

# Forget-Me-Not Newsletter

February 2020—  
April 2020



Western New York  
Perinatal Bereavement Network, Inc.

Volume 17, Issue 1

## SAVE THE DATES!

**March 12, 2020.**  
Enhancing Patient Care: Creating Community and Resiliency after Perinatal Loss, hosted by the WNYPBN at Hospice Buffalo, 225 Como Park Blvd., Cheektowaga, NY 14227

**March 21, 2020**  
An Evening to Remember Basket Raffle at Pvt. Leonard Post Jr. #6251, 2450 Walden Ave., Cheektowaga, NY 14227

**May 8, 2020.**  
9th Annual Elegant Evening to Remember Gala at Salvatore's Italian Gardens

**May 9, 2020**  
Wings of Love Parents' Day Breakfast at Templeton Landing

## Inside this issue:

Forget—YOU—Nots 2

Safe Arrivals 5

Upcoming Events 3-7

Christine's tree: practicing self care & art therapy one Saturday afternoon



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

Though I am relatively new to the WNYPBN organization, I am not new to perinatal loss. My husband Joe and I lost our first child, Jeffrey Sean in 1984. Unfortunately for us and others at that time, there was very little support for parents and families once they left the hospital.

While I am deeply saddened to learn of each new loss, I am heartened to know that there is now so much support available for newly bereaved parents.

This newsletter is for and by parents and families in our Network and beyond. Please share it with others, even those that have not mentioned that they have had a personal loss. We never know who has been suffering silently, not knowing that there are resources available to them, no matter how long ago they experienced their loss.

~ Sue

## Medal Chasers Forever in My Heart Virtual Run!

In the last three years, the Forever in My Heart event, hosted by William and Kristina Craig has donated \$4,500 to support the Wing of Love Memorial Fund. We want to thank both of you for your generosity and support to our mission and Wings of Love Program. The event continues to reach individuals locally and around the world!

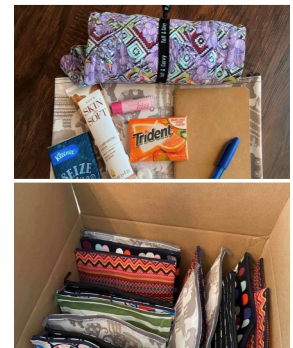
## Go Pink Buffalo!

Now available—The Original Red Buffalo Lawn Ornament is here! This beauty is for the Buffalo Bills fans and those who celebrate Dyngus Day, Christmas and St. Valentine's Day. If you are into #buffalolove, we have another color for you: RED! A portion of the proceeds go to the WNYPBN. You can purchase online at 26 Shirts (26shirts.com) or at our local retail partners. For more information visit [gopinkbuffalo.com](http://gopinkbuffalo.com).



**A message from Renee Backstrom of Mama Bird Whimsy:** "Thank you to everyone who shopped the Comfort Bag fundraiser! Because of you, we were able to donate 55 bags to bereaved Mommas through the WNYPBN. Each bag has been packed with love and I hope it shines some light in the darkness for these Mommas. Thank you for allowing me to give back, and I can't wait to see what we can do in 2020!"

Thank you Renee!



## Christine's Corner, by Christine Scott, WNYPBN Executive Coordinator

Happy New Year 2020 ~ The definition of New Year is the calendar year about to start or recently started. We tend to see the beginning of the New Year as a turning point and an opportunity to make some improvements in our lives. But the problem with some New Year's Resolutions is that many of them are abandoned by February. Some of the challenges with resolutions are that many are unrealistic, we aim too high for too drastic of a change, expect things to happen too quickly, or there are too many we set in place at the same time. I realized many years ago not to make resolutions and set myself up for failure, so I try to continue to be

gentle with myself every day and have learned over the years that self care is so very important. However, if you want to continue the tradition of making New Year's Resolutions, I came across a great article with suggestions ~ 8 New Year's Resolutions for Grievers:

1. Go easy on yourself
2. Spend time with people you like
3. Engage in one hobby or activity that makes you feel good
4. Be honest about what you feel
5. Speak your loved one's name
6. Support someone else
7. Plan opportunities for remembrance
8. Seek professional help

"The reality is that you will grieve forever. You will not 'get over' the loss of your loved one, you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same, nor would you want to," Elizabeth Kubler-Ross.

I wish you peace and healing in your heart as you continue on this year's journey.

Sincerely,

Christine

## Forget—YOU—Nots

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

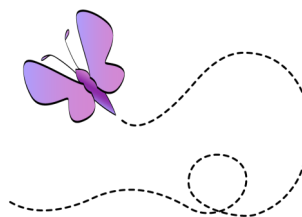
Parents: Donna & Russell Zimmer

**Baby Boy Jonathan** 6/8/2018  
Miss & Love Our Sweet Baby Boy  
Every Day!! Thank you for the beau-  
tiful butterflies & dragonflies! You  
are sadly missed & deeply loved  
everyday. We love you forever &  
ever & always!! Mom & Dad, Big  
Sisters Krysten, Katye & Kam, Big  
Brother Klyde, Nephews Kort,  
Kreese & Delltoh, & Niece Kenzley  
Parents: LaRue & Leilan Jonathan

### For Baby Boy Jonathan

~Fiddler's Green~  
"September seventeen  
for a girl I know it's Mother's Day  
Her son has gone alee  
And that's where he will stay  
Wind on the weathervane  
Tearing blue eyes sailor-mean  
As Falstaff sings a sorrowful refrain  
For a boy in Fiddler's Green  
His tiny knotted heart  
Well, I guess it never worked too good  
The timber tore apart  
And the water gorged the wood  
You can hear her whispered prayer  
For men at masts that always lean  
The same wind that moves her hair  
Moves her boy through Fiddler's Green  
Nothing's changed anyway  
Nothing's changed anyway  
Anytime today  
He doesn't know a soul  
There's nowhere that he's really been  
But he won't travel long alone  
No, not in Fiddler's Green  
Balloons all filled with rain  
As children's eyes turn sleepy-mean  
And Falstaff sings a sorrowful refrain  
For a Boy in Fiddler's Green"  
~The Tragically Hip

**Editor's note:** "Fiddler's Green" is a leg-  
endary afterlife, where there is a fiddle  
that never stops playing, dancers that  
never tire, and perpetual mirth. The late  
Gord Downie of the band The Tragically  
Hip wrote and performed the above song  
lyrics as a tribute to his sister's young  
son.



## Perinatal Bereavement Conference

The Western New York Perinatal Bereavement Network is pleased to announce that the biannual Professional Educational Conference will be held on **Thursday, March 12<sup>th</sup>, 2020** from 8:00am to 4:00pm at The Center for Hospice and Palliative Care Education Center located at 225 Como Park Blvd., Cheektowaga, NY 14227.

### ***Enhancing Patient Care: Creating Community and Resiliency after Perinatal Loss***



This conference will help physicians, nurses, social workers, mental health and grief professionals, chaplains, and other support professionals assist families who have experienced perinatal loss to deal with the challenges of bereavement.

Breakfast, lunch and snacks will be provided. Parking is free.

**Fee is \$95 for Professionals**

**\$65 for Students (With ID)**

**REGISTRATION IS OPENED ~ Register online @[www.wnybpb.org](http://www.wnybpb.org)**

If you have any questions, please contact Sue at [Sue@wnypbn.org](mailto:Sue@wnypbn.org)

or call the WNYPBN office at 716-626-6363. [www.wnybpb.org](http://www.wnybpb.org)

Sponsored by:



**Catholic Health**



**HOSPICE BUFFALO**

*Care for them. Comfort for you.*



Western New York  
Perinatal Bereavement Network, Inc.

Cordially invites you to the

15<sup>th</sup> Annual  
“Evening to Remember”  
Basket Raffle

Saturday, March 21, 2020  
7:00 –11:00 PM

Leonard Post 6251 VFW  
2450 Walden Avenue  
Cheektowaga NY 14225



Admission ~ \$10 Per Person

Includes Ticket for a Gift Card Giveaway

**ADULT ONLY EVENT**

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**Join us for an Evening of Fun for a Good Cause!**

**CASH BAR- NO OUTSIDE BEVERAGES ALLOWED**

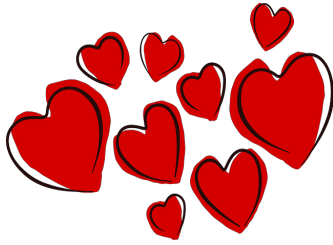
Feel free to bring snacks for your table!

Proceeds from this event will benefit the important programs of the WNYBPB, Inc. The WNYBPB, Inc. is a tax-exempt, charitable organization that provides educational support, community programs and referral services to parents who have lost a baby due to miscarriage, ectopic pregnancy, stillbirth or early infant death.

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

Cyndee Fahey at 361-9330 or at [fahey.cyndee@gmail.com](mailto:fahey.cyndee@gmail.com)

**Find us on the Web at: [www.WNYBPB.org](http://www.WNYBPB.org)**



### **Safe Arrivals**

Holly Hackmer announced the birth of Rainbow Baby **Ivy Louise Hackmer** on October 30, 2019 at 6 lbs., 15 oz. and 20 inches long. Holly remembers Summer Renee, honor date October 3, 2018.

Mary and Tom Callea welcomed Rainbow Baby **Thomas Michael Patrick Callea**, born at 12:00 noon on Sunday, January 5, 2020, at 8 lbs., 11 oz. and 20 inches long. Mary, Tom and family remember Cecilia Rose, honor date December 16, 2018.

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

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

### **Salvatore's Staycation Raffle!**

Luxury King Suite  
2 Complimentary Champagne Cocktails  
Gourmet Breakfast Buffet  
\$80 Voucher to Dinner at Italian Prime  
\$50 Voucher to the Spa at the Delevan  
VALUE: \$350, hotel tax included.  
TICKETS: \$5 each or 3 for \$10  
Drawing held March 21, 2020

For Tickets, please contact Cyndee Fahey at 716-361-9330 or at [fahey.cyndee@gmail.com](mailto:fahey.cyndee@gmail.com)

### ***Just For Today***

Just for today I will try to live through the next 24 hours and not expect to get over my child's death, but instead learn to live with it, just one day at a time.

Just for today I will remember my child's life, not just her death, and bask in the comfort of all those treasured days and moments we shared.

Just for today I will forgive all the family and friends who didn't help or comfort me the way I needed them to. They truly did not know how.

Just for today I will smile no matter how much I hurt on the inside, for maybe if I smile a little, my heart will soften and I will begin to heal.

Just for today I will reach out to comfort a relative or friend of my child, for they are hurting too, and perhaps we can help each other.

Just for today I will free myself from my self-inflicted burden of guilt, for deep in my heart I know if there was anything in this world I could have done to save my child from death, I would have done it.

Just for today I will honor my child's memory by doing something with another child because I know that would make my own child proud.

Just for today I will offer my hand in friendship to another bereaved parent for I do know how they feel.

Just for today when my heart feels like breaking, I will stop and remember that grief is the price we pay for loving and the only reason I hurt is because I had the privilege of loving so much

Just for today I will not compare myself with others. I am fortunate to be who I am and have had my child for as long as I did.

Just for today I will allow myself to be happy, for I know that I am not deserting her by living on.

Just for today I will accept that I did not die when my child did, my life did go on, and I am the only one who can make that life worthwhile once more.

*Vicki Tushingham*

The  WNY Perinatal Bereavement Network, Inc.

# Elegant Evening to Remember



May 8, 2020 ~ 6:30 PM – 10:30 PM

*Salvatore's Italian Gardens*

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

Please RSVP by April 27, 2020

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## Physicians of the Year

*Dr. Kristen Smyers, MD*

Bartels, Powalski, Weissman & Cloud

*Dr. Anne Marie Davis, DO*

Neighborhood Health Center

*Dr. Javaree Nair, MD*

UBMD Pediatrics

Oshei Children's Hospital - NICU

## Nurse of the Year

*Nancy Owen, RN BSN, CLC*

Millard Filmore Suburban Hospital

## Community Service

*Constance Perna*

Perna, Dengler & Roberts

Funeral Home

*Katharine Meyer*

*& Matthew Woodin*

Arthur's Light

## Community Awareness

*Aimee Gornak, FACHE*

## Volunteer of the Year

*Aaron Sypniewski*

CPA - Controller



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



Will be held on  
Saturday, May 9, 2020  
Templeton Landing  
The Grand 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.

If you are interested in attending, please complete the bottom portion and send along with a check made payable to WNYPBN, Inc. to:

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



Register Online or contact Sue Bach at (716) 626-6363

**Please RSVP by May 1, 2020**



WNYPBN's Annual  
**Wings of Love**  
**Parents Day Breakfast**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Attending the Parents Day Breakfast:

	Adult (over 10)	Child (2-10)	Under 2
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(Please use additional paper as necessary)	x \$15	x \$7	gratis

Make checks payable to: WNYPBN, Inc.

Total Enclosed: \$ \_\_\_\_\_

**The WNY 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  
Sue@wnypbn.org

**www.wnypbn.org**



**Helping Families,  
Honoring Lives**

**Our Mission**

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

**Member Organizations**

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

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

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