myself. Just as my body is going to need more time... so my heart, my spirit, also need time, and I, ever impatient, must be patient with myself." My wish for you in this New Year is to take the time you need to grieve and mourn. The heartache you feel will not always be so painful. Bittersweet memories will forever be a part of your "new" normal, your baby is too important to forget. Lastly, some words to ponder from the book, "listen to your heart and allow grief to teach you its lessons."



Peace,  
Fran

*Footprints on the Heart*

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](mailto:forgetmenotnewsletter@hotmail.com) or contact Christine Scott at 836-6460 ext. 117.

The form is short: one page, and it must be notarized. That is all that is needed for the first copy. A fee is charged for additional copies.

### Volunteer Opportunity: Grant Writing

*Do you have strong writing skills?  
A little extra time? Enjoy online research?*

If so, please consider helping to research and/or write grant applications on behalf of the WNYPBN. We need help compiling information about and data for various grants, as well as with writing the actual applications. If you are interested in lending a hand, please contact Christine Scott at 836-6460 ext. 117 or [ccscott@palliativecare.org](mailto:ccscott@palliativecare.org)

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

**[forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)**

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

### 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](mailto:forgetmenotnewsletter@hotmail.com)



## 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



### 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: 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

### "Tiniest Angels" Parent Bereavement Support

Miscarriage, ectopic pregnancy, stillbirth, and early infant death

When: 2<sup>nd</sup> 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



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

### Celebration Forest

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  
"Help After Neonatal Death"  
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.

### Memory Pendants

www.memorypendants.com  
Use code: **112188** to receive a discount for families affiliated with our organization  
Owner Chuck Huffman- L. Huffman Studios

### M.E.N.D.

www.mend.org  
"Mommies Enduring Neonatal Death"  
Quarterly newsletter and an internet support group 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.

### National Share Office

www.nationalshare.org  
To serve those whose lives are touched by the tragic death of a baby.

### 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.

### Remembering Our Babies

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

### 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.

### Stone Art Memorial

www.stoneartmemorial.com  
The Right way to commemorate your memories.

### Trisomy Support

www.trisomyonline.org



### 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 with our *Angel Robes* Program.

#### Helpful items would include:

Pastel flannel, 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](mailto: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.

**Angel Robes Program:** If anyone is in need of an infant burial gown, our program can provide one for you. They are handmade with love by Emily Pratt. Please contact Christine Scott (see above)

### Subscription Renewal

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 mailing 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 **WNYPBN**, c/o Christine Scott, Life Transitions Center, 150 Bennett Road, Cheektowaga, NY 14227, or email us at [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com). This fee will cover a one year period, or 4 newsletters.

If you wish to receive an electronic copy emailed to you in .pdf format, please contact us at the above email address.

If you are receiving duplicate mailings, please let us know. Thank you very much for your cooperation.

If there are any financial concerns that prohibit you from subscribing, please notify us by email or telephone, 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](mailto: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 to submit poems/stories/letters/etc for publication, please email to: [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)**

If you would like your name removed from the mailing list please contact:

C/O Christine Scott  
Life Transitions Center  
150 Bennett Road  
Cheektowaga, NY 14227  
(716) 836-6460 ext 117  
Or email: [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com) Subject: mailing list

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.

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523 Cornwall Ave., Buffalo, NY 14215*

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



Forget-Me-Not  
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