

# Forget-Me-Not Newsletter

 Western New York Perinatal Bereavement Network, Inc.

## A Letter from the Editor

By: Erika Zambotti, MSW Intern

Our Network places a strong emphasis on letting no one suffer their loss in silence. Often times we talk with bereaved parents who feel that no one in their lives fully understands what they are going through. While many of you may know you're not alone, let's consider those who truly feel as if they have no one to talk to, or the times in your journey where you simply wanted to feel validated in your grief. A Support Group might be that one small opportunity which helps you to meet these needs.

Putting yourself, your emotions and your experiences out in the open during such a vulnerable time in your life may seem daunt-

ing. But support groups are meant to be safe spaces where those struggling through similar experiences can come together and lend each other strength and empathy, free of judgement.

Support groups for those experiencing perinatal loss exist in the area, and they are there for you, the parents suffering this difficult grief. Give yourself the gift of being heard by attending a local support group.

If you feel you would benefit from attending a peer-to-peer supportive group setting, please contact us at the WNYPBN to ask about our Tiniest Angels support group meetings, and to let us know you're interested in

attending.

Our next group will be meeting on Tuesday, February 19th at 6pm, on location at 150 Bennett Road in Cheektowaga, NY. We are also planning to combine March 19th's support group with a paint night.

For more information, visit our website at [wnypbn.org](http://wnypbn.org), or call us at 716-626-6363.



Volume 16, Issue 1

February 2019—  
April 2019

### Save the Dates:

- **March 30, 2019**—Evening to Remember Basket Raffle at Lancaster Elk's Lodge, 33 Legion Pkwy, Lancaster NY 14086
- **May 10th, 2019**—Elegant Evening to Remember at Salvatore's Italian Gardens
- **May 11th, 2019**—Parent's Day Breakfast at Templeton Landing

### Inside this issue:

|  |   |
|--|---|
| <i>Forget-YOU-Nots</i>                                 | 2 |
| <i>Safe Arrivals</i>                                   | 2 |
| <i>Poetry</i>  | 3 |
| <i>Paint Night</i>                                     | 3 |
| <i>How to Love Someone who is Grieving their Child</i> | 4 |
| <i>"Evening to Remember" Basket Raffle</i>             | 5 |
| <i>Elegant Evening to Remember</i>                     | 6 |
| <i>Parent's Day Breakfast</i>                          | 6 |
| <i>Candlelight Vigil Recap</i>                         | 7 |
| <i>Lunch with Santa Recap</i>                          | 7 |

## Christine's Corner

By: Christine Scott, WNYPBN Executive Director

Happy Winter!

I hope everybody is staying warm, especially on these very gloomy, cold winter days and nights. I am really looking forward to the birds chirping, the flowers blooming, and plenty of buffalo sunshine in a couple of months.

Somebody recently asked me what the most rewarding part of my job was, and the first thing that came to my mind was the gift of presence I offer to our families in need. We can never take away the pain that one experiences during the loss of a child;

however, the biggest gift is being present. Sometimes it's not saying a word, just holding their hand or giving them a hug, a listening ear, and walking their journey alongside them.

I believe everyone needs a champion sometime during their jour-



ney of life. It might be for a day, might be for a week, or it might be for a lifetime. If you see somebody who is hurting: stop, listen, and give them your gift of presence. Be the champion in somebody's life.

I hope to see you all at some of our springtime events. Please see the enclosed event details in our newsletter, or, you can always visit us on the web at: [WNYPBN.org](http://WNYPBN.org).

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*

**Juju Dintcheva David** February 27-29, 2016  
**Baby Dintcheva David** November 17, 2018  
We are deeply shocked and saddened. Words can't describe the pain we are experiencing. We love you more than you will ever know. Rest in peace and in the care of your sister Juju.  
*Parents: Elka Dintcheva and Jonathan David*

**Logan Gagliardi** September 8, 2018  
We love you Logan You are always on our minds, and forever in our hearts. Your presence in Asher is the most precious gift and we can't wait to meet him. Love always, Mommy, Daddy, Mikayla, Jadyne, Caleb, and Brynlee.  
*Parents: Kristen and Rob Gagliardi*

**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*

**Baby Boy Jonathan** June 8, 2018  
Love you Forever & Always,  
Mom, Dad, Big Sisters Krysten, Kam, Kaytee,

& Big Brother Klyde, Nephews Kort & Kreeze, & Niece Kenzleigh  
*Parents: LaRue & Leilan Jonathan*

**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*

**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, 1991  
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*

**Nevaeh Haylynn Wheat-Green** December 11, 2017  
**Jamison Robert-Karysen Wheat-Green** November 30, 2018  
*Parent: Christine Wheat*

**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

Raney Staley-Sereno and Adam Sereno welcome Rainbow Baby **Landon Jones**, born December 12, 2018 at 1:25 pm, at 7 lbs 1 oz and 20 inches long. The family will always remember their Angel Babies.

### Parent Volunteers Needed

For Parent Telephone Support Team

The WNYPBPN is seeking parents who are willing to connect via phone with other individuals who have experienced a similar perinatal loss. Our PTST program is a crucial part of our mission to provide support to families in need.

A volunteer training is being planned for the month of March on site. Date TBD.

Please contact Christine if you are interested in volunteering:  
(716) 626-6363 - Christine@wnypbn.org

## Poetry

### Little Snowdrop

The world may never notice  
If a Snowdrop doesn't bloom,  
Or even pause to wonder  
If the petals fall too soon.

But every life that ever forms,  
Or ever comes to be,  
Touches the world in some small  
way  
For all eternity.



The little one we  
longed for  
Was swiftly here and  
gone.  
But the love that was  
then planted  
Is a light that still  
shines on.

And though our arms are empty,  
Our hearts know what to do.  
For every beating of our hearts  
Says that we love you.

Author Unknown



### Untitled Poem

It must be very difficult  
To be a man in grief,  
Since "Men don't cry" and "men  
are strong"  
No tears can bring relief.

It must be very difficult  
To stand up to the test  
And field the calls and visitors  
So she can get some rest.

They always ask if she's all right  
And what she's going through.  
But seldom take his hand and ask,  
"My friend, but how are you?"

He hears her crying in the night  
And thinks his heart will break.  
He dries her tears and comforts  
her,  
but "stays strong" for her sake.

It must be very difficult  
To start each day anew  
And try to be so very brave—  
He lost his baby too.

Author Unknown.

### Baby Boy Jonathan's Poem

To Our Precious Little Boy,

Your spirit was brought to us from  
a wish made of Love  
We couldn't believe it when we  
realized we'd been blessed again  
from above.

In my womb you were growing  
slowly, but I found Peace knowing  
you were there  
Then came the tears of loss and I  
wanted to know how Life could be  
so unfair.

I had to realize that because you  
were too perfect and special The  
Creator wanted you more than I.

I know that someday we'll be to-  
gether again, but for now I'll keep  
you safe in my heart.

Know that we love you more than  
words can say and we will miss  
you everyday!!

Parents: La Rue and Leilan Jonathan



## Upcoming Paint Night

The WNY-PBN will be holding a Paint Night on Tuesday, March 19th, on location at 150 Bennett Road in Cheektowaga, NY, to be combined with our Tiniest Angels Support Group.

Entry is \$20 cash the night of the event. We will be combining our monthly peer support group meeting with a fun and therapeutic paint night. Supplies and canvas are included in the fee. The image we will be painting as a group is TBD and



will be posted to our website and Facebook page shortly.

Please RSVP as soon as possible to give us an accurate headcount.

(716) 626-6363.

## How to Love Someone who is Grieving their Child

When someone you love has experienced the loss of a child, it's hard on everyone. They are engulfed in a sea of unbearable pain and grief and sorrow while you may be struggling to stand beside them, wondering what to say, what to do, and what they need. You love them dearly, but you don't really know what they are going through and *you don't know what to do*.

Maybe you're grieving too.  
 Maybe you're suffering as you witness their suffering.  
 Maybe you feel helpless.  
 Maybe you find yourself saying all the wrong things because you don't know what else to say.

Maybe you want to love them through this, but no one taught you how to do that.

It's ok.

Most of us don't really know how to navigate this thing called grief. They don't teach Grief 101 in high school (although, perhaps they should!).

In an ideal world, your heartbroken loved one would be able to say, "Here, this is what I need. This is how you can help me." Unfortunately, that's generally not how it works. They have been crushed by a devastating loss and, chances are, they're giving everything they have to simply get out of bed in the morning. Trying to articulate what they need and what kind of support they want probably feels next to impossible.

Fortunately, loving a grieving friend or family member isn't as complicated as it can seem. Generally, it's simply about being a compassionate and kind human.

### Show Up

First and foremost, show up. Be here.

Show up at their door. Run errands for them. Do their laundry. Make them meals and sit with them to ensure they eat (many times in early grief people lose their appetite and don't eat regularly). Lay on the bed and hold them while they cry.

Continue to show up for months or years – this is a lifetime loss and they will need you for a lifetime. Text them. Call them. Send cards. Remember birthdays and anniversaries of their child's life. Help them plan birthday parties

and holiday remembrances and show up for death anniversaries. Mark them on your calendar so you don't forget – because they won't. And they won't forget those who show up for them.

You will likely say or do the wrong thing at some point. It happens. But if you are willing to keep showing up and work through the discomfort, that's what will matter. That's how you'll help.

### Be Patient

Grief is not short lived. Nor is it linear or simple or logical.

Grieving a child takes a lifetime. We love our children for a lifetime and we will grieve them for a lifetime. Society likes to tell us that after a certain period of time, grief should be completed and we should be ready to find "closure" and "move on."

To be quite honest, if you buy into that way of thinking, you will struggle to be able to support your loved one as long as they will need you to.

Your friend or family member will grieve far longer than you will want to hear about it or be around for it. This is where they will need you to be patient and understanding.

Those who grieve their child(ren) will eventually find a way to live with that grief and that aching hole in their life, but they will never stop missing their child or longing to hold them. Birthdays and holidays and anniversary dates may be painful and challenging for the rest of their life.

When you find yourself tiring of their grief or wanting them to "get over it already," remember – they are far, far more exhausted and sick of grieving than you can even imagine. This is when they need you most to keep showing up.

### Listen

While you might be struggling to know what to say, it's likely your loved one really just wants someone who will listen.

Really, truly listen.

To their fears. To their grief. To their doubts and guilt and regrets and questioning. To the part of them that feels like they've failed their children. To their anger and their rage at

the injustice of their children's lives being cut short. To the urges of grief that make them feel crazy and abnormal.

Let those you love simply talk with you and be heard without judgment or false optimism. Don't try to fix it or to help them feel something different – just listen.

Listen and when you want to object to something they are saying or inject your own thoughts, stay silent and listen even more.

Listen and then simply tell them that you love them and you are here.

### Forgive

Here's the honest truth: For a while, your friend or family member isn't going to be a terribly great friend or family member.

They probably won't always show up for holiday celebrations or birthdays or fun outings. They'll probably forget your birthday and anniversary and other special occasions. They may not feel up to attending baby showers and children's birthdays or being around babies and kids at all (this particular thing might last for years).

In that first year after their child died especially, they will probably forget things you told them or make plans and either forget about them or cancel at the last minute because they just couldn't get out of bed that day.

When you complain about every day matters like being tired or your child acting up or the annoying co-worker you can't stand, they may not engage in the conversation the way they used to or may tell you that you're overreacting. It's not that they don't care about your difficulties, it's simply that what they've experienced is so overwhelmingly huge everything else feels small and meaningless in comparison.

So, when they can't be the friend or family member you remember or want them to be, forgive them. They're still learning how to navigate life after the entire landscape has changed – not unlike being dropped in a foreign land with no map and no way to communicate.

### Get to Know Them

However long you may have known your loved one or how well you might have known

## Continued

them, be prepared to get to know them all over again.

The loss of a child changes us in irrevocable ways.

Your friend or family member isn't the person they once were and they will never fully be that person again. Grief has forged them into someone new.

Don't be surprised if they don't respond to things the way they once would have or if they suddenly aren't interested in things they used to love or if the beliefs about the world they used to hold so dear are ones they cannot abide by anymore.

No, they won't be the person you remember and loved so very much. Grief will change and morph them into someone new – and even that

will change and morph again over time.

But don't give up on them too quickly. They may not be the person you knew, but you might really love the person they have and are becoming.

Take time to get to know the new post-loss them.

### Remember

Finally, if you do nothing else, remember with them.

Help them remember their child through the years and comfort them with the knowledge that their child has not and will not be forgotten.

Share memories with them. Say their child's

name. Remember their child's birthday. Honor them on the holidays and for Mother's and Father's day. Donate in their child's name. Read articles like this one and discuss it with your friend or family member.

Give your loved one the gift of remembering their child. It's the greatest gift you can give.

And above all else, love them. Love them so deeply and openly and clearly, they can't help but feel it radiating from you.

They need you and they need that love.

### Love them fiercely.

*By: Still Standing Contributor Emily Long – Originally published at Emily Long.*

## 14th Annual “Evening to Remember” Basket Raffle

Saturday, March 30, 2019

7:00-11:00pm

Lancaster Elk's Lodge

33 Legion Pkwy

Lancaster, NY 14086

Admission: \$10 per person

includes ticket for Gift Card Package Raffle

CASH BAR—NO OUTSIDE BEVERAGES ALLOWED

Feel free to bring snacks for your table!

Proceeds to benefit the WNY PBN, Inc.

If you have any questions, or wish to donate a basket in memory of a baby who has died, please contact:

Cyndee Fahey at (716)361-9330 or at [Octobersangl@aol.com](mailto:Octobersangl@aol.com)





## 8th Annual Elegant Evening to Remember

A kind gesture can reach a wound that only  
compassion can heal.

Steve Maraboli

May 10th, 2019 - 6:30 - 10:30 PM  
Salvatore's Italian Gardens  
-6461 Transit Road in Depew-

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

Please RSVP by May 1, 2019

(716) 626-6363  
Christine @wnypbn.org

This event will feature an awards ceremony recognizing physicians, nurses, volunteers and organizations for their outstanding dedication to the WNYPBN, and will include dinner, and a silent auction. All auction packages have been created in memory of babies who have died due to miscarriage, ectopic pregnancy, stillbirth or early infant death.

Award winners will be announced mid-February and will be posted on our website.

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

Will be held on  
Saturday, May 11, 2019

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.

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

Please RSVP by May 1, 2019



## Candlelight Vigil Recap

WNYPBN partnered this year with Sisters of Charity Hospital to host their Annual Candlelight Vigil.

The event serves as a place for families to come and pay reverence to their baby/ies that have died at what can be a difficult time of year. The holidays are both filled with love and stress simultaneously. Offering parents a place to go with their grief has proven to be a need in our community, as evidenced by our chapel that was full of grieving families.

Amid the Christmas trees, white twinkling lights and flames of candles that had been lit in memory of each baby, parents listened to poems and music to help them connect with a message of hope during the holiday season.

Each year a theme is chosen and candles and ornaments are given to each family

that attends. This year's theme was surrounding sea glass and the following poem was read at the service:



### SEA GLASS IS THE ULTIMATE SURVIVOR

Written by Christine White

Broken glass both sharp and fragile surviving the rip tides and traveling depths unknown. Shattered. Abandoned.

Exiled in icy waters- each piece must tumble alone.

Jagged edges soften, get rounder, new shapes form.

A protective coating grows. Transformed by time and mother nature, shards become glitter litter washed ashore.

Each piece goes from trash to treasure, becomes sought after and collected.

Sea glass is the ultimate survivor.

*By: Amy Creamer*

## Family Lunch With Santa Recap

On Saturday, December 8th, 2018, Santa paid a visit to the Herschell Carrousel Company in North Tonawanda. WNYPBN was represented



through several families in our network as we celebrated the joy of the holiday season among the beautiful carrouseles and playful atmosphere.

Kiddos and their families enjoyed meeting Paw Patrol's Marshall, surprise appearances from Obi-Wan Kenobi and Princess Leia, and having lunch and sweet treats while conversing about presents with the big man himself.

Everyone enjoyed a ride on the grand carrousel housed right in the factory to round off the fun-filled day that broke up the stress and high emotion of the holidays.

Some siblings wore snowflake necklaces proudly proclaiming that they were brothers and sisters of baby angels, re-



mindings us that there is always room to include the little ones we've lost while we celebrate.

*By: Erika Zambotti*



Western New York  
Perinatal Bereavement Network, Inc.

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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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| Dawn Both-Kim,<br>Secretary    |  |  |



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Volume 16, Issue 1 February 2019—April 2019

Forget-Me-Not

