



FORGET-ME-NOT

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WNYPBN, Inc. Board of Directors:

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Christine Scott,
Executive Director

SAVE THE DATES

Sibling Craft Day	August 22, 2015
See Page 4 for Details	
BB&G Inaugural Golf Classic	August 29, 2015
Third Party fundraiser	See Page 4 for Details
Second Annual Ride to Remember	September 19, 2015
See Page 8 for Details	
Walks to Remember	October 4th and 11th, 2015
See Page 9 for Details	
Pregnancy & Infant Loss Awareness Day	October 15th
See Page 9 for Details	

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

So much to do... so busy... then grief hits out of nowhere. It doesn't happen too much any more. But it still happens.

I'd love to be able to look at a pregnant girl and not feel hollow that I couldn't have children who lived. I'd love to be able to hold a newborn without crying. I'd love to have my girls with me.

Any of that sound familiar? I am thankful every day that I have this wonderful Network of families, who have become dear friends, that understand what I have gone through. Their experience is different from mine. Their loss is uniquely their own. But they "get it" when so many others in my life do not.

The WNYPBN has so many events and programs that help so very many grieving mothers, fathers, grandparents, siblings, etc. They create an outlet for our sadness and support in our sorrow. Please contact us if you need us... because every once in a while: grief hits out of nowhere.

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.



Network News



From the desk of Christine Scott
WNYPBN Executive Director



Bereaved Mother of Jacob Wesley Scott—May 27, 2000

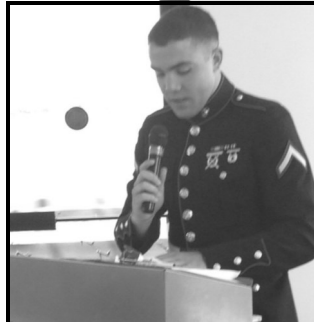
Our children will never be forgotten & will always remain in our hearts is the message for this year's Walk to Remember. All parents will receive forget me not flower seeds to plant & watch their flowers bloom as does their love for their baby: Gone on Earth but never forgotten.

Please consider joining us at one of our special October Events to heal a piece of your heart as we pay tribute to over 870,000 babies that are lost every year in our nation. 1 in 4 women will experience a perinatal loss. Help us help them by creating much need awareness regarding this tragedy, and help us break the silence. Please see page 9 for our October events/services.

I would like to take a moment and welcome the newly elected Directors that have joined our fearless team at our most recent WNYPBN Board meeting: **Dr. Lynn-Marie Aronica, Michele Brooks, Dr. Vivien Carrion, Dr. Corinne Leach, Constance Perna, Laura Reyda.** I would also like to welcome back **Lisa Jerebko** to the Board. I know that you will all work hard toward achieving the goals of our Mission, and I look forward to working with you!

We hosted many events this past spring that were well attended and amazing. The Wings of Love Parent's Day Breakfast, held on May 9th at ACQUA Restaurant, was wonderful, unique and serene. I want to personally thank all those who had their hand in making this morning so special not only for our moms & dads but our

siblings, grandparents, family members, and friends.



Private First Class, Thomas Scott reading a poem in honor and memory of his brother, Jacob Wesley Scott, at the Annual Parent's Day Breakfast

On May 16th, the Penrod Family held an amazing event, Butterflies for Babies, at the Boston Fire Hall in honor of Adriana Penrod-Campione born still on August 24, 2014. They raised \$2,314.00 in her memory. This money was designated for the new Wings of Love Memorial Garden being created at Forest Lawn Cemetery. This Garden is slated to be unveiled in the Spring of 2016. A very sincere thank you goes to everyone that planned this wonderful event.

The Wings of Love Memorial Garden initiative that has

been fueled by the generous donation from Ingram-Micro has gained another milestone! The Memorial Garden in Lincoln Park, Olean, NY has been completed. It consists of a beautiful tree, dedication stone and a whole lot of love. The dedication and ribbon cutting took place on June 25. Please see page 3 for further details.

Our Gala, the Elegant Evening to Remember, held at Salvatore's Italian Garden on May 30th was very successful raising \$16,000.00. We honored 11 individuals for their outstanding dedication to the WNYPBN and to our bereaved community. The evening was not only a beautiful tribute to our award recipients, it was a beautiful tribute to our babies.

I am so thrilled to announce our former University of Buffalo Master of Social Work (MSW) intern, Amber Hultgren, has joined our Network as our temporary, part-time Family Support Specialist. Amber joining our team gives us an opportunity to expand some of our programs that we were unable to accomplish with just one

"If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever"

-WINNIE THE POOH



Honorees at the Elegant Evening to Remember Gala Event. Pictured from Left to Right: Dr. Corinne Leach, Dr. Bill Zorn (WNYPBN Board President), Matthew Vukelic, Denise Hudden, Karen Cwallina, Dr. Catherine Falkner, Christine Scott (WNYPBN Executive Director), Lucy Smith, Debi & Greg Zmuda, Laura & Dr. Andy Reyda, Joseph Dispenza

staff member, including the Sibling Support Program. Please see page 4 for details about our upcoming Sibling Event on August 22nd. It is our hope that this position can be funded permanently and sustained by future grants. Welcome Amber!

On June 23rd we held our PTST training for four new bereaved Moms who have joined our volunteer team to assist supporting the newly bereaved. Our Next training will be in November, bereaved fathers who are interested in joining our team are also welcome. Please call or email me if you are interested in the November training. Thank you to all of our volunteers as we couldn't run our program successfully without you!

On June 24th, I was invited to speak at BB&G Charities first Dinner Gala and

have joined forces with two incredible bereaved fathers, Patrick Helper, and Ron Toczek. They are hosting their first Golf Outing on August 29th and all proceeds will benefit our Wings of Love Memorial Garden at Forest Lawn Cemetery. We are so grateful for all of their support. Please see page 4 for details on how to register for the Golf Tournament or just attend the dinner.

Please see page 8 and join the Prichett family for their 2nd Annual Ride to Remember that they host in memory of their daughter Helen. This event supports the efforts of the WNYPBN and the Remembering Love in a Heartbeat program. It is a great bike ride through the Alabama Swamps and in the country - fun for the entire family at every riding level.

As we all try to embrace the last months of summer & prepare for fall, join us at our late summer events and then come to honor, remember, and celebrate your child who forever has left an imprint in your heart at one of our October events.

Please know that we are here to meet all of our families' needs wherever they are in their healing journey. Let us know how we can support you. Hope to see you soon at one of our upcoming events.

We'll forget you never-
The child we had, but never had,
and yet we'll have forever.

~Child in My Heart

Sincerely,

Christine



WINGS OF LOVE MEMORIAL GARDEN AT LINCOLN PARK IN OLEAN COMPLETED

The Western New York Perinatal Bereavement Network has grown leaps and bounds over the last several years to meet the needs of the grieving families within the 8 counties of WNY by providing many services and resources to help them through this difficult time and lifelong healing journey. One of the programs that were created to fulfill a need was the Wings of Love Memorial Fund. This was created in loving memory of our son Jacob W. Scott born still on May 27, 2000. The purpose of Wings of Love is to ease some of the unexpected financial burden placed on grieving families during the tragic loss of their infant.

The Wings of Love name is very symbolic for our family: Wings symbolizes the monarch butterfly which gave me hope and light during some of my darkest days. Love symbolizes the forever love we all have for our children - knowing that love doesn't die when death walks in. Love lives forever.

In 2007, seven years after I kissed Jacob goodbye, Wings of Love was born. Since September of 2007, over \$50,000.00 has been granted to our families to assist them with burial or cremation expenses. The financial need is being met but our vision of an emotional need is now being fulfilled.

It is a known fact that symbolic gestures play an important role in the healing process. The memorial garden concept provides a foundation for a peaceful and permanent mourning place for parents who lose their children. However, how can a not-for-profit afford to provide these gardens on a limited budget? The answer is: a very generous and caring community. Mayor Aiello and his team from the City of Olean, (Sue Cooper, Tom Windus) have

donated a site in Lincoln Town Park. They have planted this beautiful Emerald City Tulip tree that will bloom yellow to greenish yellow flowers with an orange center. The leaves will be deep green and glossy and in fall will glow a bright clear yellow. Like each child, the tree will have a natural beauty. Through this tree, the memory of each child will live on. For many whose babies were born early in the pregnancy, there is no gravesite to visit, no grave to decorate, and no headstone to memorialize their precious baby. This tree will grow and become a special place for us to come and remember each special baby. Remembering is an important part of relating with the baby, but

we want others to remember also.

The dedication stone that accompanies the tree was engraved by owner Randy Wagner from Wagner Monuments, to portray what our site means to all who visit. A special thank you also goes out to Buckles Allstate Agency, Inc. locally here in Olean and Ingram Micro for their support in making this garden possible. Because of all of your generosity, the WNYPBN and our love for our beautiful boy whose brief time on this earth has touched so many lives, I am proud to introduce to you the completed Wings of Love Memorial Garden Site in Lincoln Park, Olean.

By: Christine Scott



Ribbon Cutting and Dedication of the Wings of Love Memorial Garden in Lincoln Park. Pictured Left to Right: Mrs. Weber, Kari Buckles, Mr. Weber, Sue Cooper, Christine Scott (WNYPBN Executive Director), Heather Waldraff, Justin Gibney, Janel Nichols, Mayor William Aiello of Olean

LATE SUMMER / EARLY AUTUMN EVENTS:

You and your family are invited to the WNYPBN's

Sibling Craft Day

Saturday August 22, 2015
10:00 am – 12:00 pm

Como Park Elementary School
1985 Como Park Blvd., Lancaster, NY

Free of charge for families, the WNYPBN Sibling Craft Day includes arts and crafts activities and memory-making projects for bereaved siblings of various ages. Light refreshments will also be provided.

Please RSVP for yourself and your child/children by August 18, 2015

To RSVP call 716-626-6363 or email Amber at amber@wnypbn.org. For more information about the WNYPBN and its program, visit www.wnypbn.org

Sibling Craft Day

The WNYPBN has been working hard to serve not just bereaved parents, but the whole family, including siblings. Through the current Sibling Program, families can receive a children's book about loss, a stuffed animal for comfort, and a resource on children's grief. However, the Network wants to be able to do more for the children who have lost a baby brother or sister. We considered a sibling support group but realized that maybe there was a better option - a quarterly sibling event that could offer bereaved siblings the opportunity to meet one another, participate in activities to promote healing, and even have a little bit of fun. The WNYPBN is incredibly excited to be able to expand the Sibling Program and serve the children who are also grieving.

The WNYPBN's first Sibling Event, a Sibling Craft Day, will be held on **Saturday August 22, 2015, 10:00 am-12:00 pm**, at Como Park Elementary School (1985 Como Park Blvd.), in Lancaster, NY. This event is free of charge for families and will include activities such as scrapbooking, memory-making crafts, and more! The WNYPBN will also provide a light refreshment.

If you and your child/children would like to attend this event, please RSVP before August 18, 2015 by calling 716-626-6363 or emailing Amber at amber@wnypbn.org.

Other upcoming sibling activities include the Kids Zone at the Walk to Remember, and a holiday event which will be announced soon.



Macy's Shop For a Cause

The WNYPBN is participating in Macy's 10th annual Shop For A Cause benefiting charities nationwide. Savings passes, which are being sold for \$5 each, give you 25% off on regular, sale and clearance merchandise throughout the store, as well as 10% off electronics, furniture, mattresses and area rugs. The passes are valid in-store on Saturday, August 29, 2015, which is Macy's Shop For A Cause discount day. This is a perfect opportunity to save money on back-to-school shopping, or anything else that you may need around the house! All of the proceeds from the discount passes go directly to the WNYPBN. The passes can be sold any time up until the discount day on August 29th.

If you would like to purchase a discount pass, or help the WNYPBN sell passes, call 716-626-6363.

Dress Down Days

Please consider approaching your office about sponsoring a Dress Down Day to benefit the WNYPBN. If you have any questions about how to set this up, please contact Christine Scott at the WNYPBN Office: (716) 626-6363

"TO HELP KIDS EXPERIENCE THE AMAZING!"

Buffalo Tournament Club
6432 Genesee St, Lancaster, NY 14086
Saturday August 29th, 2015

Registration begins at noon
Lunch begins at 12:30
Golf begins at 1:30
Dinner begins approx. 6:00

Proceeds Benefit


Western New York
**Perinatal
Bereavement
Network**

BB&G CHARITIES
1st Annual
CHARITY GOLF CLASSIC

\$400 per Foursome
Golf/Cart/Lunch/Dinner

Dinner Guests Only - \$25.00

Contests - Prizes - Basket Raffle

www.wnypbn.com PO Box 480 Lancaster, NY 14086 www.bb&gcharity.org

BB&G Charities is a nonprofit corporation exempt from federal income tax under Section 501(c)(3) of the Internal Revenue Code.

AS TIME PASSES

It's interesting how things change as time passes. My daughter, Angela Marie, was stillborn on August 28, 2003. At 7 lb, 11 oz with a head full of dark hair, she was a beauty. Anticipating she would be my future, she quickly became part of my past.

It's been almost 12 years since she was born. So much has happened in life since then.

Recently, I was caught off guard. I switched doctors a couple years after having my last child. I absolutely loved the group I was with. They were such special people who put up with my craziness during my last two pregnancies. But then things were different. I knew I wasn't going to have any more children. Returning to the same place where I went so frequently for my checkups throughout my pregnancies, started to bring back painful memories again. I switched to another group. That meant telling my history all over again.

The other day, it was time for an annual checkup. No discussions about getting pregnant, when to try again, how are my other children doing, etc. I was just there for the checkup and then I was leaving. I was in a good mood, not nervous and nothing to be concerned about. As I sat in the waiting room, I overheard a cheerful conversation between two pregnant women. I think one of them swallowed too many happy pills that morning. "It was easy to

make the transition from 2 to 3. Today I'm going to find out if it's a boy or girl. With 4 boys at home..." She went on and on.

When they called my name, I couldn't get out of my chair fast enough. By the time the nurse asked me to step on the scale and take my blood pressure, she looked at me and said "Are you OK?" I burst out in tears. I never expected to be hit with emotions at that moment. Stupid grief.

I just let the tears fall. The nurse escorted me to a room, closed the door, stood there and listened. And I was grateful. It never occurred to me that sitting in a waiting room would stir up emotions. After all of these years, there are far more happy days and fewer sad days. The nurse was very kind and even told me that her daughter had just lost a baby a few months ago. I get it. I really do. I managed to compose myself and another nurse came in with the usual questions. I teared up again but told my story. It didn't help that I was in a room with a sonogram machine. Vivid flashbacks of lying on the table 9 months pregnant and the echo of "I'm sorry, your baby has no heartbeat" played like a recording in my head.

The doctor came in, did what he needed to do and listened to me as I told him how these unexpected emotions crept up on me in the last 30 minutes. "Oh, so you had 4 children?" he said as he adjusted some-

thing on his computer. Yes. I have 4 children.

He was very kind and told me a story of when he was a young doctor. He told me that one of his patients had 4 children and her 5th was stillborn. He, like so many others, tried to comfort her and remind her of the children she had at home. She replied saying "But this baby is my child too, even if she's not here." My doctor said he never forgot that. He learned from that mother.

As I was leaving, the overly happy pregnant lady was leaving too. She was smiling from ear to ear. The nurse behind her must have been compelled to include me on the excitement. "After four boys, she is having a girl!" I can't say I shared in her excitement but I sure felt a lot better after having a good cry and sharing my memories.

I've probably told my story a thousand times by now. And I've met many other mothers and grandmothers who have been through a similar experience in the past decade. After losing a baby, you have no idea how you'll feel after several years go by because those first years can be so tough. But I survived and I'm doing well.

I'll never forget my little hitchhiker, her kicks, her chubby cheeks or the joy she brought me. Time has helped with the pain but nothing will erase the memories.

By: Lisa Capage

I JUST WANT TO KNOW HIM

My big boy, who would you be at nearly four years old? Outgoing? Bashful? Aloof?

What is your favorite book? What food do you despise? Where are your tickle spots?

*What do you want to be for Halloween this year? A superhero? A fisherman?
A dragon?*

What does your laugh sound like? Is your hair still orange?

*What do you want the theme of your birthday party to be this year? Under the sea?
Outer space? Dinosaurs?*

The milestones aren't as difficult as they used to be. Don't get me wrong, I can't stop envisioning his first day of pre-school this fall - outfitted with a proportionally oversized backpack, anxious smile and

poker straight hair. But the torturous part is not knowing my son; not knowing his personality. A mother is supposed to know her child best. What I wouldn't give to have just one, mundane everyday conversation with him to get a glimpse into who he is.

More than anything, I just want to know him.

By: Courtney Bajdas
Bereaved mother of
Andrei Skolikas Barnhardt 10/17/11



BABY OF MINE

Sweet baby of mine
I never knew how much I needed you
Until I knew you were there
I never knew how much you completed me
Until you were gone
Sweet child of mine
I've never felt less like a mother
Without you to hold in my arms
I've never felt more like a mother
Knowing I held you your whole life
Sweet daughter of mine
I've never felt so broken
than the day you left me
I've never felt so strong
With every piece I pick back up
Sweet angel of mine
I'll always wonder
Who you would have become
Sweet baby of mine
You'll always be.

By: Melissa Kostek (Joy)

Forget-YOU-NotS

In Loving Memory Of...

Michael Anthony Anderson April 5, 2005
Always, Always in our Hearts! Love Nana & Papa
xxxxoo
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

Angela Marie Capage August 28, 2003
Baby Capage January 24, 2007
Happy 12th Birthday, Angela!! We speak of you
often and miss you every day. Love, Mommy,
Julia, Matthew and Morgan
Parent: Lisa Capage

Riley James Croce March 8, 2010
Gabriella Irene Croce August 3, 2010
Baby Croce December 9, 2013
Mommy and daddy love you forever.
Watch over your new baby sister! -"Aunt" Dawnie
Parents: Lena & Dan Croce

Hunter Charles DeLude April 4, 2008
Mommy and daddy love you and miss you.
Parents: Dan DeLude and Susan Woodin

Emma Ann Marie Gratien April 14, 2015
We love and miss you so much sweet Emma girl!
Love, Momma, Dada, Kaden, & Owen.
Parents: Melissa & Keith Gratien

Cassandra Elizabeth Goldyn September 13, 1999
Baby Goldyn 1997, 1998, 2001
Parents: Sharon & Tom Goldyn

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

Allen William Harner April 23, 2004
Parent: Dana C. Elwell

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. Love, Mama, Daddy
and Trent
Parents: Dawn & Mark Kim

Angel Kiszewski October 16, 2001
Mommy and your big sister love you. You'll always
be with us wherever we go. Love, Jade & mom.
Parent: Amanda Guenther

In Loving Memory

Autumn Marie Kostek July 25, 2014
It's hard to believe it's been over a year. It still
catches me by surprise and takes my breath away
that something so wonderful could be taken from
us. My heart is so full of love for you. We love you
to the moon and back.
Parents: Erik and Melissa Kostek

Za'Nay Alyssa Malone August 17, 2008
To my precious baby girl - mommy loves you so
much! Not a second goes by that you aren't on
my mind. You have given me the strength to move
on and show compassion to others. Thank you so
much for giving me the strength to live another
day. On the 17th of August, you will be turning 7.
Happy 7th Birthday, my beautiful baby! I love you
so much! Hugs and kisses!
Parent: Alesia Gamble

Forget-YOU-Not

In Loving Memory Of...

Bud Charles Mott September 12, 2005
Theresa Marie Mott September 12, 2005
"Blueberry" Mott January 21, 2014
Baby Mott December 23, 2014
 All our dearest Angels, we love and miss you every single day. Until we meet again, Love Daddy, Mommy & Alison
Parents: Timothy & Beth Mott

John Christian Jude Mulderig May 28, 2004
 We can't believe 11 years have gone by so quickly. Continue to watch over your sisters! We love and miss you! Love, Mom and Dad
Parents: Chris & Peggy Mulderig

Baby Pucillo November 19, 2015
 Even though you were in my womb for a short 14 weeks you will always be our first baby. Know that you will always be loved and never forgotten. You are now our little angel baby looking down on us.
Parents: Jerry & Shauna Pucillo

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

Nicholas Anthony Wolff July 23, 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

Interested in Submitting a Memorial?
 Please email your baby's Forget-YOU-Not 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:
 not just parents!

CUDDLECOT™

The Western New York area has been blessed by obtaining several CuddleCot™ units for use in the large Labor and Delivery hospitals: Sisters of Charity Hospital, South Buffalo Mercy Hospital and most recently Women and Children's Hospital of Buffalo.

What is a CuddleCot?

[Taken from their website:
<http://flexmort.com/cuddle-cots/>]

Bereaved parents should be given the option of spending Time with their baby. Providing families Time through the use of the CuddleCot is internationally encouraged by midwives, bereavement practitioners, still birth/neonatal charities, and academics. Time allows the family to form an

important bond with their baby; whether dressing [or changing] the baby, taking photographs or simply just staying close, this unquestionably helps families in dealing with their loss. The problem is that in a warm room the baby's condition can deteriorate quickly; therefore, cooling the baby is absolutely essential. Transferring [the baby] to and from the morgue is now widely regarded as an outdated practice as it is traumatic for parents to repeatedly go through the separation process. The CuddleCot allows the family to spend every moment with their baby - precious moments where every minute counts.

The CuddleCot™ system cools the

baby, allowing the baby to remain with the family, thereby providing the family time they want. The CuddleCot™ cooling pad is placed in any Moses Basket, crib, pram or bed; it is connected by a specially insulated hose and is quietly cooled using the CuddleCot™ cooling unit. The CuddleCot™ system comes in its own carry case with different size cooling pads for premature and full term babies.

Sisters Hospital was the first hospital in the area to obtain one of these CuddleCot cooling systems. They were able to purchase the CuddleCot in May of 2014. According to bereavement coordinator, Amy Creamer, they have used their CuddleCot with about

60 families out of the approximately 100 losses they have experienced since its arrival at the hospital. The cost of the unit is somewhat high, but they were able to obtain the device via the Stevens Bereavement Fund. This Fund is comprised of monies donated by parents, families and friends of individuals who had experienced a loss at Sisters.

Amy Creamer has explained how the device has been wonderful for families, and that no family that has used it regretted it. The device could have also been used more often; however, it was in use by another family at the time of the newer loss. She stated that she would definitely appreciate a second unit, if the hospitals or bereavement organizations could afford its purchase.

Mercy Hospital in South Buffalo received theirs over this past winter. Theirs was donated through the Nicholas Anthony

Wolff Memorial Fund at Mercy Hospital. They have used their device numerous times and have been pleased with the results. Families will never regret having extra time with their baby.

Finally, the most recent addition to the CuddleCot pool in Western New York was donated to Women and Children's Hospital of Buffalo on June 16, 2015. Butterfly Moon raised monies with the help of Angel Gowns of Western New York, through various events in order to purchase the device. This fund hopes to be able to raise enough monies to address the CuddleCot needs of other hospitals in the area in the future.

Use of the CuddleCot system gives families time to bond with their babies... perhaps something that the rest of us wish we had had. The Board of Directors of the WNY-PBN applauds the efforts made by these bereavement groups at the various hospitals in their endeavors to meet this un-

addressed need in our community. Thank you to all who have been instrumental in and donated, no matter how little, toward obtaining the systems. The next generation of bereaved families will greatly appreciate your efforts!

By: Dawn Both-Kim



SECOND ANNUAL RIDE TO REMEMBER

Saturday, September 19th, 2015

Registration begins at 8:30 AM

Rides begin at 9:30 & 10:30 AM

Oakfield Alabama Baptist Church
2210 Judge Road
Oakfield, NY 14125

"Ride to Remember" was created in loving memory of Helen Lois Pritchett by her family. The Ride to Remember will be held in Alabama, NY (near Batavia) on Saturday, September 19, 2015. The Ride to Remember will raise funds for the WNY-PBN, Inc., specifically to support the "Remembering Love in a Heartbeat" program. This program supports parents who are faced with a terminal pregnancy diagnosis, offering families the opportunity to have their baby's heartbeat recorded on a device that is then placed into a stuffed Bunny or Bear. This is an opportunity for the family to always hear their precious baby's heartbeat.

Helen's Story...

Three years ago, we were expecting our second child when we found out that our daughter, Helen, had a terminal condition. Through a series of counselors, we were given the Western New York Perinatal Bereavement Network's (WNY-PBN) contact information. This organization provided our family with much support. One of the most treasured items we have of our daughter is a recorded heartbeat from our sonogram appointment. The WNY-PBN provided us



Remembering Love
in a
HEARTBEAT

with the recordable sound box that we took to our appointment & we were able to record her heartbeat. We then made a stuffed animal with the heartbeat device inside.

The purpose of this ride is to support the programs of the WNY-PBN, especially the new program, "Remembering Love in a Heartbeat." This program will provide families facing a similar situation the opportunity to have their baby's heartbeat recorded and placed in a bear or bunny so they will always be able to hear their precious baby's heart beat... another beautiful memory.

There will be three routes offered: a Five-Mile and Ten-Mile Family Fun Rides, and a

25-Mile Ride. Both the Family Fun Rides and the 25-Mile Ride will begin and end at the Oakfield Alabama Baptist Church. There will be a lunch and refreshments available when the riders return.

This Memorial Ride is Sponsored by:

Champagne Tables
Will's Wallpaper & Floorcovering, Inc.
Patricia Schaufner Bogart
B.S. Tents
Dave Smith Ford
Lamb Farms Inc.

Please contact the WNY-PBN if you would like to participate! 716-626-6363.

By: Christine Scott



Walk to Remember

Southern Tier Walk

Sunday, October 4, 2015

Ellery Town Park - Jamestown

~

Buffalo Walk

Sunday, October 11, 2015

Cheektowaga Town Park

Registration begins at 11:00 AM

Program begins at 12:00 PM

Participating in the Walk to Remember is an opportunity to join with others who share a similar experience.

All are encouraged to attend and make the Walk to Remember a celebration of Life!

Again this year, we will sponsor two different Walks to Remember. The Cheektowaga Town Park or "Buffalo" Walk will remain the same as it has been during Columbus Day Weekend. The Southern Tier Walk again will be held at Ellery Town Park outside of Jamestown. The purpose for TWO Walks is to accommodate more families in our Net-

work. We realize that Cheektowaga is a far distance for those families in the Southern Tier, like Olean, Jamestown, etc.

Throughout the nation, parents, family members, friends and healthcare professionals gather to pay tribute to the approximately 870,000 babies who die each year due to miscarriage, ectopic (tubal) pregnancy, stillbirth or early infant death. For the parents who have experienced perinatal loss, this event is an opportunity to listen to beautiful songs and poems, plant a tree, and come together with other parents to remember their beloved children.

Like other memorial walks, the Walk to Remember promotes awareness about serious health-related issues, as well as raises money to help support those afflicted by a tragic loss. We are so thankful to those participating in the Walk who obtain donations to help support the Western New York Perinatal Bereavement Network, Inc. (WNYPBN). The WNYPBN is run solely on donations, and we appreciate all those who can help.

To aid you in collecting donations for the event, we have set up a new collection of

pages on our website: Love at First Sight... a Parent's Journey. These pages allow you to tell your story of loss and share with others your experiences of grief. You can even share a photo or two. By sharing your story of Love at First Sight, you help others know they are not alone. You will validate their feelings of grief in presenting your own, and create that much-needed awareness about a tragic loss. Please take a look at some of the pages and set up your own. It is simple and costs nothing.



<http://wnypbn.org/love.html>

Pennant-shaped signs with your baby's name(s) and honored date(s) will again be available to purchase. All newly ordered signs will be placed along the Walk path. You are welcomed to bring your previous years' signs to be placed by our volunteers.

We will also be selling hoodies for this year's Walks. These will be available for Pre-Order with only a few available the day of the Walks on a first come-first serve basis. Pre-Order yours so you won't be disappointed the day of the Walks!

We are requesting a SUGGESTED registration fee of \$20 per person or \$40 per team/family. If you have the means, please utilize the website to register (registration opens August 15), collect donations, order your sign or hoodies, etc.

By: Dawn Both-Kim

October 15th Is Pregnancy and Infant Loss Awareness Day

The WNYPBN hosts and assists with the following Pregnancy and Infant Loss (PaIL) Awareness Memorial Services:

All Memorial Services will be begin at 6:30 pm at

Broderick Park

Buffalo, NY

Oratory of the Sacred Heart

Portville, NY

Services include poetry, music and a candle-lighting promptly at 7:00 PM

If you cannot participate in any of the organized Pregnancy and Infant Loss Awareness Day services, you can always participate in

The International Wave of Light on October 15th

in memory of all babies gone too soon
occurs at 7:00-8:00 pm on October 15th

Light a candle in memory of all babies who have died at 7 PM. As each time zone enters the 7:00 hour, a wave of light will travel throughout the world... a beautiful remembrance of our children.

Safe Arrivals

To Grant Others Hope

Melody Haile and her husband would like to announce that they have successfully added a new member to their “family unit.” He was born on May 24th... early also, but healthy. His name is **Kyvon Terrell Haile** and was 5 lb 5.9 oz. The family will always remember their little girl who has gone before him due to premature Labor at 21

weeks. They wanted to make sure they acknowledged the WNYPNB as the wonderful organization that helped them through their loss.

Jennifer Liberti & David Bemis are proud to announce the arrival of **Brooklyn Antoinette Bemis**. She was born on February 10, 2015 at 7 lb 14 oz and 19 inches long. The

family will always remember Benjamin Pasquale Bemis, August 6, 2013.

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
Submissions are due by the 15th of the month prior to the issue month.

INVISIBLE MOTHERHOOD: CAUGHT BETWEEN CHILD-FREE AND CHILD-FILLED

My sweet daughter Grace made me a mother 12 years ago. Her sister Lily made me a mother again 6 years ago. Every day since, I have loved and nurtured them as best I know how. It has been a process of learning and growth, mistakes and uncertainties. Mothering them is a core pillar in the foundation of my life.

My motherhood is also invisible.

Because both of them died before birth, the world does not see my motherhood or the value of my mothering. As a mother without a physical child here to tangibly nurture, I am forever caught between the worlds of child-free and child-filled.

I am child-less.

For the most part, now, I am happy with my life though it looks nothing like I wanted or expected it to look. I've made peace with the paradoxes of my life. I love the quiet even as I long for the chatter of little girls. I enjoy the freedom even as I ache for the lifetime of responsibilities and commitments and joys a living child creates. I revel in the adventure of travel even as I miss the adventures of parenting that would have been.

Getting to this place of settling into the paradox and complexity of this in-between world of child-less-ness has taken years of practice and tears and grief and intention. A lifetime of mothering without your chil-

dren present is long, and longer still if unable to find happiness with this new life of in-between.

The truth is most people won't understand the reality of living in this world of in-between. They can't. Our culture likes clear distinctions and easy-to-understand categories. Mothers like me, the invisible mothers of the world? We don't fit well into either category.

We make people feel uncomfortable because they don't know where to put us. They don't know how to define us. They want life to be simple and neat and clear-cut.

And that's okay.

I've learned in my years as an invisible mother that it's okay when people don't understand my experience. It's hard and sometimes painful, yes, especially when they dismiss the value of my daughters' lives and my motherhood. I often wish more people could understand the grief and complexity of my way of being a mother. But I've learned to let go of those people who can't or are unwilling to try to appreciate the value of my in-between life. Instead, I embrace and am grateful for the those who do get it or are willing to try to understand it.

Life got infinitely easier for me when I let go of my attachment to trying to make others

understand this life of mine, especially with those who couldn't or didn't want to understand it. That release left me with more energy and love to give to those who choose to join me in the complexity of life.

And to be honest, I'm not sure I will ever fully understand or get this in-between life of mine. I don't know that I'll ever really understand how I ended up child-less, forever with a foot in two worlds.

I've learned to let that be okay, too.

I wish that my life could be simpler. I wish I could simply be child-free or child-filled, fitting neatly into one world or the other. I wish that others saw my motherhood more easily, that they saw and valued the brief lives of my children and how I mother them still.

Although my life appears child-less, my mother heart is full. My love for my daughters is both free and full, endlessly flowing for them. I am both free and full in this complex life of in-between.

My motherhood might be invisible, but it will never truly be less.

By: Emily Long

Still Standing Magazine Website

<http://stillstandingmag.com/2015/07/invisible-motherhood-caught-child-free-child-filled/>



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 Margaret Husted 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: Last Tuesday of the month
@ 6:30 PM

FREE—Please call to register

Facilitated by Joanne Ferrelli and LouAnn Bajdas

Contact:

Christine Scott, (716) 626-6363

"Tiniest Lights" Peer to Peer Bereavement Support

Miscarriage, ectopic pregnancy, stillbirth and early infant death

When: 3rd Wednesday @ 7 PM
Olean Public Library
134 North Second St.

Free—Please call to register

Hosted by the WNYPBN, Inc.

Facilitated by Amy Buckner and Stefanie Kent

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

Parent Telephone Support Team (PTST)



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

This service is a program of the WNYPBN, Inc.

Contact:

Christine Scott, (716) 626-6363

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

Footprints on the Heart

Heart to Heart

Hopeful Hearts /

Subsequent Pregnancy

Due to a lack of participation, Footprints on the Heart series of monthly

support groups have been discontinued. However, we will be implementing three new online support groups in the next few weeks, and will also be hosting quarterly events at Sisters Hospital. Please see the Sisters of Charity Hospital website and/or Facebook page for more information in the coming weeks:

[www.chsbuffalo.org/services/
PregnancyLoss](http://www.chsbuffalo.org/services/PregnancyLoss)

[https://www.facebook.com/
footprintswny](https://www.facebook.com/footprintswny)

Amy Creamer is always available for individual or couples counseling. Please feel free to call her anytime if you need support.

Amy Creamer (716) 862-1678

SIDS Family Support Group

SIDS and Infant Death

Joan A. Male Family
Support Center

60 Dingsens 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



Please submit any articles, blurbs, photos, memorials, safe arrivals, etc. to forgetmenotnewsletter@hotmail.com

For information on Internet and Keep-sake resources, please view our website at www.WNYPBN.org

If you would like to volunteer for any of the WNYPBN events, on the Parent Telephone Support Team, or in our offices, please feel free to contact Christine Scott at 716-626-6363 or via email at Christine@wnypbn.org



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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. Make checks payable to WNYPNB, Inc. and send the completed form below to WNYPNB—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):

Editors reserve the right to grammatically edit or reject materials submitted. Views and opinions in this publication are not necessarily those of the WNYPNB or its member organizations, but those of the individual authors.

If you would like to be removed from the mailing list, please contact the above address. Please know that we will be here for you if you need us in the future!

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Forget-Me-Not

