

Forget-Me-Not Newsletter

 Western New York Perinatal Bereavement Network, Inc.

A Letter from the Editor

By: Erika Zambotti, MSW Intern

It was around this time last year that I met Christine Scott, and Tara, WNYPBN's Social Work intern at the time. I interviewed with them as a first-year social work student seeking a placement for my second and final year as a student. In the short time I sat with them, I learned about the many programs, events, and support efforts the Network carries out to benefit parents and families impacted by this vast issue. I also got a sense for the passion that lives in the individuals involved with this organization.

The cause clicked with me. In many ways, the population of bereaved parents facing perinatal loss are marginalized; oftentimes swept aside, forgotten, and de-

nied their rights as parents and as human beings. As social workers, our hope is that one day the perfect world will manifest, and we won't be needed. But until then, I have gained a deeper knowledge and understanding of all the things a Social Worker should be while working with Christine and all the others at the WNYPBN: Supporter, Educator, Empowerer, Researcher, and Advocate.

As a soon-to-be-social-worker, I would like to take this time to remind parents of some of the many things I've learned here: It is your right to mourn in whatever way is healthy for you. It is your right to care for the child you lost, both at the time of the loss and after they have left your

arms, if that is what you choose. It is your right to be recognized as a parent. It is your right to receive humane, professional, and trauma-informed care at and after the time of your loss. And it is your right to express your grief outwardly.

I would like to extend my gratitude especially to everyone who shared their story with me along the way. It's through allowing me to be a part of your journey that I learned the most, and it will always be through your courage that the struggles and grief of this hidden population will continue to be brought to light in our community.



Christine's Corner

By: Christine Scott, WNYPBN Executive Director

Reading inspirational quotes that pop up from time to time either on Facebook, Pinterest, etc. are reminders to myself to pause and ponder. The last one I read shared by a very dear friend and volunteer stated, "No rule book. No time frame. No judgement. Grief is as individual as a fingerprint. Do what is right for your soul." ~LFW

Sometimes the pressures of society make me feel as if 19 years after my loss, my heart should be healed. But reality is I will never fully be healed, I will always

have a hole in my heart for my Jacob and my loved ones that passed. I choke up at times talking about or thinking of certain passing milestones, have a tear in my eye with the sighting of a monarch butterfly or cardinal... the list goes on and on.

I wish my children were all together on earth each and every day to watch them grow into beautiful adults. But I have this missing piece, this hole, and sometimes on certain occasions after all this time it opens just a little bigger and that is ok; for it

reminds me of the deep love I have for the ones I can't reach out and hug. I will continue to get choked up, tear up and sometimes even cry... For that's what is good for my soul.

Please remember there is no time frame for your grief; your healing journey is as individual as your fingerprint. So as you celebrate, you are a Mother on Mother's Day and a Father on Father's day this year, do what is right for your soul!

Wishing you hope and peace,
Christine

Volume 16, Issue 2

May 2019—
July 2019

Save the Dates:

- **May 10th, 2019**—*Elegant Evening to Remember at Salvatore's Italian Gardens*
- **May 11th, 2019**—*Parent's Day Breakfast at Templeton Landing*
- **October 13th, 2019**—*Annual Walk to Remember*

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Forget-YOU-Not

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

Sara AnnaRose Connors October 31, 2016-
February 24, 2017
Parents: Sean & Courtney Connors

Logan Andrew Cooper January 9, 2015-
March 25, 2015
To my Baby Bear, my "Logi Bear," we think and speak of you every day. I cherish and share your memories to keep you alive here on earth. Thank you for sending us our rainbow baby Aubrie Ana. We love you to heaven and back. Love, Mommy and Daddy.
Parents: Grace & Shawn Cooper

Kayonna Marie Darrell October 16, 2018
We Love You Always! Not a day goes by that we don't think of you! You will forever be in our hearts. Love Mommy, Daddy, Big Sisters Elana, Avianna and Savannah and Big Brother Brandon.
Parents: Ashley Hunt and Wendell Darrell Jr

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, Jady, Caleb, and Brynlee.
Parents: Kristen and Rob Gagliardi

Safe Arrivals

Kristen and Robert Gagliardi welcome Rainbow Baby **Asher Logan**, born March 31, 2019 at 5:35pm, at 6 lbs 6 oz and 19 1/2 inches long. The family will always remember Logan, and the Gagliardi Angel Babies.

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 & Kreese, & 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

Baby Taber September 30, 1991
Love and hugs. Miss you! From, mom
Parent: Rosemary Taber

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



Courtney and Sean Connors welcome Rainbow Baby **Keira Elizabeth Connors**, born on Sunday March 17th, 2019. The family will always remember their Angel Baby Sara AnnaRose Connors.

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.

Parent Volunteers Needed

For Parent Telephone Support Team

The WNYPBN 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 late summer on site. Date TBD.

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

Poetry

This Mother's Day, This Father's Day

By Lisa Weber

I have a son.
I have a daughter.
I am a mother.
I am a father.

I do not take my child to the park like some parents do ~
but I take my baby everywhere in my heart.
She was denied this earthly existence.
I don't know why.

He will play catch in the stars, not on the ball field.
She will never shop for a prom dress at the mall,
and he will never ask for the keys to my car.
But they are our children, nonetheless.

I will wear her birthstone around my neck.
I will think of him every day.
Acknowledge me on Mother's Day.
Wish me a pleasant Father's Day.

I need that support and acceptance as much as you.
I am a parent.
Mother's Day is to honor all mothers.
Father's Day is to honor all fathers.

As spring brings forth new life following the quiet healing of winter,
let us welcome a rebirth of hope in our own lives.
In recognition of childless parents,
and those who have loving children,
but also have felt the heartache of the death of a child,
this Mother's Day and Father's Day.

My wish for you is one of peace, love, and to
call to mind the dignity of parenthood.



*A Mother is not
defined by the number of
children you can see, but
by the love she holds in
her heart.*

—Franchesca Cox

Evening to Remember Basket Raffle Recap

A BIG thank you to everyone who volunteered, donated, or participated in this year's annual Evening to Remember Basket Raffle Fundraiser, held at the Lancaster Elk's Lodge on Saturday, March 30th. With your help, the Network was able to raise over \$13,000 to fund our mission to assist bereaved families through our many programs.

We would like to thank Cyndee Fahey especially for her efforts this year and every year for coordinating the event so beautifully. The raffle featured over

180 baskets donated in memory of lost babies. Attendee turnout and generosity exceeded our expectations. We are humbled by the enthusiasm of our great community in participating in these fundraising events and supporting our efforts to meet the needs of bereaved families.

We hope to continue this tradition of celebrating our loved ones in such a positive way, and we hope to see you all next year!

By: Erika Zambotti

Hospice Remembrance Garden

The 23rd Annual Hospice Memorial Walk will take place on Sunday, May 19th at Canalside. We invite you to join us there as we walk in memory of our loved ones in support of Hospice Buffalo. For more information or to register, please visit www.HospiceMemorialWalk.org

If you would like to honor a child who has passed, please stop by the Children's Remembrance Garden to personalize a flower to place in the garden in their memory. Please return to the garden post event to take home your personalized flower.



What Grieving Moms Want for Mother's Day (compassionatefriends.org)

Acknowledgement is what grieving mother's want most for Mother's Day, suggests a survey by www.thecomfortcompany.net a website that specializes in meaningful sympathy gifts. The online survey asked, "What can others do to ease your pain on Mother's Day?" Over 80 percent of the 200 respondents answered, "Recognize that I am a mother."

"While Mother's Day is generally considered to be a day of celebration, for many women it is a day of pain and loss," says Renee Wood, former social worker and founder of the Comfort Company. "It's important to remember those moms who have had a failed pregnancy or who have lost a child at any age."

In response to the survey result, The Comfort Company has issued a list of ten simple ways to reach out to a grieving mother on this difficult holiday.

- **Recognize that they are a mother.** Offer a hug and a "Happy Mother's Day." Send a card to let them know you remember they are a mother even though their child is not with them physically.
- **Acknowledge they have had a loss.** Express the message, "I know this might be a difficult day for you. I want to know that I am thinking of you."
- **Use their child's name in conversation.** One mother responded, "People rarely speak his name anymore, but when they do it's like music to my ears."
- **Visit the grave site.** Many a mother felt it was extremely thoughtful when others visited their child's grave site and left flowers or a small pebble near the headstone.
- **Light a candle.** Let the mother know you will light a candle in memory of her child on Mother's Day.
- **Share a memory or a picture of the child.** Give the gift of a memory.

One mother wrote that the "greatest gift you can give is a heartfelt letter about my child and a favorite memory with them."

- **Send a gift of remembrance.** Many mothers felt a small gift would be comforting. Suggestions included an angel statue, jewelry, a picture frame or a library book donated in the child's name.
- **Don't try to minimize the loss.** Avoid using any clichés that attempt to explain the death of a child ("God needed another angel.") Secondly, don't try to find anything positive about the loss ("You still have two other healthy children")
- **Encourage self-care.** Self-care is an important aspect of the "healing the mind and spirit effort" according to several mothers. Encourage a grieving mother to take care of herself. Give her gift certificate to a day spa or any place where she can be pampered.

—Renee Wood
www.thecomfortcompany.net

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

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.

Sponsored by: Catholic Health, Hospice Buffalo, Bank on Buffalo, Hunt Mortgage, Oishei Children's Hospital, OCH NICU Practitioners & Physician Assistants, OB/GYN Associates of WNY, Senator Kennedy, Rockside Nine, Mount Calvary Cemetery, Inc., and the University at Buffalo Pediatric Associates.

Elegant Evening to Remember Gala Honorees

Physicians



Dr. Sara K. Berkelhamer, MD
Kaleida Health

"I am humbled to be recognized by the WNYPBN as it is really the collaborative effort of numerous clinical providers who care for families in their time of grief. Supporting families through the devastating loss of a newborn truly requires a team, both to address the needs of the family and to support one another as we process a baby dying. This is far from the easy part of our jobs as we grieve with families in their loss. We remember the babies that were too sick or too small and the parents who mourned a life that was far too short. I can still vividly recall families who I cared for over 20 years ago, the language they used to explain their loss and the tiny angels that they held close. I hope that parents of these babies know that we, too, remember their infants and share their grief, and that we are forever impacted by the experience both in our professional and personal life."



Dr. Maria Corigliano, MD
Audubon Women's Associates PC

"I am very honored to receive this award. I feel that one of my roles as an obstetrician is to help women deal with some very painful and difficult situations in their lives. The pain of childbirth is draining and traumatic but the majority of the time women are rewarded with a live born baby and yes, I can help ease the physical pain through and open arms after the pain of child birth when there is no child to take home, that is when she needs me even more."



Dr. Christopher Kerr, MD, PhD
Hospice Buffalo

"I am truly honored to receive this award. I represent Hospice Buffalo and we are proud of our affiliation with WNYCPBN whose mission is not only grass roots but grew from the recognition of a great unmet need- the need to comfort and support families through the devastating loss of a newborn. The success of WNYCPBN is entirely dependent on advocacy as well as the time, talent and generosity of our community. Christine, as well as many of those involved in WNYCPBN, have suffered the loss of a newborn yet amidst their grief have found a way to show concern for others by giving back to this organization with meaning and with gratitude. I applaud those of you who have turned personal tragedy into empathy and purpose."

Nurses



Traci Provo, RN
Wyoming County Community Hospital

"Like many other women involved in this organization I have also suffered a loss. I was 13 weeks, my second pregnancy. I was not offered any support from the facility I was a patient at. I wondered what I did wrong, "why me?" Although I had a wonderful Obstetrician I felt alone. When I started at working OB at WCCHS we did not have any sort of program in place for loss. A colleague of mine who I admire both professionally and personally, Rebecca Noon RN, and I started our program together. Since then we have worked hard to make sure our families feel supported in their loss. This extends from early losses that we would not usually see in the ED to our >20 week to full term losses we handle on our unit. We encourage them to grieve in their own time and we grieve with them. I am honored to receive this award and share it with the amazing women I work with who help to support this program. I know what our support, memory boxes and angel gowns mean to these women because I was one of them."

Hospital Bereavement Nursing Team

Mercy Hospital of Buffalo Labor & Delivery

Mary Ann Murphy, Julie Scanlon, Sue Simineski, Joy Kent, Gayle Protas, Jennifer Liberti, Debbie Ziemianski,

Missing: Elaine Keegan

"Mercy Hospital is known for its excellent care of mothers. Three years ago a very engaged group of staff from the Mother Baby Unit and the Labor and Delivery Unit answered a call for volunteers to revamp our perinatal bereavement program. Each member of the team was motivated by a different call to serve our patients and their families. Some of the group are bereaved mothers, others have had significant losses in their families, yet others are called by their faith to provide compassionate care to those we serve. Each nurse brings her own set of talents to this dynamic group. Some of the group are master organizers who handle the bereavement closet, others are excellent communicators and provide follow up phone calls and written communication, some are creative and assist with making memories, yet others maintain the database necessary for our biannual bereavement service, some attend the WNYCPBN meeting and are active in their events. The most important members of our group mentor and support other staff nurses so that everyone can provide the same level of compassionate care. Our group is diverse, passionate and committed to supporting parents in the most difficult circumstance. Although each of us has her own motivation, we know we are more powerful and effective as a group of committed professionals working together for the support of bereaved families."



Volunteer



Anna Fohrd
WNYCPBN Volunteer

"I am humbled and grateful to have been selected to receive the WNYCPBN Volunteer of the Year Award. I believe volunteering benefits our community and volunteers are a tremendous resource for nonprofits. I am so thankful to find the right volunteer experience that allows me to provide my time and expertise. I am honored to be part of an organization that supports families in our community with bereavement services."

Community Service



Nadine Saviano
God Winks, Inc.

“It is truly an honor to receive this community service award. I accept it, not for recognition, but to expand awareness of God Winks Incorporated and the services being provided.

We have all said goodbye to family members and we all know somebody who has, or is facing a life threatening battle. God Winks works with many different circumstances. But the WNYBPB deals with a different type of loss. It is my honor to work along side them in providing parents and families with quite literally, once-in-a-lifetime portraits of their little angels, their tiny warriors.

Photography has always been a passion of mine. I feel blessed to use my talents to offer the opportunity of portrait photography to families that are faced with the possibility of losing a loved one. The journey of God Winks has been a most humbling experience.

It is my hope that the portraits provided bring comfort to each family. I have come to understand not only that God lead me down this path to assist with bereavement support in a tangible way, but also in a spiritual way. I pray daily for each and every God Winks family. And although I am absolutely positive that these tiny warriors are at home with Jesus, I pray for them too. I am so grateful that God has led me down this path.”

Jeffery Reed, President
Mount Calvary Cemetery, Inc.

“Making a difference in someone’s life that’s the reward of working within the bereavement community and partnering with WNYBPB makes it even more meaningful.

Receiving the Community Service Award on behalf of Mount Calvary Cemetery is both humbling and honoring. We have been serving the community since 1859 and how ironic that our very first burial July 24, 1859 was a nineteen month old boy who died of “summer complaint”. Fast forward 160 years and we are still serving the community at their time of need.

Life is precious and working with the bereaved reminds us of just how precious life truly is for at any given moment life’s journey may end. Humbling hit home three years ago when our son and daughter in law lost their son six months into their pregnancy. I went from the giving and guidance side to the receiving and being consoled side. I have a greater understanding and appreciation for the role that all healthcare providers play and the bereavement process that parents, siblings and their families go through.

Every loss is painful and creates a void within our hearts. To have WNYBPB acknowledge Mount Calvary’s commitment and dedication to helping and supporting bereaved parents and their families at the beginning and throughout their journey just reinforces our commitment to be here whenever needed.

Thank you Christine and the entire WNYBPB organization for this honor, congratulations to all of tonight’s award recipients and to every family that has suffered a loss remember that you are never alone you have a wonderful support system that is here to help at a moment’s notice.”



Community Awareness



Tom & Jessica Ingalsbe
Bereaved Parents

“Our angel Alyssa gained her wings on December 21, 2012, just four days shy of her due date of a pregnancy that was otherwise uneventful. We were blindsided by the news and in no way prepared to deal with the emotional and physical trauma that we were about to experience. Over the next several days and weeks, we felt our community wrap its arms around us and support us as we attempted to heal from our loss. Our families were with us every

waking moment in the hospital providing us with whatever we needed. We had friends deliver meals to our house so that we didn’t have to be bothered with cooking. Current and former employers collected donations to help offset the costs of an unexpected funeral. People whom we hardly knew offered to meet with us to share their stories of loss in an effort to reassure us that while we may never fully heal from this, we would find a way to move forward. A few weeks later I received a letter from an old friend from high school who was now working with the WNYBPB encouraging us to attend a counseling session. We hesitantly agreed, not knowing how comfortable we would be sharing our story with others. We are forever grateful that we did.

As time passed and we were able to reflect upon what we had been through, we realized that our healing would have been much difficult had we not been blessed with the amazing support system around us. We also realize that not everyone is so fortunate. It is for this reason that we want to give back to the WNYBPB and assist them in doing the amazing work that they do for families in our community.”

Angel Gowns of WNY

Jackie O’Donnell, Sue Lawkowski, Terry O. Michalek, Diane Koller, Emily Doring, Becky Lombardo

“Since its inception in 2014, Angel Gowns of Western New York (AGOWNY) has grown rapidly into a group of over 200 volunteers who transform donated wedding gowns into Angel Gowns for infants who do not survive. The members of the Board of Directors are honored to accept this award from the WNYBPB. AGOWNY primarily serves New York State families, but we have also sent Angel Gowns across our nation as well as to South Africa, Ireland, and St. Croix. Those of us who have experienced infant loss have found healing as well as opportunities for personal growth through service to the families we touch. We take the worst possible moment in the lives of our families and make it just a little bit better by providing a final garment for their infants.

Our Angel Gowns, Angel Suits, and Angel Wraps provide some comfort for grieving parents who are dressing their infants for the first and last time. Every Angel Gown is made with love by our talented group of seamstresses. We are proud to be able to network with many hospitals and other infant loss organizations as we assist bereaved families. The AGOWNY team works together every day to fulfill the mission of our organization.”





Western New York
Perinatal Bereavement Network, Inc.

Western New York Perinatal
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*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 | |

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- | | | |
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