

# Forget-Me-Not Newsletter

 Western New York Perinatal Bereavement Network, Inc.

## A Letter from the Editor

By: Dawn Both-Kim

So much has been happening with the WNYPBN. The spring fund-raising and memorial events are under way. I hope you have had the occasion to attend one or more of them. The Parent's Day Breakfast is fast approaching, as is Mother's Day. So many people appreciate being able to celebrate being a Mother or Father when no one can see the child they can only hold in their hearts. I highly recommend that you attend this event, especially if this is your first Mother's or Father's Day. (See page 7 for registration details).

The Elegant Evening to Remember is a wonderful Gala Event that recognizes healthcare professionals, volunteers, and members of the community who have done so much for those of us who have lost so much. For a list of the award winners, please see page 6 of this publication. If you would

like to nominate a physician, nurse, business or agency for their commitment and help to the bereaved community for the 2019 Gala, please contact Christine Scott at the WNYPBN office at: 716-626-6363.

Planning and organization of the **2018 Walk to Remember** is about to start! We are looking for Theme ideas and artwork. If you have ideas, are interested in volunteering to help plan or run the event, please contact the office soon!!

The WNYPBN is always looking for volunteers, as well as donations of office supplies, postage and dollars. We are able to help so many people because of people like YOU who are able to help! If you would like to volunteer in the office, at any event, or have any materials to donate to our programs, please contact



### Bereavement Support

Christine at the WNYPBN offices at 716-626-6363.

Please also submit any blurbs, articles, poetry, memorials or artwork for publication in this newsletter to my email address. This newsletter continues to be special because of you!

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

If you have any questions, concerns or need help in your grief journey, the WNYPBN is always here to help.

Volume 15, Issue 2

May 2018—August 2018

### Save the Dates:

- **May 12, 2018**—*Wings of Love Parent's Day Breakfast, Please Note New Location*
- **May 18, 2018**—*Elegant Evening to Remember Gala, You're An Essential Piece of the Puzzle*

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## Christine's Corner

By: Christine Scott, WNYPBN Executive Director

Spring! It's here and Nature's beauty is in full bloom.

Consider pausing and take a moment to smell the flowers and enjoy the warm sun that is shining above. With the warmer weather comes many monarch butterfly sightings. I know the butterfly is a special sign to so many of us bereaved parents: its beauty, its symbolism, a sign of

hope!

"The butterfly lights beside us, like a sunbeam... and for a brief moment its glory and beauty belong to our world... but then it flies on again, and although we wish it could have stayed, we are so thankful to have seen it at all."

~ Author unknown.

I want to wish all of you a Peaceful Mother's and Father's day. Be good to yourselves because you are indeed a Mother or a Father even though you hold your child in your heart and not in your arms.

Wishing you all hope and peace.  
Sincerely, Christine

## Forget-YOU-Nots

**Michael Anthony Anderson** April 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** September 26, 2009  
Hugs to the sky, baby! Mommy, Daddy and little sister Willow love and miss you.  
*Parents: Kelly & Michael Arena*

**Jivae Andrea Baez** December 28, 2012  
Forever in our hearts. Love Mommy, Daddy and Jamari  
*Parents: Evelyn Gonzalez and Jarred Baez*

**Riley James Croce** March 8, 2010  
**Gabriella Irene Croce** August 3, 2010  
**Baby Croce** December 9, 2013  
*Parents: Lena & Dan Croce*

**Mark Daniel Egloff III** March 3rd, 2018  
Little buddy, although you came as a surprise, mommy and daddy love you more than words can describe. You'll be forever in our hearts baby boy!  
*Parents: Alyssa Shingleton & Mark Egloff II*

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

**Marrina Kim** August 3-4, 2005  
**Ella Grace Kim** June 8, 2007  
We love you and think of you so very often. Please watch over us... now and always. Please give us strength!  
Love, Mama, Daddy and Trent  
*Parents: Dawn & Mark Kim*

**Bud Charles Mott** September 12, 2005

**Theresa Marie Mott** September 12, 2005  
**"Blueberry" Mott** January 21, 2014  
**Baby Mott** December 23, 2014  
Miss you with all of our hearts, Theresa, Bud, "Blueberry" and Baby Mott. God knows our pain and sadness. We know that someday, we will see you again. All our love ~ Daddy, Mommy & Alison  
*Parents: Timothy & Beth Mott*

**Noah Charles Pankiewicz** August 18, 2017  
We love and miss you every day.  
*Parents: Laura & Scott Pankiewicz*

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

**Baby Skye Scott** July 19, 2017  
You'll always be in my heart, my beautiful angel in the sky. XOXO  
*Parent: Amilyn Scott*

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

**Harper Sophia Sypniewski** October 14, 2014  
Mommy, Daddy and your sisters love you!  
*Parents: Aaron & Brieanne Sypniewski*

**Nicholas Anthony Wolff** July 23, 1989  
I loved you for your entire life... I will love and miss you for the rest of mine. Keep watch over all of us, Nicky. Love you always, Mom, Dad, Eric, Ashley and Mark  
*Parents: Mark & Lisa Wolff*

**Grace Lee Zimmer** April 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*



*Interested in submitting a memorial or announce your rainbow baby?*

*Please email your baby's Forget-YOU-Not or Safe Arrival to: [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)*

*Submissions are due by the 15th of the month prior to the issue month.*

*Family members and friends are also encouraged to submit.*

## I Loved You First

The first time I felt you inside of me I knew,  
That I loved you with all my heart,  
And as you did each day, each month  
My love for you only grew.

The first time I saw you, I just couldn't wait,  
To hold and kiss you, all over your face,  
Daddy was there so excited and proud,  
When he cut your cord, I thought he would faint.

They were there from the start your Nanna and Gram,  
They just wouldn't leave our side,  
They were there to shower you with love,  
Like only a grandmother can.

The waiting room was full the moment they got word  
On that day that you came into our lives  
And we filled them again, while we prayed for the Lord

But this time it's like no one has heard.

Now the pain that we feel inside is the worst,  
but we treasure the short time that we had,  
Though many have loved you in your short little life  
I'm lucky cause I loved you first

By: Kathleen Clifton  
Source: <https://www.familyfriendpoems.com/poem/i-loved-you-first>

## 2018 Evening to Remember Basket Raffle

The Basket Raffle was a big success! Held on March 10th, at St. Gabriel's Church in Elma, the event saw over 300 attendants, over 150 baskets, side raffles, smiles, laughter and camaraderie. The event raised over \$14,000 for the programs of the WNYPBN, but it also raised the spirits of families mourning the loss of a baby.

Many bereaved families come together at the various WNYPBN events. The families see each other, year after year, and friendships grow. Knowing that others have experienced similar tragedies brings people closer together. It can be difficult, however, to nurture a friendship when meeting only at events with

such a solemn nature. One of the main goals of the Basket Raffle is to provide a venue for the growth of friendships within our Network. What better way to offer support to families, than to foster friendships with those who understand.

The Basket Raffle committee would like to thank St. Gabriel's Parish for the generous use of their space. The venue is perfect for our cause, and we appreciate the assistance in making our event a wonderful experience for all!

Thank you to all who made the event a success, especially Cyndee Fahey, the event chairperson. Hours of organization and

thought went into making the event smooth and successful. We couldn't have done it without you! Thank you!

Thank you to the Committee for their time, talent and donations. The event does run so smoothly because everyone does their part! Cyndee, Fahey Lisa Jerebko, Christine Scott, Kelly Arena, Carrie Smith, Mindy Jordan, Deb Zmuda, Sharon Goldyn, Noreen Curr, Michelle Morgan, and Christie McKenzie.

Finally, thank you to the team of volunteers who donate their time during the event to ensure the event runs smoothly!

By: Dawn Both-Kim

## Partnering with Hospice Buffalo

We are excited to announce that WNYPBN has moved to a new home. We received a very generous in-kind donation of office space from the Center for Hospice and Palliative Care. We officially moved in at the end of March. Our new offices are in The Wilson Support Center on the Hospice Campus at 150 Bennett Road, Cheektowaga NY 14227.

We are so grateful to our community partners who collaborate with us and give us the opportunity to continue to grow. Together we can persist in fulfilling our mission in the communities we serve.

By: Dawn Both-Kim

### *Our New Address:*

WNYPBN, Inc.  
The Wilson Support Center  
150 Bennett Road  
Cheektowaga, NY 14227

## Supporting Bereaved Families Through Mindfulness & Sensitivity Conference



PICTURED ABOVE IS A SNAP FROM THE CONFERENCE. KELLEY CLEM IS PRESENTING TO THE MYRIAD ATTENDEES AT CATHOLIC HEALTH DOWNTOWN FACILITY.

On March 7, the WNYPBN held an educational conference, Supporting Bereaved Families Through Mindfulness & Sensitivity for Healthcare Professionals. This event was

sponsored, in part, by Catholic Health. The conference was a huge success, selling out with 70 participants in attendance.

The WNYPBN was able to offer CEUs (Continuing Education Units) for social workers as well as for Licensed Mental Health Counselors through Catholic Charities. The speakers were insightful and engaging, covering topics such as mindfulness, trauma-informed care, diagnostic differentiation between grief and depression, and ways to engage in self-care. There were representatives from local community resources who were able to share information about services available to support bereaved families. The parents on our Parent Panel bravely shared their stories of loss, helping to shape the way healthcare professionals think about providing care to newly bereaved families.

A huge thank you to our planning committee: Amy Creamer, Katherine Garey, Jennifer Liberti, Colleen Neffke, Tara Petty, Gayle Protas, Terri Ryan, Julie Scanlon, Christine Scott, Susan Siminski, Jan Walkden, and Debbie Ziemianski. A heartfelt thank you to all of our incredible speakers and community resources as well: Amy Creamer, Dr. Deborah Waldrop, Dr. Whitney Mendel, Kelley Clem, Kayla Giancarlo, Terri Ryan, Christine Scott, and Polly Thomann. Each of you played a critical role in creating the success of the conference, and we are grateful for your time and expertise.

By: Tara Petty, MSW WNYPBN Intern

## Heart-Felt Goodbyes from Our Interns:

### Tara Petty:

My time at the WNYPBN benefitted me in profound ways, both professionally and personally. As a bereaved mother, I know the pain of loss, and serving as an intern for the Network allowed me an opportunity to heal wounds I was unaware still existed. Professionally, I learned incredibly valuable lessons from each grieving parent I had the honor of supporting in a small way.

I want to say thank you to Christine Scott for her passion and dedication to the work she does at the Network and to Amber Hultgren for investing her time and expertise into helping me develop as a social worker. Over the last year, I met many wonderful volunteers, parents, and professionals who are all working to support bereaved families in Western New York, and I look forward to continuing those connections as my time as an intern draws to a close.



PICTURED ABOVE FROM LEFT TO RIGHT: TARA PETTY, KATHERINE GAREY AND AMBER HULTGREN (BEREAVED SISTER, PREVIOUS INTERN AND LMSW INTERN ADVISOR)

### Katherine Garey:

I spent the last nine months as one of the social work student interns with the Western New York Perinatal Bereavement Network. I was drawn to the agency because of the essential work that is done by Christine and all of the volunteers here. I have learned how essential presence, togetherness and compassion are through my work with the Network. I was also drawn to the agency because I know many people whose lives are devastated by perinatal loss who desperately needed the support that is provided by the Network. I feel honored to be a part of this agency and all of the work that is done here. Throughout my time here I have been able to spread awareness about perinatal loss in many contexts as well as be a part of the many profoundly meaningful events that the Network holds. Although my internship is coming to a close, the experiences I have had and the emotions I have felt while working here will stay with me forever.

## Thank You for Going Above and Beyond!



Thank you, ComDoc, for your generous donation of \$655.00 raised through your employees' participation in Dress Down Day Events as well as by the Super Bowl pool organized by your company. Your work with 26 Shirts to organize the t-shirt fundraiser, which raised \$1785.50 for the Network, was more than we could have asked for! Thank you from the bottom of our hearts for your immense effort and dedication to our organization!

PICTURED FROM LEFT TO RIGHT: JEFFERY BROWN (COMDOC REPRESENTATIVE, DONATION-EVENT ORGANIZER AND BEREAVED FATHER), CHRISTINE SCOTT (WNYPBN EXECUTIVE DIRECTOR) AND SCOTT MCCARTHY (COMDOC REPRESENTATIVE AND 26-SHIRTS EVENT ORGANIZER)



## 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 WNYPBPN's Parent's Day Breakfast or reach out to the Network and we can connect you with some of our community re-

Self Care is not about  
Self Indulgence...  
It's about  
Self-Preservation...

sources.

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).

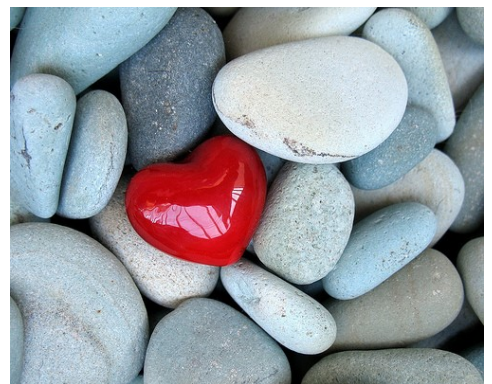
Honor Yourself. I personally am a big fan of buying myself gifts for significant events, but every person is unique. Find some way to recognize all that you have done as a parent, because no matter how long you had with your baby, you are a parent for a lifetime.

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

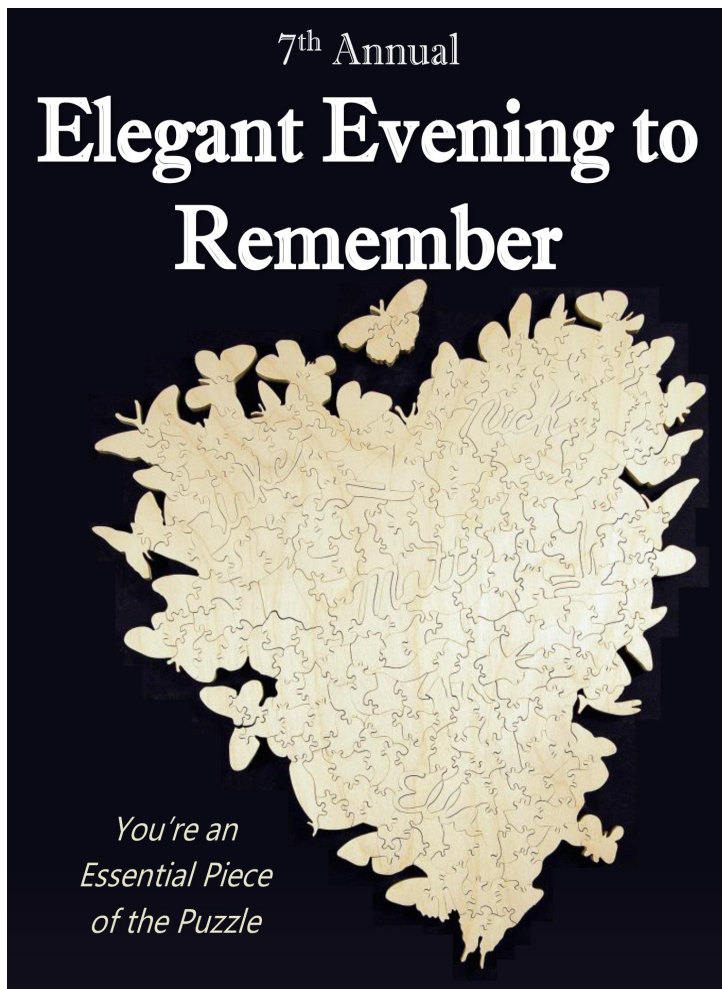


you find yourself in a moment of happiness, know that you deserve it and that after experiencing the tragic loss of a baby you can have even more appreciation for those moments of joy in life.

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



May 18, 2018  
6:30 – 10:30 PM

Salvatore's Italian Gardens  
6461 Transit Rd, Depew

**Please RSVP by May 4, 2018**

WNYPBN, Inc.  
c/o The Wilson Support Center  
150 Bennett Road  
Cheektowaga, NY 14227  
(716) 626-6363 • Christine@wnypbn.org

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

To pay via Credit Card, please  
purchase your tickets online:  
**www.WNYPBN.org**

### **Congratulations to our 2018 Award Winners**

#### **Physicians of the Year**

*Dr. Jaime Obst, DO*  
Obstetrics and Gynecology  
Sisters of Charity Hospital

*Dr. Krol, DO*  
OB/GYN Associates of WNY

#### **Nurses of the Year**

*Shanon Castiglione, RN*  
Neonatal Intensive Care Unit  
John R. Oishei Children's Hospital

*Jennifer Gorman, RN*  
Labor & Delivery  
Sisters of Charity Hospital

*Terri Ryan, RN*  
Community Nurse  
Hospice Buffalo  
Essential Care for Children

#### **Volunteer of the Year**

*Donna Zimmer*  
WNYPBN Volunteer

#### **Community Service**

*Jennifer & Bruce Pritchett*  
Ride to Remember

*Dori & Kyle McGowan*  
Ryan's Reason

#### **Community Awareness**

*James Kiblin and Jeffrey Wisniewski*  
LAMAR Advertising

*William and Kristina Craig*  
Run4Buffalo



# WNYPBN's Annual "Wings of Love" Parent's Day Breakfast




Will be held on  
 Saturday, May 12, 2018  
 Templeton Landing  
 The Skyline Room  
 2 Templeton Ter, Buffalo, NY 14202  
 10:00 AM

\$15 per Adult    \$7 per Child (2-10)    Under 2 - Gratis

For those who have lost a baby, Mother's Day and Father's Day can be a sad and emotional reminder of loss instead of the celebration it is meant to be. WNYPBN helps to commemorate the wonderful parents we all are by honoring and remembering the precious babies who have gone too soon.

WNYPBN, Inc.  
 c/o The Wilson Support Center  
 150 Bennett Road  
 Cheektowaga, NY 14227



Register Online or contact Christine Scott at (716) 626-6363

## Weighted Ducks for Children's Hospital

Shannon Packard lovingly donated nearly two dozen weighted ducks (approximately 1 lb each) for bereaved mothers to the John R. Oishei Children's Hospital. Families who experience "empty arms" after the loss of their baby will have something to hold onto as they are only able to hold their baby in their hearts. Shannon created these beautiful mementos in memory of her son, Ethan Michael Packard (October 6, 2015).



**PICTURED FROM LEFT TO RIGHT: ANGELA STUTZMAN, RN\*, ANN MARGHRAN\*, TOM BALDWIN\*, SHANNON PACKARD (HOLDING THE WEIGHTED DUCKS) AND DR. WILLIAM ZORN\* (WNYPBN BOARD MEMBER).**

\* FROM JOHN R. OISHEI CHILDREN'S HOSPITAL



Western New York Perinatal  
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Cheektowaga, NY 14227

Phone: 716-626-6363  
Fax: 716-626-6368  
Email: christine@wnypbn.org



*Helping Families  
Honoring Lives*

### Our Mission

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

### Member Organizations:

- |   |  |  |
|---|--|--|
| Baby's Sweet Beginnings Lactation & Wellness Center | The Center for Hospice & Palliative Care   | Life Transitions Center, Inc.          |
| Brooks Memorial Hospital                            | Eastern Niagara Hospital—Lockport Division | Niagara Falls Memorial Hospital        |
| Catholic Charities of Buffalo - WIC Program         | Kaleida Health                             | Olean General Hospital                 |
| Catholic Health System                              | Women & Children's Hospital of Buffalo     | United Memorial Medical Center         |
| Mercy Hospital                                      | Millard Fillmore Suburban Hospital         | WCA Hospital                           |
| Mount St. Mary's Hospital of Lewiston               | Jones Memorial Hospital                    | Wyoming County Community Health System |
| Sisters of Charity Hospital                         |  |  |

### Board of Directors:

- |                                |   |  |
|--------------------------------|---|--|
| Jan Walkden,<br>President      | Michael Anderson,<br>Treasurer  | Terri Ryan, Kevin Ryan, Rev. Richard Zajac, Dr. William Zorn |
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| Dawn Both-Kim,<br>Secretary    |   |  |



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