

# Forget-Me-Not Newsletter

 Western New York Perinatal Bereavement Network, Inc.

## A Letter from the Editor

By: Dawn Both-Kim

October is, among other things, Pregnancy and Infant Loss Awareness Month. I did my personal best to make sure I spread the word to shatter the silence surrounding perinatal loss. I was all over social media and told as many people as would listen.

Talking about your loss(es) can be difficult for people to hear. But you want to talk about your children in heaven as much as anyone wants to talk about their children on earth. So, DO IT! If it makes people uncomfortable, that is okay! Life isn't always a bowl of cherries! Sometimes, you get the pits... and they hurt. Do what is right for YOU—they will get over it.

The Wings of Love Memorial Garden at Forest Lawn Cemetery is officially opened and dedicated to our babies gone too soon. The Ceremony was very wet, chilly and wonderful. If you have the occasion, please visit the beautiful monument at Forest Lawn.

Remembering Love in Heartbeat Fundraiser, run by the Pritchett family, raised over \$4,800 for the WNYPBN and Remembering Love in Heartbeat program in memory of Helen Lois Pritchett. The Event was held on September 15, 2018, with a chicken barbeque and Basket Raffle which were very successful.

The holidays are fast approaching. Be kind to yourself when the holiday pressures get too

overwhelming. Remember, you are not alone! The WNYPBN can help.



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November 2018—  
February 2019

### Save the Dates:

- **December 8, 2018**—Family Lunch with Santa at the Herschell Carrousel Factory, 180 Thompson Street, North Tonawanda
- **December 14, 2018**—Footprints on the Heart & WNYPBN Candlelight Vigil Service

## Christine's Corner

By: Christine Scott, WNYPBN Executive Director

Every day I pay witness to the never-ending love our families have for their beloved babies. This past October I paid witness to this love on such a grand scale:

At the Walk to Remember: the togetherness, support, tears, hugs, smiles, healing hearts, the list goes on!

At the Forest Lawn dedication service for the new Wings of Love memorial: the rainy, windy, gloomy day was replaced by sunshine in all that were present as we dedicated this special monument in memory of our all

babies gone too soon in such a beautiful, peaceful, and historical place.

On Facebook: all of the candles lit to create an International Wave of Light to honor babies, break the silence and heal hearts

All of our activities we hosted: what a beautiful tribute to our families and forever loved babies.

Helping Families and Honoring Lives is our mission at the Network. We couldn't do it without the support of so many generous people, we will be forever grateful.

This Holiday season please give yourself permission to take on the season at your own pace, it is ok to celebrate, to take time to reflect and to cry. There is a quote I found by Washington Irving: "There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love."

Wishing you all a peaceful holiday season!

Sincerely,  
Christine

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## 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*

**Gavin Joseph Buckner** September 15, 2009  
We hope you had the best 9th birthday in heaven this year! We love and miss you! Love, mama, daddy, Zack, Sebastian, and Dominic  
*Parents: Amy & Ryan Buckner*

**Riley James Croce** March 8, 2010  
**Gabriella Irene Croce** August 3, 2010  
**Baby Croce** December 9, 2013  
Each one of you were wanted, missed, and loved. Love, mom and dad  
*Parents: Lena & Dan Croce*

**Juju Dintcheva David** February 27-29, 2016  
Juju came and left so suddenly, but she left a deep mark in our hearts and will not be forgotten.  
*Parent: Elka Dintcheva*

**Isabella Christine**  
January 17, 2018 – May 5, 2018  
We love you so much! Thank you for blessing us for 3.5 months. Truly too beautiful for earth!  
*Parents: Ariana Girling & George Ramos*

**Nathan John Hagner** June 10, 2017  
It broke our hearts to lose you, but part of us went with you the day God took you home.  
*Parents: Hannah & Matt Hagner*

**Bradley Hamilton** March 2007  
Great Aunt Rosemary misses you.  
*Parents: Mr. & Mrs. Hamilton*

**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*

**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*

**Ja'Lanie Elizabeth Servio** October 28, 2016  
I can't believe it's been 2 years since we've been able to hold you. We love you Ja'Lanie. Happy Born day to "Our never forgotten 1st child".  
*Parents: Ja'Lisa and Henry Servio*

**Baby Taber** September 30, 2018  
Love and hugs. Miss you! From, mom  
*Parent: Rosemary Taber*

**Piper Grace Walczak** April 3, 2018  
To our sweet little girl, our angel, we think of you every single day. Your due date just passed, and we're missing you more deeply than ever right now. You will forever be by our side, our beautiful butterfly. Love you always and forever, Daddy, Mommy and big brother Leo.  
*Parents: James and Lauri Walczak*

**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*

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

## Safe Arrivals

**Mila Hagner** was born on August 14, 2018 at 6 lbs 10 oz and 19.5 inches long. Proud parents, Hannah and Matt Hagner, will teach her all about her big brother in heaven, Nathan John Hagner (June 10, 2017).

On September 17, 2018, **Clay Matthew McGowan** checked in to the world at 7 lbs 11 oz!! Kyle and Dori McGowan will teach him about his brother in heaven, Ryan McGowan (December 8, 2014).

**Korbin Reed Sharick** was born April 2, 2018 at 8 lbs and 20 inches long. The family will always remember Adriana Harley Campione (August 24, 2014)..

## How Will I Survive the Holidays?

As I was searching for some information to share with you about handling the holidays, I remembered I had a book in my office about grief during the upcoming season. The book is called "A Decembered Grief – Living with Loss While Others Are Celebrating" by Harold Ivan Smith. I would highly recommend it, not only for the wealth of great suggestions but also because it is an easy read for those of you that may struggle to read something "too heavy". I wrote a few of them down to share with you because I thought they had special meaning. I'd like to add my "two-cents" in too, since I think I'm pretty good at doing that.

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"If there is one thing I have learned... it's that we all grieve in our own ways and on our own schedule" (Candy Lightner).

Think about it. No two people are alike so why should the way we grieve be any different? This may be your first Christmas without your baby. Maybe your baby would have been due around this time? Maybe this is your fifth Christmas, but you still proudly place your baby's special ornament on the tree and think "what would it be like to have him/her here". Be guided by the reality that there is no right or wrong way to celebrate the holidays after a loved one is gone. Do what you have to do. Do you want to: buy an ornament or stocking and put your baby's name on it and hang it on the tree or mantle? Would it make you happy? Then go ahead. Does everyone have to understand? No. Will they? No. But, never apologize for what will nurture you.

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"While grief in life is unavoidable, we do still have a choice about how we respond to our feelings and how we spend our holidays" (Barbara Johnson).

Do you always go to your mom and dad's house? Do you have the whole family over?

Does everything have to be just right on the Thanksgiving Day table? Well, what if this year you just don't want too? Maybe you want to be alone. Maybe it's just too hard to be around all the nieces and nephews or your sister who just had a baby. Sometimes it can be too overwhelming to make yourself do what others "expect" of you. How about breaking with tradition for a year? Maybe go away for a weekend retreat. Have dinner out at a restaurant. Will everyone understand once again? No. Take the time you need to grieve your loss and try not to worry about what anybody else thinks. I like this saying from the book I mentioned: tears are a natural seasoning of the season.

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Should you choose to spend the holidays in the traditional way, with family and friends, why not try this? You want your baby remembered. You're not sure if anyone else is thinking of him or her but you are... every single second. Why not light a candle in front of you and have your closest relative say this little prayer before you start to eat. "Creator of all, we thank You for the gift of life You gave to \_\_\_\_ (your names go here). In our confusion and grief, help us to remember the joy that \_\_\_\_ (your baby's name goes here) brought us. Guide us through the choices and the demands the traditions of this season brings. Amen" Ann Brener says it well; "contemporary society minimizes the appropriateness of

grief. Even when the importance of mourning is recognized, the outside world imposes many distractions and demands... with so many variables involved, it seems clear that the chronology of grief is unique to each person; this must be respected and never judged."

Lastly, I'd like to offer some suggestions from people who have been there... These ideas appeared in one of our past Forget-Me-Not

Holiday Issues but they will work every time.

- ◆ Donate to a charity in memory of your baby.
  - ◆ Attend a support group during the months of November, December, and January.
  - ◆ Give your significant other or spouse a present symbolic of their motherhood or fatherhood like something with the baby's birthstone.
  - ◆ Light a candle each day in memory of your baby.
  - ◆ Attend one or all of the local Candlelight Memorial Services.
  - ◆ Give your close family members an ornament or something small in memory of your baby.
  - ◆ Hang a stocking with your baby's name on it if it would make you feel better.
  - ◆ Find an "angel" on a giving tree that is close in age to what your baby would be and buy a present for them.
  - ◆ Send a letter to your family and friends asking them to make a donation to a charity of your choice in memory of your baby.
  - ◆ Add a symbol of your baby (i.e. an angel, a teddy bear, a butterfly) to your holiday greeting cards if you choose to send them.
  - ◆ Decorate a small wreath and place it in the cemetery or take a small artificial tree with battery powered lights there on Christmas Eve.
- But most importantly, be kind and gentle with yourself. Sometimes people say the only way to get through it – is through it. Do the best you can and know my thoughts and prayers are with you.

Peace.

By: Fran Kane RNC

## Footprints on the Heart Annual Candlelight Vigil Service

**December 14, 2018**

**7 p.m.**

**Sisters Hospital Chapel, 2nd floor  
2157 Main Street  
Buffalo, NY 14214**

Please join us for an evening of music, reflection, and lighting of candles in memory of

your babies. A reception of light refreshments will follow the service.

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

Please R.S.V.P. by December 22nd with the number attending to our voicemail at 716-862-1678 or [acreamer@chsbuffalo.org](mailto:acreamer@chsbuffalo.org)

In the event of any inclement weather, we will announce any rescheduling on our voicemail and our Facebook page the day of the service.

Please arrive by 6:45 in order to start promptly at 7 pm.

Co-sponsored by the WNYPBN, Inc.

# Walk to Remember 2018

The 2018 Walk to Remember was a wonderfully memorable day. It was misty-rainy with a slight autumn chill in the air. But the community of bereaved families that makes up our Network came together in love and remembrance to pay tribute to the babies we can only hold in our hearts.



**CHRISTINE SCOTT, WNYPBN EXECUTIVE DIRECTOR, ADDRESSING THE MASSES AT THE 2018 WALK TO REMEMBER**

The event ran so smoothly even though it was a misty-rainy day with an autumn chill. All in attendance were able to come together to share their love for our babies, and share their sorrow in remembrance of lives that were over too soon.

Christine Scott, the WNYPBN's Executive Director, spent countless hours organizing and



amazing work the WNYPBN does and has done for so many.

The blessings on both the Walk itself as well as on the Bradford Pear Tree that we planted in the park were performed by Father Richard "Duke" Zajac. An amazing author, philosopher and man, Fr. Duke's words of blessing brought an omnipotent presence to console and ease the suffering of all in attendance. A member of the Board of Directors for the WNYPBN, Fr. Duke always makes a point to attend and help out at WNYPBN events. We would all like to thank him for his commitment and counselling when we all need it most!

The musical interludes by Justin Lackie, Abigail Unger, and Gregory Hallock left not a dry eye in the entire park. We cannot thank these wonderful musicians enough for sharing their gift of music with so many who are hurting so badly. Also, a huge thank you to Tim Mott, a bereaved father, who provides the sound equipment year after year so that all can hear the



**ABIGAIL UNGER, THERAPIST AT HOSPICE BUFFALO, BLESSED US WITH HER BEAUTIFUL VOICE.**

preparing for the wonderful event. She planned everything from the memorial service itself, including the exact placement of the beautiful mums and signs on the Main Stage, as well as the flow of the event that included the placement of tables, signage and tree planting. She puts her heart and soul into each and every detail, that it would be a wonder if the Network would even have a Walk without her!

Senator Tim Kennedy gave an address about the meaning of October as Pregnancy and Infant Loss (PaIL) Awareness Month. He remembered his beautiful daughter, Brigid Nicole, while telling of the

**SENATOR TIM KENNEDY GAVE A HEART-FELT ADDRESS ABOUT PREGNANCY & INFANT LOSS AWARENESS MONTH AND THE WNYPBN**





**NURSES, JENNIFER LIBERTI, SUE SIMINSKI AND JULIE SCANLON, CARRIED THE BANNER TO LEAD THE MEMORIAL WALK.**

beautiful music, poetry and addresses at this wonderous event.

This year, poems were read by Becky Paolini, Peter Breitsch and 10 year old Trent Kim. The poems each struck a chord of the sadness and longing each of us experiences with the loss of our beloved children.

Perhaps my favorite part of the Memorial Ceremony portion (apart from my son reading a poem for his sisters), was the SmileCloud™ release that corresponded with the balloon release. The SmileClouds were composed of helium-filled bubbles and shaped like hearts. A WNYPN Intern and bereaved mom, Tara

**FR. RICHARD "DUKE" ZAJAC BLESSED THE PEAR TREE IN LOVING MEMORY OF ALL OUR BABIES WHO HAVE DIED.**



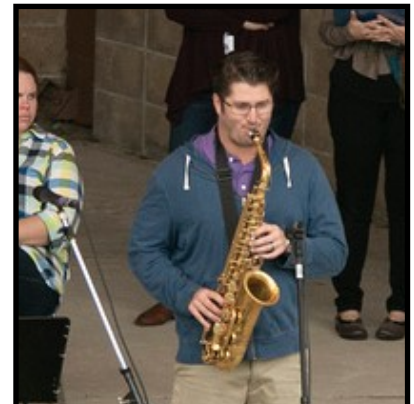
the route is so difficult if you have never attended the Walk before. The numbers of babies that we remember with this event is truly awe-inspiring. There were over 1600 names in the program and insert. We remember them, taking steps that they never could.

Lunch was again provided for those in attendance by the wonderful people at Frontier Catering and Sahlen's. We appreciate the help year after year!

Petty, helped with this part of the program by controlling the machine and releasing dozens of heart shaped clouds into the air! A few became lodged along the amphitheater's overhang, but they gave all in attendance a better view of them!

The Walk itself was solemn and contemplative.

Seeing all the baby name signs along



**JUSTIN LACKIE PERFORMED SEVERAL INTERLUDES ON THE SAXOPHONE**

If you were unable to attend the 2018 Walk to Remember, mark your calendars for Columbus Day weekend in October 2019.

By: Dawn Both-Kim



**FAMILIES GATHERED TO REMEMBER THEIR BABIES GONE TOO SOON DURING THE SERVICE (ABOVE) AS WELL AS THE MEMORIAL WALK (LEFT)**

## Walk to Remember 2018 Thank Yous

The WNYBPB would like to thank the following donors for their generosity in helping the WNYBPB approach our fundraising goal.

### Angel Sponsors:

Catholic Health System – Mercy Hospital  
Senator Timothy M. Kennedy  
Frank & Jane Pelosi & Family

### Heart Sponsors:

Audubon Women's Medical Associates, PC  
KMR Heating and Cooling  
OB/GYN Associates of WNY  
Parallel Employment Group  
PCB Pietzotronics, Inc.  
UB-MD Dept. of Pediatrics,  
Division of Neonatology

### Butterfly Sponsors:

Angel Gowns of WNY  
Buffalo Infertility & IVF Associates  
clevermethod, Inc.  
Moderncraft Home Improvement Co.  
Niagara Scenic Tours/  
Fisher's Moving and Storage  
Wagner Monuments  
YourCare Health Plan -  
A Monroe Plan Company

### Supporting Sponsor:

Pietszak Funeral Home

Thank you to those who have given their time and talents to make the Walk to Remember possible!

Christine Scott, Executive Director  
& the WNYBPB, Inc., Board of Directors

*Signs printed courtesy of*  
Hale Expo Services, Inc.

*Sound System & Music courtesy of*  
Justin Lackie  
Gregory Hallock  
Abby Unger  
Timothy Mott

*Family Picnic courtesy of*  
Frontier Catering  
Sahlen's  
Market in the Square  
Tarantino Foods, LLC  
The Anderson Family  
The Scott Family

*Flowers courtesy of*  
Trillium's Courtyard Florist

*Kids' Zone courtesy of*  
Bouncing on Air LLC

*Volunteer Groups*  
Clarence YES  
Erie County RSVP

*Walker Gifts courtesy of*  
Parallel Employment Group

*Photography courtesy of*  
Heather Nichter  
Kristen Quinn

*Wings of Love Mementos*  
John & Theresa Sergi  
Corinne Halbok

*Theme Artwork*  
Christine Scott  
Dawn Both-Kim

### **2018 Walk to Remember Committee:**

Kelly Anderson, Kelly Arena, Dawn Both-Kim, Melissa Browne, Dawn Gayadeen, Lisa Jerebko, Jennifer Liberti, Christine McKenzie, Kristen Quinn, Laura Reyda, Judy Sanchez, Christine Scott, Carrie Ann Smith, Donna Zimmer

Thank you to the families who raised money to support the WNYBPB. Your pledges help our organization help the families afflicted by perinatal loss. We would especially like to thank the families of Alyssa Sophia Ingalsbe, Isabella Christine Girling-Ramos and Rylee Hope Bahrenburg and to Michelle Busch for collecting more than \$1000 worth of pledges. Paving stones will be placed at the Lancaster Rural Cemetery in honor of your babies as a thank you.

## Medal Chasers: Forever in My Heart Group/Virtual Run

Medal Chasers creates virtual run/walk events which can be completed at any location and at a time that suits you, day or night! One of the major advantages of a virtual race is the flexibility which it offers. Medal Chasers virtual races offer those who are passionate about staying active and keeping pace in a busy world the chance to run or walk on your own schedule.

Their mission is simple: Raise money for charity while promoting physical fitness and better health through the sport of running!

For the second year in a row, Medal Chasers has created the virtual run as well as a live group run that took place on October 14th at the Ellicott Creek Trailway (Amherst Bike

Path) this year. It was a cool, dreary morning, but that didn't stop Medal Chasers as they ran and walked in honor and memory of all babies gone too soon! A BIG thank you to everyone who participated!

While charity continues to be an important part of Medal Chasers' mission, the quality and uniqueness of our medals and bibs are equally important. We offer the "got to have it" race hardware you will love. In addition to events centered on specific causes, we offer long term running challenges to help you meet your goals! These challenges have special themes with cutting edge medal designs. With each challenge, participants have a vote on which na-

tional organization we donate to.

So whatever your reason for running might be, the charity, the cause, the challenge, or the hardware...Medal Chasers has got you covered!



## Pall Awareness Paint Night

On October 23, 2018, at the Wilson Support Center at Hospice, the WNYPBN held a paint night to support the Wings of Love Memorial Fund. Lead by, "Paint Night at Your House, by Dawn Both-Kim," the group of seven women and one fun and crazy teacher painted a meaningful and beautiful painting of an

brightly colored butterflies.

The original work, created by Dawn Both-Kim, with influences from "The Art Sherpa" Cinnamon Cooney (YouTube, social media). We had such a good time and turn-out at the last paint night, that one definitely needed to be painted for Pregnancy & Infant Loss Awareness Month. The small group of fun-loving and very talented ladies made for a wonderful evening!

These paintings are a beautiful tribute to our babies gone too soon, and helped in healing a piece of our hearts along the way. Keep an eye out for other crafting evenings held by the WNYPBN on Facebook and our website!

By: Dawn Both-Kim



## Family Lunch With Santa



*Come join Santa for lunch at the Herschell Carrousel Factory; then, stay for an afternoon of activities, including games, crafts, snacks, and carrousel rides!*

**Saturday, December 8, 2018**

Lunch with Santa: 11:00am-12:00pm

Carrousel Ride and Activities: 12:00pm-2:00pm

**Herschell Carrousel Factory**

180 Thompson Street

North Tonawanda, NY 14120

Lunch tickets are \$12 per person, with limited seating.

There is an unlimited number of Ride & Play Passes for \$8 per person which do not include lunch.

Contact the WNYPBN for all tickets by November 30th. (716) 626-6363

This event is hosted by the Western New York Perinatal Bereavement Network, Inc.



Western New York  
Perinatal Bereavement Network, Inc.

Western New York Perinatal  
Bereavement Network, Inc.  
Wilson Support Center  
150 Bennett Road  
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 | Sisters of Charity Hospital                                            | Wilson Support Center                  |
| Brooks Memorial Hospital                            | The Center For Hospice & Palliative Care ~ Essential Care for Children | Niagara Falls Memorial Hospital        |
| Buffalo Prenatal-Perinatal Network, Inc             | Eastern Niagara Hospital—Lockport Division                             | Olean General Hospital                 |
| Catholic Charities of Buffalo - WIC Program         | Kaleida Health                                                         | United Memorial Medical Center         |
| Catholic Health System                              | Oishei Children's Hospital                                             | WCA Hospital                           |
| Mercy Hospital                                      | Millard Fillmore Suburban Hospital                                     | Wyoming County Community Health System |
| Mount St. Mary's Hospital of Lewiston               | Jones Memorial Hospital                                                |                                        |

### Board of Directors:

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