



# FORGET-ME-NOT

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### WNYPBN, Inc.

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**Executive Director**

## FROM OUR HEART TO YOURS

### Save the Dates!

**Evening to Remember Basket Raffle** April 12, 2014

St. Gabriel's Parish Hall 5271 Clinton St.—Elma/Lancaster

**Parent's Day Breakfast** May 10, 2014

ACQUA Restaurant 2192 Niagara St.—Buffalo

**Elegant Evening to Remember** May 16, 2014

ACQUA Restaurant 2192 Niagara St.—Buffalo

## WNYPBN MEMBER ORGANIZATIONS

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

## LETTER FROM THE EDITOR

I received numerous submissions for this edition of the newsletter and I was thrilled to have them all! However, most were short in length, so I still had to find articles on grief and healing to complete this newsletter. In looking through various websites and articles, I went on a journey through my own grief, revisiting many long-

forgotten feelings and emotions.

Time has passed since my losses. I am definitely a different person than I was before my girls came into this world and left. But pain and sadness still lurk beneath the surface.

A lot of events are coming up to help us all remember our lost babies, as well as to help us heal from the grief. I hope you can take the time to come and support these events.

Peace,



## MISSION STATEMENT:

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.



*"You don't get over your grief by forgetting, you get through your grief by remembering."*

When I saw this post on Facebook it made me stop and reflect on all of the programs and services we provide to our families in need through our organization. This is exactly what we strive to achieve each and every day through our events, support groups, Wings of Love Memorial Gardens, etc. The Board of Directors and I are developing and enhancing our programs to meet your needs. Just as your personal healing journeys are changing daily so is the Network's.

Some of the WNY-PBN plans for 2014:

- Start the planning of 2 additional Wings of Love Memorial Gardens
- We will be updating our website this winter so please be patient with us as we update this site
- Enhancing our Volunteer program- if you would like to volunteer in any capacity please email me at [Christine@wnypbn.org](mailto:Christine@wnypbn.org) and we can discuss the different opportunities
- We are hosting a Book Drive for the Month of February to obtain donations for our Sibling Program (see page 3).

Our winter Holiday Memorial Services were beautiful tributes to our babies gone too soon. I hope that you were able to attend one or more of these services and were able to spend time remembering your baby (ies).

# Network News



From the desk of Christine Scott  
WNY-PBN Executive Director



Bereaved Mother of Jacob Wesley Scott—May 27, 2000

With the new year upon us we have many support services, education and recognition events lined up for an eventful spring. Specifics of all of the Spring Events and Services are described in this publication in greater detail. Please save the dates and see page 5 for more details on each of our spring events.

The **Evening to Remember Basket Raffle** has been a wonderful success the past several years. We will again be holding the event at St. Gabriel's Parish Hall on the border of Lancaster/Elma (see page 5) on April 12th. If you wish to donate a basket in memory of your baby (ies), please contact the Event Chairperson, Cyndee Fahey. She can help you arrange a drop-off point for your basket!

This event provides an opportunity different from the solemn events like the Memorial Services or the Walk to Remember. It is a fun event with the excitement of raffles, music, refreshments and an overall good time. Many bereaved families have become friends over the years, having met at solemn events. The Basket Raffle provides a venue for them to catch up and grow their friendships in a lighter, friendly and more relaxing atmosphere. This is an adult only event.

The **Parent's Day Breakfast** will be held on the Saturday before Mother's Day, May 10<sup>th</sup> at AC-QUA Restaurant (see page 5). This event holds a special place in my heart, as so many parents are not "seen" as parents because their babies are not with them. Mother's Day and Father's Day can be such a difficult time for so many, so we celebrate our parenthood by

reading poetry, listening to beautiful music and releasing flowers into the Niagara River. I truly hope you and your families will consider joining us this year.

We are celebrating our third **Elegant Evening to Remember Dinner** and Awards Ceremony this year. It will be held at AC-QUA Restaurant on May 16<sup>th</sup> (see page 5). This is a semi-formal event that honors health care professionals, organizations and volunteers for their efforts to assist the bereaved in our community. The previous years' dinners have raised much-needed awareness about perinatal death as well as much needed funds to bring the WNY-PBN's programs to fruition.

Please contact me at the WNY-PBN Offices if you have any questions regarding this or any of these spring events! (716) 626-6363 or [Christine@wnypbn.org](mailto:Christine@wnypbn.org).

Please **remember** we are here for you and your families through this cold snowy Buffalo Winter and can offer our caring love, understanding and support. As the executive director and working directly with our families daily, it amazes me the amount of courage, strength and hope so many of you have and continue to have through your personal journeys.

Always **remember**: your babies will live forever in your hearts.

Sincerely,

 Christine

"WE DELIGHT IN  
THE BEAUTY OF  
THE BUTTERFLY,  
BUT RARELY ADMIT  
THE CHANGES IT  
HAS GONE  
THROUGH TO  
ACHIEVE THAT  
BEAUTY"

-MAYA ANGELOU

## STILLBIRTH LAW CELEBRATES SECOND ANNIVERSARY

March 21, 2012 was a day that bereaved parents throughout New York State had long been awaiting. After fighting for nearly a decade to secure state recognition for the children they lost to stillbirth, the State Legislature finally passed a bill to create the Certificate of Still Birth with the support of Senator Tim Kennedy and other state lawmakers at the extreme encouragement of bereaved New York State families. The New York State Legislature officially passed the Still Birth Bill into Law on September 23, 2011, and Governor Cuomo signed the official law on December 27. In order to

enact the law required several months to coordinate the creation of these certificates. Finally, on March 21, 2012, the Law was officially enacted, applications distributed and accepted to issue the Still Birth Certificates. The law took effect retroactively, so parents who have lost children to still birth in the past are eligible to secure a Certificate of Still Birth.

The WNYBPB is proud to have been a part of the law's enactment and appreciates the help of our State Legislature advocate, Senator Tim Kennedy. These two years

have witnessed the arrival of countless Still Birth Certificates and the solace and validation for bereaved families throughout the area.

Applications are available online at Department of Health website (<http://www.health.ny.gov/forms/doh-5056.pdf>) or on the resources page of the WNYBPB website ([http://wnypbn.org/CSB\\_doh-5056.pdf](http://wnypbn.org/CSB_doh-5056.pdf)). The form requires a \$30 application fee and must be notarized.

By: Dawn Both-Kim

## BEREAVEMENT LECTURE SERIES

I was invited to speak at the Bereavement Lecture Series sponsored by the Catholic Cemeteries of the Diocese of Buffalo on Tuesday April 15<sup>th</sup> at Mount Olivet Cemetery 4000 Elmwood Ave., Kenmore from 7:00-8:30 PM. The subject of my talk is "Turning

Loss into Purpose." It can be difficult to find your way following the death of a loved one, but by creating purpose and meaning from the experience, hearts can heal. I will discuss founding The Wings of Love Memorial Fund seven years ago following the loss of

my son, Jacob. You will be inspired with ways both big and small of how you can make a difference in honor of your loved one's memory.

By: Christine Scott

## VALENTINE'S DAY SIBLING PROGRAM BOOK DRIVE



The WNYBPB began their Sibling Program in 2012 with a collaboration with a company called Everything Happy. Since that time, any newly bereaved families that have small children started receiving a small plush toy or blankie in remembrance of their brother or sister that had died. Along with these gifts, the WNYBPB also tried to include the book, *We Were Gonna Have a Baby, But We Had an Angel Instead*. During the Month of February, and more special-

ly for Valentine's Day—the day of love—the WNYBPB is requesting the donation of books for the Sibling Program. Donors will be recognized in the front cover of the books they supply. If you are interested in donating books to the Sibling Program, please contact Christine Scott for more information.

(716) 626-6363 or [Christine@wnypbn.org](mailto:Christine@wnypbn.org)

By: Dawn Both-Kim

## SPRING IT ON: 2014

Last year, we were invited to take part in Spring It On: 2013. Spring It On is a 24-hour online fundraising event that encourages individuals to make a one-time, secure, online donation to the local not-for-profit agency of their choice. The event helped the WNYBPB with a few extra dollars to use towards its Mission.

Again this year, the United Way is implementing this event in Erie, Niagara, Orleans, Chautauqua and Allegany Counties to generate even more resources for community agencies apart from the annual United Way campaign. The WNYBPB is again taking part.

### When is it?

8:00 a.m. Thursday, March 20 until 8:00 a.m. Friday, March 21, 2014.

### How Can I Help?

Spread the word, then donate a few dollars to the campaign: on-line, secure, safe.

### Where do I find the donation website?

You can find the link on the WNYBPB's website: [www.WNYBPB.org](http://www.WNYBPB.org)

By: Dawn Both-Kim



## BRONZE BUTTERFLY AND GRANITE PAVER MEMORIAL MARKERS AVAILABLE

Two *Wings of Love Memorial Gardens* have been created at local cemeteries through the generous grant dollars donated by Ingram Micro. The Memorial Garden concept provides a foundation for a peaceful, permanent, commemorative place for parents who lose their children.

In an effort to make these *Gardens* more personal, the WNYPNB is offering you the opportunity to purchase an engraved three dimensional bronzed butterfly memorial to be placed at either Acacia Park *Wings of Love Memorial Garden* or at the *Children of Love Garden* in Lancaster Rural Cemetery. There is also an opportunity to purchase an engraved granite paver to be placed only in the *Children of Love Garden* at Lancaster Rural Cemetery. Either of these options will be a lasting tribute to the beloved baby that we can only carry in our hearts!

There will be two installations of these memorials throughout the year, every year: one in the spring and one in the fall. The memorials require at least eight weeks for engraving and shipping. Therefore, for installation this spring, all orders must be received before March 1, 2014. For the fall installation, all orders must be received before August 1, 2014. The WNYPNB, Inc. and the associated cemeteries are not responsible for damage of the memorial markers or pavers due to weather, vandalism or theft.

If you are interested in purchasing a Bronze Butterfly Marker or Granite Paver, please see our Website ([www.WNYPNB.org](http://www.WNYPNB.org)) or contact Christine Scott at the WNYPNB Offices (716-626-6363) if you have any questions or to obtain an order form.

By: Dawn Both-Kim



**Butterfly Memorial Markers in five different shapes: Monarch, Swallowtail, Admiral, Beauty or Tiger.**

**Pavers are available in granite, with a maximum of three lines, 13 character spaces per line.**

## THROUGH IT, NOT OVER IT: ON GRIEF

I'm at my therapist's office, the same one as a year ago when I was working through losing my twin boys at 20 weeks. Now I'm here for them and my son who died at 3 weeks old in August. She's going through my assessment, a weekly checkup to see where I am emotionally.

I can hear myself say, "And angry. I feel really mad, all the time. Mostly just angry." It's added onto everything.

She pauses at the end and says, "I'm seeing this time around a lot of anger – much more than the profound sadness that seemed to encompass you before Christmas."

I nod, feeling terrible that I can't seem to find a less, well, *angry* feeling. "I feel angry that I don't have a 5 month old, that I don't have my 18 month olds. I'm mad that everyone else gets their baby. I'm mad about everything to do with this. I can't be happy for anyone, I feel cheated out of the life that so many others take for granted. And I hate that. I hate being this way, feeling like this. It's overwhelming and I *do not* want to be this person. I am trying so hard to pull out of this because it feels like a huge weight that I can't carry. It affects everything."

I fully expect her to tell me that we need to work on the anger, which is only a symptom of other feelings. That I should focus on being sad, or how it feels to see my friends

bring home healthy babies. Anger isn't the problem, right?

Instead, what she says astounds me.

"You *need* to be angry. You need to stop trying to find a way around the anger or eventually you're going to come to a point in life where it comes out in another moment and you'll have to deal with it then. If you can't let yourself be angry and really work on validating these feelings – you'll get stuck on repeat here."

This makes me even madder for a minute. I hate feeling like this. Of course it's not normal, no one wants to be angry so much of the time when I think about my sons or life. It's exhausting and makes me feel like complete crap. I want to just move on, skip to the next grief phase. Fine, let's validate my right to be angry about the past 2 years and then move on.

But I know she's not going to let me do this unless I flat out tell her that's what I want.

Deep down, I don't want that. I want to heal from some of this; never fully. I understand that. But a little more than I am now, slowly working on becoming a person who isn't dragging the ball of grief along with her the rest of her life. If I refuse to be angry, genuinely angry, I won't ever get to that point.

There's a part in *Finding Nemo* where Dory tells Marlin they should swim through the trench, not over it. Of course he thinks

she's insane because the trench looks terrifying while the top looks crystal clear and perfect to keep going without interruption. If you haven't seen it:

A. You are missing a large part of life fulfillment.

B. Marlin finds out they should have gone through the dark, scary trench instead of taking the easy way out.

That's my mantra right now. "Through it, not over it." It's terrifying and uncomfortable. I want to be anyone else but that angry lady who resents everyone that takes home a baby while 3 of mine sit on a shelf. I wish I had the mental power to click "like" on a pregnancy announcement. I want to silence that inner voice that says, "Their baby has nothing to do with yours, so what's the problem?" and yet it's still there, asking why?

I didn't go through my anger enough with the twins. I short circuited it with a rushed, then failed, adoption and a pregnancy quickly after. This time there's no escape. I have to face my anger to become the woman, mother, wife, friend, human being I so long to be.

Through it. Not over it.

By: Diana Stone

Still Standing Magazine online  
[stillstandingmag.com/2014/01/anger/](http://stillstandingmag.com/2014/01/anger/)

## 9TH ANNUAL EVENING TO REMEMBER BASKET RAFFLE

To be held on

**April 12, 2014**

**St. Gabriel's Parish Hall**

5271 Clinton St. in

Lancaster / Elma

Just off the 400—Transit Rd exit

Park in the side lot

**7:30 PM until 11:30 PM**

Admission: \$10/person

The Western New York Perinatal Bereavement Network, Inc. (WNY-PBN) is hosting their annual Basket Raffle fundraiser on April 12th. All proceeds from this event will benefit the programs of the WNY-PBN, in-

cluding the Wings of Love Memorial Fund which provides monetary support for burial costs to eligible families.

Everyone is invited to a fun and exciting evening to get together with other bereaved parents, families and friends. Previous years' basket raffles displayed over 150 baskets for raffle. This year, admission price will include Pizza, pop and coffee. **Please feel free to bring beverages and snacks for your table!**

We are repeating the Cash Raffle again this year, \$25 per ticket, and only 250 tickets will be sold! The prize is \$1000, with a bonus prize of \$250 if all tickets are sold. If you would like to support the WNY-PBN and sell tickets, please contact the WNY-PBN office at 716-626-6363. You can return the

sold ticket stubs with a check made payable to **WNY-PBN** to Christine Scott at the WNY-PBN offices, 30 S Cayuga—Lower., Williams-ville, NY 14221, or bring them with you to the Basket Raffle on April 12th. Prize(s) will be drawn that night, but you need not be present to win!

If you have any questions or would like to donate a basket in memory of a baby who has died through miscarriage, ectopic pregnancy, stillbirth or early infant death, please contact the event Chair, Cyndee Fahey at 361-9330 or at [Octobersang@aol.com](mailto:Octobersang@aol.com). See our website for information: [www.WNY-PBN.org](http://www.WNY-PBN.org)

Please join us for another great evening!

The Evening to Remember Basket Raffle is an **ADULT ONLY EVENT**.

## WINGS OF LOVE PARENT'S DAY BREAKFAST

Save the Date:

**Saturday, May 10, 2014**

**ACQUA Restaurant**

2192 Niagara St.—Buffalo

**10:00 AM until 12:30 PM**

Holidays can be exceptionally difficult after losing a baby. Mother's Day and Father's Day can be especially hard since our children are no longer with us to show the world that we are parents. The WNY-PBN and their "Wings of Love" Memorial Fund program are hosting a Parent's Day Breakfast once again at the beautiful ACQUA Restaurant and Banquet Facility. ACQUA is along the Niagara River and allows us to release flowers in

memory of our lost babies into the river. It is a beautiful, unique and serene event to honor us as parents.

All family members are invited. Invitations will be arriving in the mail in March/April with registration information and more details. Also, keep up to date on this event and all the others on our website:

[www.WNY-PBN.org](http://www.WNY-PBN.org)

## THIRD ANNUAL ELEGANT EVENING TO REMEMBER

To be held on

**Friday, May 16, 2014**

**ACQUA Restaurant**

2192 Niagara St.—Buffalo

**6:00 pm – 11:00 pm.**

Tickets are \$95 per person

Tables for 10 are available for \$900

Invitations and registration forms will soon be available on our website: [www.WNY-PBN.org](http://www.WNY-PBN.org). You may register for or donate to this event on our secure donations website:

[www.firstgiving.com/wnypbn/3rdEER](http://www.firstgiving.com/wnypbn/3rdEER)

The "Elegant Evening to Remember" features an awards ceremony recognizing physicians, nurses, volunteers and organizations for their outstanding dedication to the WNY-PBN and our bereaved community. This elegant evening includes a cocktail reception, sit-down dinner, and a silent and live auction. All auction packages will be created in memory of babies who have died due to miscarriage, ectopic pregnancy, stillbirth or early infant death.

If you would like more information, or have any questions, please contact

**Christine Scott at 716-626-6363 or  
[Christine@wnypbn.org](mailto:Christine@wnypbn.org)**

Award winners have been contacted and will be published on the websites soon.

Categories for the awards this year are:

- 3 awards for Physicians of the Year*
- Nurse of the Year*
- 3 awards for Community Service*
- 3 awards for Community Awareness*
- Volunteer of the Year*

We would like to thank everyone for contacting the WNY-PBN offices with their nominations for these awards. If your candidate did not win this year, then please nominate them again for next year's event!

We look forward to seeing you all at this formal elegant event.

**To Honor those  
who have Done so much  
for those who have Lost so much**

# Forget-YOU-NotS

In Loving Memory Of...

**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*

**Benjamin Pasquale Bemis** August 6th 2013

We missed you on our birthdays, at Thanksgiving, and Christmas. We missed you at the Blizzard of 2014. I wish you were here, so when you were a big boy I could tell you about your first blizzard in Buffalo. There is not a day I don't miss you or my arms and heart do not ache for you. We love you very much Mommy, Daddy and Jager

*Parents: M. Jennifer Liberti & David Lee Bemis*

**Hunter Charles Delude** April 4th, 2008

Happy 6th birthday! Mommy and Daddy love you and miss you... kisses and hugs!

*Parents: Susan Woodin & Daniel Delude*

**Grace Curr** November 2, 2004

**Jack Matthew Curr** October 6, 2005

Missing you bunches! All our love...

*Parents: Noreen & John Curr*

**Jenna Mary Fronczak** February 16, 2001

We miss you! Love, Mommy, Daddy, Haley & Stephen  
*Parents: Terri & Paul Fronczak*

**Cassandra Elizabeth Goldyn** September 13, 1999

We look for you in the sun that shines, the stars that twinkle, and the moon that glows.. Love, Mommy daddy and Big sis, Chelsea

*Parents: Sharon & Tom Goldyn*

**Baby Hart** February 10, 2010

**Baby Hart** March 28, 2013

**Baby Hart** July 3, 2013

"Dear Lord, we would have loved to hold our children in our laps and tell them about you. But since we didn't get the chance, will you please hold them in your lap and tell them about us?" Forever in our hearts, love always Mommy and Daddy.

*Parents: Janell & James Hart*

**John Paul Jerebko** November 18, 1999

You will always be remembered

*Parents: Peter & Lisa Jerebko*

**Marrina Kim** August 3-4, 2005

**Ella Grace Kim** June 8, 2007

Wishing you were with us... always.

Love, Mommy, Daddy & Trent

*Parents: Mark & Dawn Kim*

**Joey Mamott** September 22, 2012

Always on our mind, Mommy & Daddy

*Parents: Kristina & Joe Mamott*

**Anthony Francis McCooley-Viele** June 2, 2005

**Hope McCooley-Viele** January 3, 2008

**Nylah McCooley-Male** April 8, 2011

We all love & miss you guys! Love, Mommy, Shawn, Aaron, Alena, Javen and Vinny.

*Parent: Starr McCooley*

**Bud Charles Mott** September 12, 2005

**Theresa Marie Mott**

We love you and think of you always and forever. Love, Daddy, Mommy and Alison

*Parents: Timothy & Beth Mott*

# Forget-YOU-Not's

In Loving Memory Of...

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

**Gabraella Joy Swader**                      April 25, 2012  
We miss you every day.  
*Parents: Crystal & Derek Swader*

**Kyree MyKaile Lawrence Ruffins** August 2, 2013  
*Parent: Taniqua Simmons*

**Alexis Treece**                                      February 28, 2005  
You are loved and missed every day.  
*Parent: Michelle Treece*

**Lillie Grace Rydzewski**                      December 16, 2012  
**Izzie Noel Rydzewski**  
**Ilyia Faith Rydzewski**  
Dearest Lillie, Izzie and Ilyia,  
It's been a year since you arrived and left our arms  
empty but our hearts full. Mommy and Daddy continue  
to miss you with the passing of each day. Our love for  
you has not diminished; if anything, it has grown. We  
know each of you individually and deeply more today  
than December 16, 2012. Thank you for sharing those  
moments with us throughout this past year where we  
could feel your love and presence. We want you to  
know that we will forever miss you despite the hours,  
days and years. We will tell your brother and sisters  
about all three of their precious older sisters. Always  
and forever until we see each other in heaven! We will  
be your adoring family today, tomorrow and without  
end. Love you girls, Mommy and Daddy  
*Parents: Cassie & Tim Rydzewski*

**Jackson Urso**                                      February 12, 2012  
**Joshua Urso**  
Too beautiful for this earth. Always in our hearts.  
*Parents: Mike & Robyn Urso*

**Poppy Wilder**                                      April 9, 2010  
**Baby Wilder**                                      July 22, 2010  
**Grace Wilder**                                      January 7, 2011  
Forever in our hearts... Love, Mom, Dad and Baby  
Brother on Earth  
*Parents: Janeen & Robert Wilder*

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

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

**Steven Serrano**                                      March 16, 2006  
You will forever be my angel. I love and miss you every  
day!  
*Parent: Lisa Salgot*



**Interested in Submitting a Memorial?**  
Please email your baby's Forget-YOU-Not to:  
[forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)  
Submissions are due by the 15th of the month  
prior to the issue month.  
*Family members and friends are also encouraged to submit:  
not just parents!*

## GRANDPARENT SUPPORT GROUP - CRAFTING HOUR

On Thursday, October 29<sup>th</sup> our first Grandparents Group met. We mingled our creative spirits with support and created personalized Christmas tree ornaments to honor our Grandbabies. The Group agreed it was a loving tribute to remember them during the hustle and bustle of the approaching Holidays. We shared creative ideas, paints, glue and most of all our stories.

We also created Memory Flags for the Butterflies for Baby Angels Program. We created one joint flag with all our Grandbabies names, made especially by their Grandmothers, Nanas and Nonnys.

A Grandparent's loss is unique, we grieve the loss of our Grandbaby, as well as experiencing the grief of our own children. My Grandson, Andrei, in his leaving too soon, has given me the opportunity to walk with other bereaved Grandparents on their road of grief and healing. The group meets the

fourth Tuesday of every month at 6:30 PM at the WNYPBN office. If you would like to join this crafting and emotional support group, please contact Christine Scott at the WNYPBN offices: 716-626-6363 or email her at Christine@wnypbn.org

By: Lou Ann Bajdas  
Bereaved Grandmother of  
Andrei Skolikas Barnhardt



**Above:** Memory Flag for the Butterflies for Baby Angels Program.

**Left:** Two grandmothers, Debbie Galley and Sue Harrigan, participating in the crafting hour that is the Tiniest Angels Grandparents Support Group

## WILLIAM

It's hard to believe that William would have been 6 this year. It feels like yesterday that he came into this world and left so quickly. I believe I will never "get over it." It still hurts today but not nearly as much as the day William was born and then he died.

I was already in the hospital because my cervix had already started to open. The doctor thought that keeping me there and off my feet may prolong my pregnancy and at least get me to 24-25 weeks, where the baby might have a chance to breathe on his own.

I was contracting badly early in the morning

of June 2, 2008. I knew something was wrong but I wasn't prepared for what was about to happen. I was wheeled to the delivery room just in time to push William out with what felt like two small pushes. Surely he would be fine even though I was only 23 weeks and 6 days. But the doctor told me that they couldn't get a tube small enough down to his lungs (big gulp), and that I could spend time holding him until he passed away (an even bigger gulp). I will forever miss William but I find comfort knowing that I will see him again one day.

This is my first time putting my feelings down on paper and now that I have told my

story, I feel like it's better to tell it as many times as I need to. To help me and any other woman who may be feeling the same way I do. Life gets better after a loss, but it definitely takes time. Don't let anyone pressure you into moving too fast thru the grief process. Be encouraged.

The WNYPBN is a great place to start the healing process. I am also happy to talk with anyone who just needs someone to understand what they're going through.

With warmest regards,  
Mignon Otis

## A LIGHT IN THE DARKNESS

It has been 13 years since the loss of our daughter Liljana. I remember those early years, when the pain of her loss was so sharp it cut my very soul at every moment of every day. Those dark times when I was so buried in my sorrow the act of functioning day to day barely seemed possible. I screamed and shouted inside at the unfairness of it all and it seemed that it would never end.

Now time has passed and the pain has subsided to a dull ache in a distant corner

of my heart. The anger is gone and I have found peace and meaning in her life and death. Who I am today, my actions, my thoughts, and the living I hold dear to me have all been shaped by my daughter. I know the trauma and pain associated in losing a child, but I also know the joy and comfort I have gained from the people I have met because of her. It soothes my soul and heals my heart to know that my understanding of loss has led me to help those wrapped in the hopelessness of new grief- to let them know that they are strong-

er than they think, and they will survive.

She is gone from this earth, but yet is with me, every hour of every day. The memory of holding her tiny perfectness is met with bittersweet joy and wonder in the miracle that someone whose life shined so briefly, gives light to the life of so many, yesterday, today, and into tomorrow.

In memory of Liljana Megan, born to soon, November 15, 2000.

By: Missy Sidor



## MY STORY

As I sit down to write this, I realize this will be my first time I am able to really open up about our losses. I could never bring myself to go to counseling or really open up about it because I have mixed emotions. I think about others who had losses further along or those who do not have other children and I feel guilty for feeling the way I do. I always remind myself that I am very blessed and my losses were not that big compared to what others have gone through. I am realizing however, that my pain is real, my losses were tragic. So begins my story, although, I am not sure if this is my story of "a time of grief," or "my story of healing."

I am blessed with two amazing little girls and when we found out that we were going to add to this loving family, we were over the moon. My girls couldn't wait to have a baby to take care of, since playing "baby" is their favorite thing to do! However, that excitement was cut short when during a routine doctor appointment; we discovered that there was no longer a heartbeat. I was immediately admitted and was told that I had to deliver. I remember sitting in that room, hysterical, telling my husband that I couldn't do it. I couldn't go through what they were asking me to do. I have never seen my husband so helpless. He was in so much pain himself, but he was trying to be so strong for me. I could see the blank stare on his face as the nurses talked to

us. My husband ALWAYS has advice or words of encouragement, but he just kept telling me that I was strong and I could do this. It was the first time that I didn't believe him.

It felt like hours went by as I stared at those bare walls, in shock. Until, we met with an amazing doctor who assured me that I was going to be able to do this, as much as I didn't want to. I was surrounded by so much love. The doctors, nurses... every single person was sincerely apologetic, we couldn't believe how amazing everybody was. My friends came to the hospital late at night to show their love and support. In that moment, we realized that we were not going through it alone.

It was a very long night and the doctors asked numerous times if I wanted to see or hold the baby and my answer was the same every time they asked...NO! But when I delivered, they asked again, and in that moment, I turned and looked at our baby. I am so happy I did as I would have regretted it had I not. I do have pictures, but I have only ever looked at them once. I just can't bring myself to look again.

Fast forward a few months, I switched doctors because I needed someone to blame, so my doctor was the easy target. Being the impatient person that I am, I was eager to get pregnant again and did. My husband was very worried that I hadn't mentally

healed, but I just wanted a baby. I was so sure that the worst had happened and everything was going to be just fine. Unfortunately, that couldn't have been further from the truth. The same month that I was DUE with my baby that I had just lost, I was once again told that there was not a heartbeat with the baby in my belly. Telling my girls that horrible news yet again was incredibly hard. I'll never forget my oldest daughter's face, the shriek, the tears. It was awful.

Life had to go on as it always does so I put a smile on my face and pushed through. However, the pain is there every day. My girls tell me constantly that they miss the babies. At church, they pray for the babies. They always ask if we can have another baby, my friends ask me if I will try again, those who don't know ask if we will have more. I don't know how to answer any of these questions, because I really just don't know. The pain is there every day...I feel like we have so much love to give, to add on to this amazing family.

People tell me how well I handled it and how positive I was about it all. But the truth is, I was not any of those things. A day doesn't go by that I don't think about them or how different our lives would be today.

By: Amy (Glenn) Jackson

Catherine Bayly and Stephanie Cole have written a book, *to linger on hot coals: a poetic collection from grieving women writers*, which will be released in a couple of weeks. The collection contains poetry from the two authors along with pieces from one dozen of our community's most powerful

voices, such as Joanne Cacciatore, Kara LC Jones, Angie Yingst, Sherokee Ilse, Laura Seftel and Carly Dudley. It's beautiful, moving, true, and exceptionally crafted. The authors really hope the book will be both a piece of art and a resource for grieving parents, and those who love them.

Please take a moment to visit our website and Facebook pages:

[www.hotcoalspoetry.blogspot.com](http://www.hotcoalspoetry.blogspot.com)

[www.facebook.com/hotcoalspoetry](http://www.facebook.com/hotcoalspoetry)

By: Stephanie Cole  
sweetpeaproject.org

## GIFTS OF GRIEF

How can a gift come from grief? Easily. It's the unanswered prayers. It's the man you marry after your last break up. It's the baby you have after a loss. It's the friendships and sisters you gain while going through it. It's the oddest places and when you least expect it that God places people in your life.

Baby Loss Mamas (BLMs) are soul sisters. You can come face to face with another BLM and no words need to be said. They know. They understand. Your heart beats a little harder and a little stronger for them when theirs can't. They fill your dark days with sunshine and rays of hope. Well knowing you'll fill theirs in return.

Two BLMs have found me, which I believe

is God's divine intervention. They have both lost babies within weeks of me losing my angel Joey. They also delivered their Rainbow babies within weeks of mine. These babies were chosen. These babies belong. They are the gifts of grief.

These two soul sisters are my other gifts of grief. We don't live close by, they don't know my family, and they may not even share the same interests... but what they do know is the pain and the joy that dance side by side in our daily lives.

People have asked "Are you over what happened to you now that you have your baby?" I speak for all of us when I say WE WILL NEVER BE OVER IT. We didn't suffer from the flu - our child died. While we thank

the Lord above for the miracle babies that fill our arms, we still shed tears for the babies that don't. As we lovingly nurture and stare at their little faces, it's impossible to not think, "Would our angel look like this?" These precious little ones are daily reminders of what was taken from us, and what the good Lord granted us. They are the gifts of grief.

I thank these girls and this organization for their love, understanding and support. It's a connection like no other.

It's an unthinkable, unfair circumstance that we have suffered, but try and discover YOUR gifts of grief.

By: Kristina Mamott

# Safe Arrivals

## To Grant Others Hope

The Atwater Family would like to announce the blessing and safe arrival of **Lydia Amelia Atwater**, born November 6th, 2013 at 6 lbs 4 oz. and 19 inches long at Sisters of Charity Hospital to joyful and proud parents Benjamin and Susan Atwater, and big sister, Adeline Atwater. Lydia arrived with angel kisses from her brother, Richard Herman Atwater (October 20, 2012), as she entered the world. We know big brother Richard is looking down on his older and younger sisters from heaven. So grateful for many many prayers answered and that Lydia arrived safely!

**Emma Therese Glomb** was born on September 20, 2013 at 3:29 PM, to Tom and Kelly

Glomb. She was 8 lbs 15 oz. and 20.5 inches long. Together with her big sister, Kathryn Mary, she will be taught about their big brother in heaven, Nicholas Joseph (August 19, 2009)

Terri and Eric Herr welcomed **Grayson David Herr** into this world on December 9, 2013 at 7:04 PM. He was 8 lbs 6 oz and 22 inches long! The family will always remember Noah Richard Herr (January 5, 2006)

Nick and Meredith Magnini and proud big brother, Nolan, would like to announce the safe arrival of **Leo Nicholas Magnini**, born December 18th, 2013 at 8:13 AM. He was 7 lbs 3 oz and 20 1/4" long. He was sent to

us from our two angel babies above (January 2012, September 2012) who are always watching over us and are with us every day.

**Luke Ryan Zimmer** was born to Donna and Russell Zimmer, weighing 7 lbs 5 oz and was 21 inches long, on December 20, 2013 at 8:31 AM. Along with big brother, Hunter, the family will always remember Grace Lee Zimmer, born still on April 12, 2012.

### Interested in Submitting Your Safe Arrival?

Please email your new baby's information as well as their heavenly sibling's information to: [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)  
Submissions are due by the 15th of the month prior to the issue month.



## AREA SUPPORT GROUPS

### "Tiniest Angels" Parent Bereavement Support

Miscarriage, ectopic pregnancy, stillbirth and early infant death

When: 3rd Wednesday @ 7 PM  
30 S Cayuga Rd—Lower  
Williamsville

**FREE—Please call to register**

Facilitated by *Kathy Skipper (A Pioneer in the WNY Bereavement Community) and Kelly Arena*

Contact:

**Christine Scott, (716) 626-6363**



### "Tiniest Angels" Support for Subsequent Pregnancy

Support for pregnancy after a perinatal loss

When: 3rd Tuesday @ 7 PM  
30 S Cayuga Rd—Lower  
Williamsville

**FREE—Please call to register**

Facilitated by *Terri Fronczak*

Contact:

**Christine Scott, (716) 626-6363**

### "Tiniest Angels" Grandparent Support

Support for grandparents after a perinatal loss.

When: 4th Tuesday @ 7 PM

**FREE—Please call to register**

*Different craft projects every month. Facilitated by Joanne Ferrelli and LouAnn Bajdas*

Contact:

**Christine Scott, (716) 626-6363**

"Tiniest Angels" Support Groups are being added regularly. If you are in need of support, please contact the WNYPBN office for information on a support group that is convenient for you! 716-626-6363 or [Christine@wnypbn.org](mailto:Christine@wnypbn.org)

### Parent Telephone Support Team (PTST)



Contact:

**Christine Scott, (716) 626-6363**

Speak with another bereaved parent who has endured a similar perinatal loss.

This service is a program of the WNYPBN, Inc.

### Caring Arms Support Circle

Stillbirth and Early Infant Death

When: 2nd Tuesday @ 7:00 PM

Ministry Center, Rm #4

100 Gregory Ct, Williamsville

Next to Millard Fillmore Suburban

Contact:

**Denise Hudden, RN, 716-568-6653**

### Circle of Hope

Death and/or Serious Illness—Niagara Hospice

4675 Sunset Dr., Lockport or

2186 Liberty Dr., Niagara Falls

Contact:

**Outreach Dept. 716-280-0777**

### Footprints on the Heart

Stillbirth and early infant death

Call for further details

When: 3rd Tuesday @ 6:00 PM

M. Steven Piver Center,

Sisters Hospital, Seton Bldg

2157 Main St., Buffalo

Contact:

**Amy Creamer (716) 862-1678**



*Footprints on the Heart*

**Heart to Heart**

Early loss, miscarriage and ectopic pregnancy

When: 2nd Tuesday @ 6:00 PM  
M. Steven Piver Center,  
Sisters Hospital, Seton Bldg  
2157 Main St., Buffalo

Contact:  
Amy Creamer (716) 862-1678

**Hopeful Hearts /  
Subsequent Pregnancy**

Support for pregnancy after a perinatal loss

When: 1st Tuesday @ 6:00 PM  
M. Steven Piver Center,  
Sisters Hospital, Seton Bldg  
2157 Main St., Buffalo

Contact:  
Amy Creamer (716) 862-1678

**SIDS Family Support Group**

SIDS and Infant Death

Joan A. Male Family  
Support Center  
60 Dingens St., Buffalo

Contact:  
Jan Walkden, (716) 822-0919

**Sibling Grief**

Siblings 5 years and older

When: 2nd Wednesday @ 6:30 PM  
First Trinity Lutheran Church  
1570 Niagara Falls Blvd,  
Tonawanda

Contact:  
Tara Young, (716) 878-7681

## On-Line Help and Internet Resources

**The Western New York Perinatal Bereavement Network, Inc. (WNYPBN)**  
[www.WNYPBN.org](http://www.WNYPBN.org)

**Babies Remembered and Wintergreen Press**  
[Babiesremembered.com](http://Babiesremembered.com)

The Website of Sherokee Ilse: Bereaved Parent, International Speaker and Author of *Empty Arms: Coping with Miscarriage, Still-birth, and Infant Death* and many other books, including *Miscarriage: A Shattered Dream*

**Baby Photo Retouching Service**

[www.babyphotoretouch.com](http://www.babyphotoretouch.com)

Transforms your precious baby photos through digital technology to correct some of the damaged image.

**Bereaved Parents USA**

[www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)

A national non-profit self-help group that offers support, understanding, compassion and hope especially to the newly bereaved.

**A Blog for Fathers When a Baby Dies**

[www.fathersgrievinginfantloss.blogspot.com](http://www.fathersgrievinginfantloss.blogspot.com)

**Born Angels Pregnancy Loss Support**

[www.bornangels.com](http://www.bornangels.com)

Provides links to pregnancy loss support, infertility support, neonatal loss support, and adoption resources.

**Celebration Forest**

[www.celebrationforest.com](http://www.celebrationforest.com)

Allows you to plant a tree in honor of your deceased beloved one

**CJ Foundation**

[www.cjsids.org/grief](http://www.cjsids.org/grief)

A national non-profit devoted to eliminating the tragedy of sudden unexpected infant deaths and early childhood deaths, supporting grieving families, advancing medical research, furthering parent and professional education, and advocating for the health and survival of all children.

**Compassionate Friends**

[www.compassionatefriends.org](http://www.compassionatefriends.org)

Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a child, and helps others better assist the grieving family.

**Facts About Miscarriage**

<http://www.pregnancyloss.info>

**The Grief Recovery Institute**

<http://www.griefrecovery.com>

The action program for moving beyond loss

**H.A.N.D.**

[www.handonline.org](http://www.handonline.org)

—Help After Neonatal Death

Helping cope with the loss of a baby before, during, or after birth

**Healing Hearts for Bereaved Parents**

[www.healingheart.net](http://www.healingheart.net)

Provides grief support and services to parents who are suffering as the result of the death of their child or children.

**A Heartbreaking Choice**

[www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

For parents who have interrupted their pregnancies after poor prenatal diagnosis.

**Hygeia.org**

[www.hygeia.org](http://www.hygeia.org)

An online journal for pregnancy and neonatal loss.

**Memory Pendants**

[www.memorypendants.com](http://www.memorypendants.com)

Use code: **112188** to receive a discount for families affiliated with our organization

Owner Chuck Huffman- L. Huffman Studios

**M.I.S.S. Foundation**

[www.misschildren.org](http://www.misschildren.org)

Provides immediate and ongoing support to grieving families, empowerment through community volunteerism opportunities, public policy and legislative education, and programs to reduce infant and toddler death through research and education.

**National Share Office**

[www.nationalshare.org](http://www.nationalshare.org)

To serve those whose lives are touched by the tragic death of a baby.

**A Place to Remember**

[www.aplacetoremember.com](http://www.aplacetoremember.com)

Uplifting support resources for those who have been touched by a crisis in pregnancy or the death of baby.

**Remembering Our Babies**

<http://www.october15th.com/>

The official site of pregnancy and infant loss remembrance day.

**Sudden Infant and Child Death Resource**

Center (Satellite Offices in Buffalo, Syracuse, Albany, Manhattan & Long Island)

[www.stonybrookmedicalcenter.org/SIDS](http://www.stonybrookmedicalcenter.org/SIDS)

**Stone Art Memorial**

[www.stoneartmemorial.com](http://www.stoneartmemorial.com)

The Right way to commemorate your memories.



**Western New York  
Perinatal  
Bereavement  
Network, Inc.  
30 S Cayuga Rd  
Williamsville, NY  
14221**

**Phone: 716-626-6363  
Fax: 716-626-6368  
E-mail: christine@wnypbn.org**



*Helping Families  
Honoring Lives*

This newsletter is FREE for one year (4 issues) after your loss. If you would like to continue your subscription, please send \$5 to help defray mailing costs for an additional year. You may also find this newsletter for no cost whatsoever on-line at [www.wnypbn.org](http://www.wnypbn.org). Make checks payable to WNYPBN, Inc. and send the completed form below to WNYPBN—Newsletter, 30 S. Cayuga Road—Lower, Williamsville, NY 14221. If you are receiving duplicate mailings, please let us know.

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

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

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Baby's Name & Honored Date(s):**

\_\_\_\_\_  
\_\_\_\_\_

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**Forget-Me-Not**