

Forget-Me-Not Newsletter

May 2020 – July 2020



Western New York
Perinatal Bereavement Network, Inc.

Volume 17, Issue 2

SAVE THE DATES!

September 11, 2020

9th Annual Elegant Evening to Remember Gala
Salvatore's Italian Gardens
6461 Transit Road
Depew, NY 14043
Event begins at 6:30 pm

October 11, 2020

Walk to Remember
Cheektowaga Town Park
2600 Harlem Road
Cheektowaga, NY 14225
Event begins at noon

October 24, 2020

An Evening to Remember
Basket Raffle
Pvt. Leonard Post Jr. #6251
2450 Walden Avenue
Cheektowaga, NY 14227
Event begins at 7 pm

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A Letter from the Editor, by Susan M. Bach, M.S.Ed, Family Support

Hello from the WNYPNB 'remote office.' We've been working to ensure that our families know that they are not alone in their healing journeys. Although our face-to-face Tiniest Angels Support Group sessions have been suspended for now, support is always available by calling our offices at 626-6363 or by emailing Sue@wnypbn.org.

I'd like to take a moment to thank the health care professionals that planned and participated in our March 12, 2020 Conference. We were hosted by Hospice and Palliative Care, Inc., and learned from the experiences and expertise of our speakers McKenzie Mattison, Amber Hultgren, Amy Creamer and Molly McDermott. Here's to our next Conference in 2022!



2020 Conference participants



Christine's Corner, by Christine Scott, WNYPNB Executive Coordinator

By Guest Writer, Jan Walkden

When we read the last issue of our Forget-Me-Newsletter none of us could have imagined we would be facing the pandemic we are now experiencing. Each person responds to this in a very different way. Such an unprecedented occurrence can precipitate feelings of fear for the future, unforeseen financial hardships, feelings of aloneness and maybe some dark moments.

Some good can also come out of this time as we "shelter in place." It has forced all of us the SLOW DOWN and take a deep breath. We may now have time to share special moments with our family, take time to call friends you may have lost track of or even write a letter or send a card. In the quiet of an afternoon we may choose to practice "Attitudes of Gratitude" for the many blessings we may know. Our new "normal" may allow time to read a book, journal about our current experiences or even reminisce about past times of joy and happiness.

As Covid-19 has caused most of us to pause, it is a good time to take stock of what is important and adds value to living. Consider if there are changes you may want to

pursue when our lives return to "normal". As some of us are "pausing" there are others in the "front line" who may be working double time in very hazardous environments. We need to be thankful for their many efforts to provide provisions, health and safety to us all.

Some updates from your Board of Directors: The mandatory annual meeting for the WNYPNB Board of Directors was scheduled for March 19th, 2020. The Covid-19 pandemic prevented us from meeting face to face. Michael Anderson, one of our Board members, set up Zoom so we could still meet and conduct the necessary business. Thank you, Michael. One of the most urgent tasks was to reschedule the currently scheduled spring events. The Chairpersons for these events did a spectacular job. Thank you Cyndee Fahey and Kelly Anderson.

The changes are as follows:

Evening to Remember Basket Raffle: October 24, 2020

Elegant Evening to Remember: September 11, 2020

Wings of Love Parent Breakfast: May 2021

Fortunately, the Professional Development Conference "Enhancing Patient Care" took place before the Covid-19 CDC Guidelines went into effect. About 80 professionals attended this rich day of sharing and learning. Thank you to our generous sponsors Catholic Health and Hospice Buffalo.

Hopefully, this finds you all well and taking essential precautions. Practice social distancing and remember self-care. For those of you who are pregnant and anticipating your new arrival in the near future we know this can be an especially anxious time for you. Be assured your health care facility is taking every possible precaution to keep you and your baby safe and healthy.

Best wishes for health and safety,

Jan Walkden, President
WNYPNB Board of Directors



Forget—YOU—NotS

Michael Anthony Anderson 4/5/2005
Always, always in our Hearts! Love,
Nana & Papa xxxooo
We love you always! Love, Mommy,
Daddy & Mia
Parents: Michael & Kelly Anderson

Lilya Raine Arena 9/26/2009
Hugs to the sky, baby! Mommy,
Daddy and little sister Willow love
and miss you.
Parents: Kelly & Michael Arena

Jeffrey Sean Bach 12/13/1984
J for Daddy, S for Mom. Baby Jeffrey,
we know we will see you one day!
Parents: Joseph & Susan Bach

Jivae Andrea Báez 12/28/2012
Our beautiful baby girl... we love
and miss you every second of every
day. Thank you for your sweet baby
brother Jamari. All our love all our
life. Love, Mommy and Daddy.
Parents: Evelyn & Jarred Báez

Jackson Roy Barber 7/25/2011
Gone too soon, but never forgotten.
Parents: Jennifer & Jim Barber

Logan Andrew Cooper
1/9/2015–3/25/2015
Logan, we love you and miss you
very much. Our beautiful angel
bear, our "Logi Bear". You would be
5 years old and ready to start kin-
dergarten. I wish so much that I
could send you off to school. Daddy
and I talk about you to everyone,
including your rainbow sister Aubrie
Ana. We have a beautiful curio
cabinet set up in your honor with
all of your special things. We still
add to it with beautiful things that
remind us of you. When I turn the
light on in the curio I feel like you're
here with me. I LOVE YOU and think
of you every day. I hope you're
dancing in the sky.
Parents : Grace & Shawn Cooper

Riley James Croce 3/8/2010
Gabrielle Irene Croce 8/3/2010
Baby Croce 12/9/2013
Parents: Lena & Dan Croce

Juju Dintcheva David 2/27-29/2016
Baby Dintcheva David 11/17/2018
Frozen Dintcheva David 8/27/2019
Frozen, our hearts are broken. Our
hearts are forever frozen for you
and for your sister Juju and brother
Pip. May you all rest in peace and
watch over us left behind.
*Parents: Elka Dintcheva and
Jonathan David*

Nora Jean Groves
5/18/19–7/2/2019
To our baby Nora Jean, thank you
for giving us a lifelong blessing in
such a short amount of time. You
are always on our minds. Fly high,
baby butterfly.
*Parents: Shelby Wallace & Jesse
Groves*

Allison Rae Harp 1993
I lost my little girl during my preg-
nancy in 1993. I never knew about
this organization until today.
Parent: Roslyn Harp

John Paul Jerebko 11/18/1999
Our little angel! Love, Mom, Dad,
Jakob & Jackson
Parents: Peter & Lisa Jerebko

Baby Boy Jonathan 6/8/2018
I held you for the First & Last time
2 years ago. Not a day goes by that
you are not on our minds. You will
forever be LOVED & sadly missed.
Love you Forever & always, Mom,
Dad, Big Sisters Krysten, Kaytee
and Kam, Big Brother Klyde, Neph-
ews Kort, Kreese & Deltoh, & Niece
Kenzley
Parents: LaRue & Leilan Jonathan

Marrina Kim 8/3-4/2005
Ella Grace Kim 6/8/2007
We love you and think of you so
very often. Please watch over
us...now and always.
Parents: Dawn & Mark Kim



Bud Charles Mott 9/12/2005
Theresa Marie Mott 9/12/2005
"Blueberry" Mott 1/21/2014
Baby Mott 12/23/2014
Miss you with all of our hearts,
Theresa, Bud, "Blueberry" and
Baby Mott. God knows our pain
and sadness. We know that some-
day, we will see you again. All our
love ~ Daddy, Mommy & Allison
Parents: Timothy & Beth Mott

Mary Parisi 11/20/2016
We are always thinking of you Mary
girl. Thank you for bringing us your
little brother James, and little sis-
ters Caroline and Lucy. We carry
your heart with us always. Love,
Mom and Dad
Parents: Anthony & Molly Parisi

Michael James Quigley 10/24/1992
Miss you more and more! 'Til we
meet again! Love, mom
Parent: Debi Zmuda

Jacob Wesley Scott 5/27/2000
We love you and think of you every
day! Butterfly kisses buddy!
Love, Mom, Dad, Thomas & Mandy
Parents: Phillip & Christine Scott

Grace Lee Zimmer 4/12/2012
Until we meet again, fly sweet
butterfly, fly! A moment in our
arms, A lifetime in our hearts.
Love, Mom, Dad, Hunter and Luke
Parents: Donna & Russell Zimmer

Charlie Zuchelkowski
12/29/2019 - 1/25/2020
*Parents: Alex & Rachel
Zuchelkowski*

Interested in submitting a
memorial or announcing
your rainbow baby? Please
email your baby's Forget-
YOU-Not or Safe Arrival to:
forgetmenotnewsletter@hotmail.com

Submissions are due by the
15th of the month prior to
the issue month. Family
members and friends are
encouraged to submit.

By Amy Buckner

I have often wondered what it would have been like to have Sebastian and Gavin together, in my arms...

I have cried a lot... at night especially because I long to hold him again...

I will always tell Sebastian and Dominic about their older brother...

They will always know he existed and exists in our hearts...

He will always be a part of our family...

Sometimes I think Sebastian met him before he was born...

When he was a baby he used to look above my head and talk to the air...

he would smile and laugh...

I think it was Gavin... making him happy...

This photo was not anything I arranged to happen it was not staged at all...

It just happened...

Another reason I think Sebastian knows Gavin...

and it makes it even more beautiful...



MY CHILD DID EXIST

I've lost a child, I hear myself say,
And the person I'm talking to just turns away.
Now why did I tell them, I don't understand,
It wasn't for sympathy or for a helping hand.
I just want them to know I've lost something dear,
I want them to know that my child was here.
My child left something behind that no one can see,
So, if I've upset you, I'm sorry as can be.
You'll have to forgive me, I could not resist,
I just want you to know that my child did exist.

- Facebook.com/ReturntoZeroQueenslandHome

Do Me A Favor: Say His Name

by *Tamra Scott-Hunt*, originally published in *Still Standing Magazine* www.stillstandingmag.com

I know you think it will multiply my pain if you say his name, but it won't. Please don't think you're reminding me of the pain I sit with every day. I haven't forgotten I had a son. If I cry, bear with me. Sit with me. Cry with me, if you are so inclined. ***When you dare to connect with me at the level of my darkest wound, you are helping me heal.*** You're letting me know that these feelings that I have no choice but to bear are somehow bearable because you dared to go there with me. In this way, you could bring me immeasurable healing. In the brief time he was with us, other than the hospital staff, only my late husband and I saw him, touched him, and looked into his eyes. We thought he would be okay. We thought there would be time for the rest of the world to see him. But we were wrong. ***And now, I am the only person on earth who can remember the solid sweetness of my son.*** Help me to do that. I don't want to forget. Please don't pretend he never existed, and don't change the subject if I bring up his name. If I'm sad on his birthday, please, don't try to cheer me up. This isn't the kind of sadness that can be fixed. You're not protecting me from the pain that is already there. Bring him into the light with me. Let me cry and help me examine and treasure every moment I had with him. Please don't remind me "it could've been worse," or "at least" this, "at least" that, or that other people have gone through worse things, and they're okay. I promise you; they are not. ***You're just not seeing the tempest raging in their hearts.*** If you asked them, and really listened, they'd tell you. But you'd have to be brave enough to bear it. Please don't tell me I'm focusing too much on my pain, and that I need to "let it go," or "move on" with my life. In time, and to a degree, those things will happen. And though I'll never completely move on, I'll learn to navigate the world alongside this new normal. I'll heal, as much as a bereaved mother can, but I'll do it in my own time. No one can set a schedule for grief. Grief will take its own time. And if I seem angry, I'm not angry with you. I'm angry with this unforgiving fate. I'm angry that I struggle with infertility. I'm angry that it took me two years, and surgery, to conceive him. I'm angry I won't get to watch him grow up. I'm angry that I won't die before him. I'm angry that my husband died six weeks after my son. ***And for so many reasons, it would take me a truckload of words to express, and it will take years for me to work through this anger.*** I know what I'm asking isn't easy, and I get it because I've struggled to be there myself with other wounded people. It's a paradigm shift, and it can be frightening. But I promise you, it's healing, it's worth it, and I would be so grateful. So I'm asking you, rather than redirecting the conversation in a misguided effort to protect me, please, share my pain, and help me navigate the canyons. Feel the edges of it. ***Please. Say his name. I'm waiting to hear it.***

THE CLOSET BOX by *Tamra Scott-Hunt*

*There's a box inside my closet, where half my heart belongs. It's filled with clothes you never wore, with lullabies and songs.
You were just around the corner, I'm a half a second late, still trying to win a race against this unforgiving fate.
Last night we lit ten candles, imagined what you'd wish, then blew out each blue candle, and set an extra dish.
You were just around the corner, I'm half a step away, held fast within a memory of that long-remembered day.
Are you sleeping in the garden? Are you safe beyond the storm? Are you cradled in the angels' arms where nights are always warm?
You were just around the corner, just beyond my reach, skipping on the gentle sand of heaven's golden beach.
In my dreams you're in the courtyard, or climbing in the tree, dancing in the shadows past where mortal eyes can see.
You were just around the corner, I run to catch your face, then wake to find my empty arms...you're gone without a trace.*

Practicing Self-Care on Mother's Day and Father's Day

Most holidays have a different meaning after the loss of a baby, but this is particularly true for Mother's Day and Father's Day. You may feel your grief coming back stronger than usual as you watch your friends and family honor mothers and fathers, especially if you do not have children at home with whom to celebrate the day. Our society still often fails to acknowledge parents who have lost a baby, and this can be even more difficult when we are surrounded by stores with Mother's Day and Father's Day displays, Facebook posts, and family members celebrating. While my hope is that you all have someone who will celebrate and honor you, you may also have to practice some self-care. Here are some thoughts on taking care of yourself to cope with Mother's Day and Father's Day:

First of all, you are a parent, which means you deserve to be honored. It can be tough to feel like a parent when your child is not physically with you, but that does not take away from you being a mom or a dad. Your love for your baby, no matter where that baby is, is what makes you a parent.

You are not alone. The Western New York Perinatal Bereavement serves over 1,000 families in this region. Across the nation, 1 in 4 pregnancies ends in a perinatal loss. While losing a baby can be an isolating experience, there are countless other families who have lost a baby, too, and are also struggling with some of the same things as you. There are many other people who are grieving with you on Mother's Day and Father's Day, not just people who have lost a child, but people who have lost a parent as well. If you connect with someone you know who has lost a child or parent, you may be able to figure out a way to honor each other. If you want to be around people who have had a similar experience, attend the WNYPBN's Parent's Day Breakfast or reach out to the Network and we can connect you with some of our community resources

As Mother's Day and Father's Day approach, assess yourself and figure out what is going to work for you. Do you want to celebrate the day? Do you want to be alone or with other people? Are you ready to go to the Mother's Day celebration with the rest of your family? Will there be other parents there with newborns? Thinking about these things can help you to make decisions about the holidays and start planning.

As you are assessing yourself, be realistic. If you want to participate in some of the celebrations, but are unsure about how difficult it will be, don't expect yourself to stay for the whole day. It is okay to set boundaries about how much you want to participate. Be realistic about your emotions: you may be sad, angry, confused, or any number of other emotions throughout the day.

Be assertive. Believe it or not, assertiveness is an important part of self-care. Set boundaries with yourself and with others in terms of what you would like. Tell loved ones what you expect of them and how they can support you, and also tell them what is too much for you.

Spend time remembering your baby. This can be as small as lighting a candle or something bigger like visiting a burial site or planting a tree. If you have a lot of thoughts that you want to share, write a letter or a card to your baby (journaling may be helpful to you, too).

Honor Yourself. I personally am a big fan of buying myself gifts for significant events, but every person is unique. Find some way to recognize all that you have done as a parent, because no matter how long you had with your baby, you are a parent for a lifetime.

Fathers, this goes for you, too. While you may be less likely to openly discuss your feelings (or maybe not!), you are a grieving parent, too. It is okay to acknowledge your loss and ask that you be recognized on Father's Day.

If you are part of a couple who is grieving the loss of a baby, help each other through Mother's Day and Father's Day. As different as your individual journeys through grief may be, you are in this together. Take time on Mother's Day and Father's Day to check in with each other, take care of each other and honor each other.

When family and friends say or do the wrong thing (or do nothing), it is usually because they are unsure. Let them know how to best support you, try to understand that their intentions are generally for the best, and give yourself permission to step back from the situation if someone is not giving you the support you need.

Whether you choose to celebrate the day or leave it unacknowledged, if you end up enjoying yourself or distracting yourself for a little while, that is okay! Too often, we think of distractions as a type of denial, or worse, that we are forgetting. But that is not the case – if you find yourself in a moment of happiness, know that you deserve it and that after experiencing the tragic loss of a baby you can have even more appreciation for those moments of joy in life.

Many people who have been through perinatal loss say that the anticipation of holidays can be the worst part. Remember how you have gotten through other difficult times and know that you have the strength to make it through Mother's Day and Father's Day.

If there is any single thing that you take away from this, I hope it is that there is no right way to spend Mother's Day and Father's Day. Only you are the expert in your experience and your grief, so only you can decide what is best for you. It is just as okay to ignore the holiday as it is to celebrate it. It is just as okay to feel sad and mourn as it is to enjoy yourself. Happy Mother's Day and Father's Day to all of you!

By: Amber Hultgren, LMSW



Western New York
Perinatal Bereavement Network, Inc.

Cordially invites you to the

15th Annual
“Evening to Remember”
Basket Raffle

Saturday, October 24, 2020

7:00 –11:00 PM

Leonard Post 6251 VFW
2450 Walden Avenue
Cheektowaga NY 14225

**Date
Change!!**



Admission ~ \$10 Per Person

Includes Ticket for a Gift Card Giveaway

ADULT ONLY EVENT

With the postponement of the Evening to Remember Basket Raffle,
the WNYPBN will be drawing the winner for the

Salvatore’s Staycation Raffle on

May 31, 2020

Tickets are Still Available

If you would like to purchase a *last-minute* chance at this great package,

please contact:

Cyndee Fahey at 361-9330 or at fahey.cyndee@gmail.com

Or Lisa Jerebko at 474-1024

*Thank you for your continued support
and we look forward to seeing everyone in the fall!!*

Find us on the Web at: www.WNYPBN.org

The  WNY Perinatal Bereavement Network, Inc.

Elegant Evening to Remember



September 11, 2020 ~ 6:30 PM – 10:30 PM

Salvatore's Italian Gardens

\$90 per person ~ Table of 10 for \$850

Please RSVP by August 31, 2020

Physicians of the Year

Dr. Kristen Smyers, MD

Bartels, Powalski, Weissman & Cloud

Dr. Anne Marie Davis, DO

Neighborhood Health Center

Dr. Javasree Nair, MD

UBMD Pediatrics

Oshei Children's Hospital - NICU

Nurse of the Year

Nancy Owen, RN BSN, CLC

Millard Filmore Suburban Hospital

Community Service

Constance Perna

Perna, Dengler & Roberts
Funeral Home

Katharine Meyer

& Matthew Woodin

Arthur's Light

Community Awareness

Aimee Gomlak, FACHE

Volunteer of the Year

Aaron Sypniewski

CPA - Controller

**The WNY Perinatal
Bereavement Network, Inc.**

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**Helping Families,
Honoring Lives**

Our Mission

The mission of the Western New York Perinatal Bereavement Network, Inc. is to assist the community in meeting the needs of people facing the pain of perinatal death. We promote standards of bereavement care intervention through educational support, community programs and referral services to bereaved parents. The WNYBPB supports an established standard of care following a perinatal loss, regardless of the location of where the loss took place.

Member Organizations

Baby's Sweet Beginning's Breastfeeding & Maternity Boutique, Lancaster
Brooks Memorial Hospital
Buffalo Prenatal-Perinatal Network, Inc.
Catholic Health System (Mercy Hospital, Sister's Hospital)
Mount St. Mary's Hospital of Lewiston
Hospice & Palliative Care Buffalo, Inc.—Essential Care for Children
Kaleida Health (Oishei Children's Hospital, Millard Fillmore Suburban Hospital)
Jones Memorial Hospital
Wilson Support Center
Niagara Falls Memorial Hospital
Olean General Hospital
United Memorial Medical Center
WCA Hospital
Wyoming County Community Health Center

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Susan Bach, Family Support
Specialist

Kelly Anderson, Special
Events Coordinator

WNYBPB, Inc., Wilson Support Building, 150 Bennett Rd., Cheektowaga, NY 14227

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