



# FORGET-ME-NOT

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Christine Scott,  
**Executive Director**

## SAVE THE DATES

### Holiday Sibling Event

December 5, 2015 10:00 am – 12:00 pm  
Como Lake County Park Casino

### Women & Children's Hospital of Buffalo Remembrance Service

December 1, 2015 6:30 PM  
Hellenic Orthodox Church of the Annunciation

### Footprints on the Heart Holiday Candlelight Service

January 8, 2016 7:00 PM  
Sisters Hospital Chapel  
Must RSVP by December 18th

<< See Page 8 for Details on all of these events >>

## WNYPBN MEMBER ORGANIZATIONS

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

## LETTER FROM THE EDITOR

Pregnancy and Infant Loss Awareness Month was such a busy yet inspiring month. There were so many activities to honor and remember your beloved babies that it was hard to get to all of them! I truly hope you were able to take part in the Walk to Remember, or at

least lit a candle to participate in the International Wave of Light. I lit my candles for my girls and smiled that they might be watching over me, their daddy and their brother.

The holidays tend to be a tough time for us. Be kind to yourself.

Do what you can, not what is expected. And if you need someone, please reach out to the WNYPBN—we are here to help.

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

The beautiful forget-me-not flowers personalized with hundreds of our babies' names fluttered in the wind around our 2015 Bradford Pear tree at the Buffalo Walk to Remember this year. That marks our 13th tree planted at Cheektowaga Town Park, in remembrance of all of our babies gone too soon. Each of these trees now has a dedication stone that was engraved and placed in front of each tree. Thank you to Cheektowaga Town Park for approving the stones and allowing us to have them placed at each of the trees this year.

As I was preparing to begin our memorial service at the 23rd Annual Walk to Remember, I paused, looked around and was overcome with emotion as I felt the power of love and witnessed almost 1,000 individuals in our community coming together to remember and support each other. The sun shone down at both of our events this year to heal a piece of our hearts.

On October 4th, Rhonda Howard chaired the 3rd Annual Southern Tier Walk to Remember. She and her team did an amazing job. So much awareness was created in Jamestown and throughout the southern tier of Western New York. The Post-Journal featured two local families' personal stories before the Walk, and afterwards featured an event story about the Southern Tier Walk to Remember. Thank you to Gavin Paterniti for helping us to create awareness and break the silence in the Southern Tier

*"The Child we had,  
but never had...  
And yet,  
we'll have forever."*

-TO THE CHILD  
IN MY HEART



Event Chair, Rhonda Howard, and WNYPBN Executive Director, Christine Scott at the Southern Tier Walk to Remember

and across WNY. For the full article go to: <http://www.post-journal.com/page/content.detail/id/677485/Walk-To-Remember.html?nav=5192>

The Buffalo News featured a story (<http://www.buffalonews.com/city-region/medical/annual-walk-helps-bereaved-parents-honor-babies-lost-before-birth-20151011>) helping us break the silence throughout Buffalo featuring the Walk to Remember. Thank you to Henry L. Davis, News Medical reporter, for covering our event. The Buffalo Walk was co-chaired by Laura Reyda, Dawn Both-Kim, and Carrie Smith; they all did an incredible job leading their team of volunteers to help us all pay tribute to over the 870,000 babies lost each year to Perinatal loss. President Ronald Reagan proclaimed October as National Pregnancy & Infant Loss Awareness Month in October 1988. During this month each year, hundreds of parents, health-care professionals and friends across the United States pay tribute to these babies gone too soon

through similar Walks to Remember and various other activities.

The WNYPBN took part in several Awareness and Remembrance activities throughout October. As part of our community awareness campaign, the WNYPBN had a Pregnancy and Infant Loss Awareness Month Billboard on Main Street near UB South Campus. This was made possible thanks to a generous donation by Lamar Advertising. We teamed up with 11 of our local hospitals to raise awareness throughout the month as they displayed a Pregnancy and Infant Loss Awareness banner provided by the Network in a designated area in their hospital. We were also featured on AM Buffalo on Channel 7 with Linda Pellegrino on October 7th.



Linda Pellegrino, Christine Scott and Laura Reyda on AM Buffalo promoting the Walk to Remember and Pall Awareness

On October 15th, Pregnancy & Infant Loss Awareness Day, the Peace Bridge, Phillips-Lytle building at One Canalside and Niagara Falls where all illuminated in pink and blue at dusk. The WNYPBN hosted a Paint Night at ACQUA Restaurant in Buffalo, NY. The beautiful painting was designed from the heart by Deanna DiGiulio, inspired by the monument



Memorial Service and Paint Night at ACQUA Restaurant in honor of Pregnancy and Infant Loss Awareness Day

The 2nd Annual Ride to Remember hosted by the Pritchett family in memory of Helen Lois Pritchett on September 19th raised over \$2,000.00 to support the WNYPNB and the "Remembering Love in a Heartbeat" program. Thank you to Jennifer and Bruce Pritchett, the Ritter Family, Volunteers, and all Corporate Sponsors for all of

their hard work, dedication, and support to make this event successful.

Beth Mott, Bereaved Mother and Tastefully Simple Consultant ran a Tastefully Simple fundraiser with Bereaved Mother, Dawn Both-Kim. \$247.89 was raised for the Forest Lawn Wings of Love Memorial Garden. Thank you Beth and Dawn; we are so grateful!

Our Summer Sibling Event & Walk to Remember Kids Zone offered bereaved siblings the opportunity to meet one another, and participate in activities to promote healing and have some fun. Our next Sibling Event will feature visits with Santa, a hot chocolate social, and a small craft for the kids. Please see page 8 for the event flyer with further details.

Throughout the summer our Family Support Coordinator, Amber Hultgren, LMSW, and I educated five Catholic Charities WIC offices in Erie and Niagara Counties on perinatal loss and support services. From these educational sessions we were given the opportunity to present at WIC's Regional Conference in Mount Morris in September. There were WIC representatives from across the state, in particular some of the more rural and under-served counties. We are so grateful to WIC for allowing us to

provide education and continue to spread community awareness about perinatal loss.

WCA Hospital in Jamestown asked the WNYPNB to conduct a similar training in October for its Labor & Delivery staff. We continue to educate the nursing staff at all of our local hospitals on *Healing from the Start* written by Lori Martini. It is our hope that by educating the hospital staff, every bereaved family will receive the best possible care.



We are teaming up with the Catholic Health System and hosting a National RTS (Resolve Through Sharing) Bereavement Training on Perinatal Death on April

22-23, 2016. This is a comprehensive two-day training known world-wide as the "Gold Standard" in perinatal bereavement education. The curriculum is modified regularly to reflect the latest in research, innovations in practice, and updated systems. Please see page 9 for more details.

I am so thankful and truly humbled by all the time, energy, dedication, love and support we receive from our community, we couldn't Help Families and Honor Lives without you. Thank you for your generosity.

As part of the caregiving community, I recognize that to a parent there is nothing more important than their child. The need to honor and remember our children is an essential part of our life-long healing journey. Please take the time you need as the holiday season approaches. The WNYPNB Board of Directors, Amber, and I wish all of you a peaceful holiday season.

Sincerely,

*Christine*

that was designed for the Forest Lawn Wings of Love Memorial Garden, which is slated to be finished spring of 2016. The evening began with a memorial service where we participated in the "wave of light" from 7:00-8:00 pm. Amy Buckner held Gavin's Light Memorial Service in Portville, NY for our Southern Tier families. Over 65 people attended this memorial service. Thank you to Amy for organizing this in memory of her son, Gavin.



Alison and Amanda Barsi enjoying some Fro-Yo at Hoopla! to help raise awareness about Pregnancy and Infant loss

An immense thank you to Hoopla! Frozen Yogurt in Orchard Park, and Village Veterinary Clinic of Hamburg. Both businesses hosted a fundraiser to benefit the WNYPNB on October 15th.

The WNYPNB has been very busy hosting and sponsoring awareness and fundraising events throughout the year, not just in October. Here is a re-cap of all of the other Network events from the past few months:

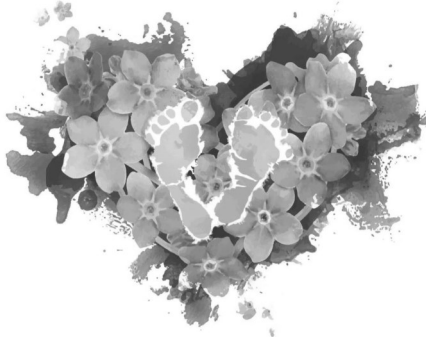
BB & G Charities hosted a Golf Charity Classic on Saturday August 29th, a third party fundraiser, to support the Wings of Love Memorial Garden at Forest Lawn. The team was lead by three bereaved fathers: Ron Toczek, Patrick Helper & Steve Priola, who did an outstanding job and raised \$2,500.00. Thank you for all your hard work and 5 year commitment to us.



BB&G Charities committee presenting their first Golf Outing check to Christine Scott to support the Wings of Love Memorial Garden at Forest Lawn Cemetery

## 2015 WALKS TO REMEMBER

# Walk to Remember



The child we had, but never had...  
And yet, we'll have forever.



***"I know I'm who I am today,  
because I know you."***

- from "Wicked"  
musical score by Stephen Schwartz

I feel this rather famous music lyric helps define the experience at the Walks to Remember. We have all been changed by our babies. Whether they were with us a few short weeks in the womb, or breathed too few breaths outside of it, our lives have changed in so many ways.

Our lives have also changed because of the people we have met along our journey of grief: other bereaved families, nurses and doctors who have made a difference in our grief, counsellors, clergy, strangers who said just the right words... or the wrong ones. All of these experiences helped us shape our sadness as we move along this grievous path. They helped us release our tears, screams and cries, but also helped us find our smiles again.

The Walks to Remember help us memorialize our babies gone too soon, but also help us connect with others who have endured and succeeded in their fight for normalcy after such a heart-wrenching loss. We remember our babies, but move toward tomorrow, knowing we are not alone. We have each other to help us through the bad days... and the worse days. And whether we realize it or not, we are better for it.

The Southern Tier Walk to Remember was a beautiful and intimate gathering of about 50 people come to celebrate the lives of our babies no longer with us. The Walk was held on October 4th, near Jamestown at Ellery Town Park. Rhonda Howard, the event chairperson, did an amazing job organizing such a beautiful event. This Walk will continue to grow to help our families in the extreme southern tier of Western New York.

Poems at this event were read by Trisha Lindstrom, Tina Sudul and Rhonda Howard. The talented Carna Smith-Pierce graced the event with her melodious voice. The event was the culmination of months of hard work and team efforts. It was a lovely day and a meaningful service.

The Buffalo Walk welcomed over 1000 people to commemorate the lives of our children. The day was sunny and bright, yet very windy. I was told a few years ago that it was a Native American belief that the souls of our loved ones are carried on the wind. If this is true, then our babies were with us—there was enough wind to carry the souls of the over 1,200 babies remembered at the Walk.

The Chairpersons, Laura Reyda, Carrie Smith and I, worked tirelessly to create a beautiful experience for all those in attendance. We truly hope all felt welcomed, and left with a sense of peace and tranquility that they were able to commemorate their babies at such a wonderful event.



Forget-Me-Not Garden and Bradford Pear Tree  
with Dedication Stone

Christine Scott, the Executive Director of the WNYBPB, began the event with her loving and welcoming address. She explained the new dedication stones that have been placed at the bases of the trees that were planted at the previous 12 Walks to Remember. These stones were designed and engraved to let all who use Cheektowaga Town Park know why and by whom these trees were donated. The 13th stone was in place just inside the amphitheater's fences and was surrounded by the Forget-Me-Not garden. This garden was composed of paper flowers with pre-registered baby names and honored dates on them. Those who registered the day of the Walk were given blank flowers to dedicate and place themselves. It was a beautiful "extra" item that the WNYBPB continues to provide in order to make this event so special.

The poetry was read by Andee Frick (bereaved cousin), Dr. Mark Kim (bereaved father), Melissa Browne and Lisa Jerebko (bereaved mothers). After each poem, a candle was lit to signify a various stage in grief and healing. Musical interludes were beautifully performed by Hope Chavanne. During the balloon release, Danae Graupmann and Lindsey Kuhrt performed "Somewhere Over the Rainbow" as an a capella duet.

The Kids' Zone this year was again filled with fun activities and games such that adults could concentrate on the event. Bounce houses were provided by Leaping Beauty. There were appearances by some Disney characters, CVS health and wellness gifts were distributed, and myriad crafts and games for children that attended the event.

Crystal Swader's *Butterflies for Baby Angels Remembrance Flags* were on display along the front of the stage of the amphitheater. As the winds waved the flags, our thoughts and love are sent to our Angels no longer with us.

The theme for this year's Walks to Remember was created by Matt Casper, a bereaved father. His vision of the committee's ideas was simply exquisite. The design was printed on the back of slate gray sweatshirts and were loved by all!

And finally, all of this was made possible by the diligence, effort, and intense labor of a host of bereaved families and friends: none so devoted and hard-working as the Executive Director of the WNYBPB, Christine Scott. This event was so amazing because

of her efforts and attention to detail. We, as a bereaved community, cannot thank her enough for all she has done and continues to do. Thank you, Christine—words are not enough to define our gratitude.

By: Dawn Both-Kim

## THANK YOU!!!

We would like to thank all of you for dedicating the time, energy, and love into making the "Walks to Remember" so unforgettable! Without all of your help, the success of this event would not have been possible. All of the funds that we raised will ensure the success of so many of our programs and outreach to so many in the coming months.

To our friends and families: you continue to make our invaluable work possible! Thank you for all of your time, your love, and most certainly your presence! Please continue keeping the memories of all of our Angels alive and giving us the ability to be there for so many more families.

Sincerely,

Christine Scott, Carrie Smith, Laura Reyda,  
Dawn Both-Kim, Rhonda Howard  
(Event Co-Chairs)

## SPONSORSHIP

We would like to give a special "Thank You" to Walk to Remember Sponsors:

### Butterfly Sponsors

Catholic Health System:

Sisters of Charity Hospital &  
Mercy Hospital of Buffalo

Kaleida Health

Millard Fillmore Suburban Hospital's Bereavement Services

### Dove Sponsors

Basil Family of Dealerships

Cummins

Moderncraft Home Improvement Co.

OB-GYN Associates of WNY

PHH Corporation

UB-MD Pediatrics Dept.

Village Veterinary Clinic of Hamburg

### Heart Sponsors

Adoption STAR

Audubon Women's Medical Associates, PC

Catholic Cemeteries, Diocese of Buffalo

clevermethod, Inc.

Murray Roofing, Inc.

Niagara Tying Service, Inc.

PCB Piezotronics

Wagner Monuments

West Herr Automotive Group

Women of AT&T—New York Chapter

### Supporting Sponsors

Como Park Dental Associates, PLLC

CVS Pharmacy – French & Borden Location

Mount Calvary Cemetery

Jamestown Pediatric Associates, LLP

Donald M. Demmerley Funeral Home, Inc.

Lane Women's Health Group

Lakeshore Paving

### Media Sponsor

WKBW—Channel 7—ABC

### Family Picnic Donors

Frontier Catering

Sahlen's

Try-It Distributing

J & D Ice

Mayer Brothers

Market in the Square

Farm Fresh Foods

Wendy's

### Family Donations:

Thank you to all the families that made donations and collected funds to help support the important programs of the WNY-PBN. These funds were collected both in person and via our website's memorial pages ([www.WNYPBN.org](http://www.WNYPBN.org)). This website is still available to continue to collect donations toward this worthy cause!

Team Alyssa (Ingalsbe Family), and the Sypniewski Family brought in well over **\$1,000 in donations** each!

Team Lilya (Arena Family) and Ellie's Walkers (Walker Family) raised over \$700 in donations.

### **\$250 & over**

Team Sara Beara (Paluch Family)

Team Genevieve (Cieri Family)

The Mullen Family

Team Isabel (Burtis Family)

### **\$100 & Over**

Bukowski Family

Thomasson Family

Helper Family

Team Emily Ann (Jank Family)

Wickett Family

Leisenheimer Family

Team Maddie (Frankowski Family)

Wolff Family

Swiatec Family

Swinehart Family

Kim Angels (Kim Family)

Team Carson Jude (Kozaczka Family)

Colaiaou Family

Fahey Family

Peters Family

As well as all of the other families and friends who donated what they could to support our worthwhile event!!

Thank you to the following for their donations of time and talent with the following:

Programs printed courtesy of  
**Kelly & Mike Anderson**

Signs printed courtesy of  
**Hale Expo Services, Inc.**  
**Wilcro, Inc.**

Sound System  
& Music courtesy of

**Tim & Beth Mott**  
**WRFA-LP Radio**  
**Reg Lenna Center for the Arts**

Flowers courtesy of

**Dan & Joan Myers**  
**Secret Garden Flower Shop**

Flags for Baby Angels

**Crystal Swader**

Kids' Zone

**Leaping Beauty (Bounce House)**

**Dollar Galaxy**

**Judy Fisher - The LadyBug Lady**

**Characters - Friends of**

**Christopher Micheal Browne, Jr.**

Volunteer Groups

**Clarence YES**

**Erie County RSVP**

**Lancaster Youth Bureau**

Finally, a most sincere thank you to all of the DAY OF volunteers and the Walk to Remember Committee Members who gave so much of their time to make this event the beautiful day that it was:

### **Buffalo Walk Committee:**

Kelly Arena, Dawn Both-Kim, Melissa Browne, Lisa Casper, Dawn Gayadeen, Amber Hultgren, Lisa Jerebko, Christy McKenzie, Mignon Otis, Laura Reyda, Carrie Ann Smith, Donna Zimmer

### **Southern Tier Walk Committee:**

Howard Family, Pierce Family, Cramer Family, Jo Costantino, Tricia Lindstrom, Jenny Rader, Robb Jones, Tina Sudul, Ed Tomessini, Carna Pierce, Lori Radack, Dennis Grey





# 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*

**Sarah Lynn** July 31, 1976 - August 1, 1976  
Dear my Sweet, Sweet Sister...I have spent my  
first 6 months so very close to you...close as two  
beings can become...we swam and swam in  
Mama's belly ...I bet we raced and did summer-  
saults too!! How much fun we had! YOU were lost  
way too fast... too soon. Oh how I miss you every  
day, every night... we all do. I have so much to tell  
you about my life, although I believe and hope you  
already know some of it!! Your Angel self keeps  
me and our family safe - I just know it!! My letter  
will continue. Until then, I think of you constant-  
ly....always and forever!! I LOVE you with my whole  
heart my Angel Sister.  
*Parents: David and Christine Beechey*

**Angela Marie Capage** August 28, 2003  
**Baby Capage** January 24, 2007  
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.  
*Parents: Lena & Dan Croce*

**Benjamin James Goller** June 30, 2015  
**Emmett Philip Goller** June 30, 2015  
**Baby Goller** October 12, 2013  
*Parents: Corrie and James Goller*

**Brooke Marie Helper** December 7, 2010  
Dearest Brooke, happy 5th heavenly birthday! We  
miss you every second of every day, and our love  
for you grows stronger as the years pass. Enjoy  
your birthday balloons. You are always in our  
hearts.  
With our never-ending love, Mommy, Daddy, Ella,  
Molly, and Cassidy  
*Parents: Lauren and Patrick Helper*

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

**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*

**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*

# 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*

**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](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!*

## "WINGS OF LOVE" MEMORIAL GARDENS

Wings of Love, a program of the WNY-PBN, was founded by Christine Scott in memory of Jacob W. Scott and his fellow baby Angels. This memorial program was created to ease some of the unexpected financial burden placed on grieving families during the tragic loss of their infant. The WNY-PBN is now using this program to help fulfill an emotional need, as well.

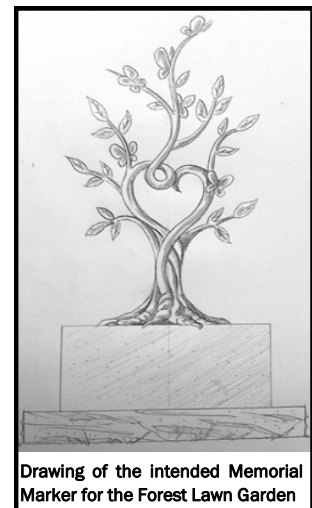
It is a known fact that symbolic gestures play an important role in the healing process. The Memorial Garden concept provides a foundation for a peaceful and permanent mourning place for parents who lose their children. With the help of generous businesses in our community, as well as support dollars from our bereaved family and friends, Wings of Love has been able

to create several Memorial Gardens throughout the region, the newest one just recently dedicated in Lincoln Park in Olean, NY.

We still need your help to complete our largest Memorial Garden at Forest Lawn Cemetery in the City of Buffalo. With the help of Stone Art Memorial Company, Christine Scott has designed a beautiful and meaningful monument dedicated to our babies.

This monument is set to be completed and placed in the Spring of 2016. Please consider helping us complete the monument by making an extra donation today!

By: Dawn Both-Kim



Drawing of the intended Memorial Marker for the Forest Lawn Garden

## CORRECTION FROM PREVIOUS ISSUE

It is with sincere apologies that we are printing this correction/update to our story in the last edition of the Forget-Me-Not newsletter entitled CuddleCot™. The WNY-PBN would never intend to diminish anyone's contributions to helping bereaved families. I would like to express my apologies for the oversight and present my kudos to the Kruss family for all of their efforts in Weston's memory.

-Dawn Both-Kim

"Corey & Matthew Kruss, in conjunction with Stories of Babies Born Still (SOBBS), raised the full value of the CuddleCot. They presented the proceeds to Mary Ann Murphy at Mercy Hospital, in memory of their son Weston Elijah Kruss who was born still on July 2, 2014 at Sister's Hospital to purchase this wonderful system.

There is a memorial plaque on the South Buffalo Mercy CuddleCot to validate the

work done in Weston's memory. The families at Mercy Hospital will be grateful for the use of this system to help make a lifetime of memories in a few short hours with their babies gone too soon."

# UP-COMING EVENTS FOR THE HOLIDAY SEASON

## Women & Children's Hospital of Buffalo Remembrance Service

Tuesday, December 1, 2015

Hellenic Orthodox Church  
of the Annunciation

146 W Utica St.  
(corner of Delaware)

**6:30 PM**

Contact Tara Young 716-878-7681



## Footprints on the Heart Annual Holiday Candlelight Service

Friday, January 8, 2016 at 7:00 PM

At Sisters Hospital Chapel

Must RSVP by December 18th

716-862-1678  
or [acreamer@chsbuffalo.org](mailto:acreamer@chsbuffalo.org)

ADULT ONLY EVENT

*You and your family are invited to the Tiniest Angels*

## ❄️ Sibling Holiday Event ❄️



Saturday December 5, 2015

10:00 am – 12:00 pm

Como Lake County Park Casino  
2220 Como Park Blvd., Lancaster, NY

Free of charge for families, the WNYPBN's Tiniest Angels Sibling Holiday Event includes a holiday craft, visits with Santa, and a Hot Chocolate Social.

Weather permitting, we encourage you to bring ice skates or other outdoor equipment so that your children can enjoy all that Como Lake Park has to offer.

★ *Please RSVP for yourself and your child(ren) by November 30, 2015* ★

To RSVP call 716-626-6363 or email Amber at [amber@wnypbn.org](mailto:amber@wnypbn.org). For more information about the WNYPBN and its program, visit [www.wnypbn.org](http://www.wnypbn.org)



## GETTING THROUGH THE HOLIDAYS

Whether this is your first holiday season after your loss or more time has passed, it can be difficult to get through the holidays when you are grieving for your baby.

The loss of a child is not just the loss of the past; it also means continued losses in the future. Holidays and other significant dates provide reminders of the baby that was lost, and can trigger shadow grief. This kind of grief goes beyond sadness for a person that is gone, it also involves the sadness of all the things that you did not get to experience with your child. You may have thought about your baby's first Christmas, or even have had gifts purchased and waiting. While all things are "merry and bright", it is often very hard to be in the holiday spirit when something is missing. Here are some tips about getting through the holidays after a loss:

As the holidays approach, assess yourself and figure out what is going to work for you. Do you want to celebrate the day? Do you want to be alone or with other people? Are you ready to go to events with the rest of your family? Will there be other parents there with newborns? Thinking about these things can help you to make decisions about the holidays and start planning. Participate as much or as little as you want to.

As you are assessing yourself, be realistic. If you want to participate in some of the celebrations, but are unsure about how difficult it will be, don't expect yourself to stay for the whole day. It is okay to set boundaries about how much you want to participate in.

Be realistic about your emotions: you may be sad, angry, confused, or any number of other emotions throughout the day. Once you know your limits, be assertive. Set boundaries with yourself and with others in terms of what you would like. Tell loved ones what you expect of them and how they can support you, and also tell them what is too much for you.

There are lots of ways to make sure that your baby is remembered during the holidays, and a tribute can be as big or as small as you would like. You can light a candle, hang a stocking for your baby, or anything else that will make you feel your baby's presence. The first year after my dad and step-mom lost their twins, I had ornaments made with their footprints on them. Now those ornaments hang on the tree every year. There is no right or wrong way to honor your baby as long as it is special to you.

Give yourself permission: to be sad, to be happy, to skip your normal traditions, to start new traditions, to step back from a situation if someone is not giving you the support you need.

If you end up enjoying yourself or distracting yourself for a little while during your holiday celebrations, that is okay! Too often, we think of distractions as a type of denial, or worse, that we are forgetting. But that is not the case - if you find yourself in a moment of happiness, know that you deserve it and that after experiencing the tragic loss of a

## AFTER A LOSS

baby you can have even more appreciation for those moments of joy in life.

You are not alone. The Western New York Perinatal Bereavement serves over 1,000 families in this region. Across the nation, 1 in 4 pregnancies end in a perinatal loss. While losing a baby can be an isolating experience, there are countless other families who have had lost a baby too and are also struggling with some of the same things as you. There are many other people who are grieving with you during the holidays, not just people who have lost a child, but people who have experienced all kinds of loss. If you connect with someone you know who has also had a loss, you may be able to offer each other support. If you want to be around people who have had a similar experience, reach out to the Network and we can connect you with some of our community resources.

We all have different holiday traditions, but for many bereaved families, there is the common thread that the holidays are another reminder of the baby that has gone too soon. Remember that the anticipation of a specific date or event is often more stressful than the day itself; but when the holidays arrive, do whatever it is that you need to cope with your grief. There are countless ways to celebrate the holidays (or opt out of celebrating) that can allow you to honor your child and continue your healing journey. Wishing you hope and joy this holiday season!

By: Amber Hultgren, LMSW

## RTS BEREAVEMENT TRAINING

Resolve Through Sharing (RTS) Bereavement Training: Perinatal Death is a comprehensive 2-day training known world-wide as the "Gold Standard" in perinatal bereavement education. The curriculum is modified regularly to reflect the latest in research, innovations in practice, and updated systems.

RTS's perinatal death training is referenced as the only educational offering available to help prepare for the Hospice & Palliative Credentialing Center's perinatal loss care certification exam (CPLC).

This course is intended for: Nurses, social workers (all levels of practice), public health nurses, home health workers, chaplains, midwives, genetic counselors, physicians/physician assistants, child life specialists, ultrasonographers, funeral direc-

tors. Other healthcare professionals who practice in high risk antepartum, labor and delivery, mother/baby, pediatric/neonatal intensive care, perinatal hospice, emergency room, surgery (including outpatient, inpatient, and recovery), obstetrics/gynecology, genetics, and family practice will benefit from attendance.

The Catholic Health System and the WNY-PBN are co-sponsoring training on April 22-24, 2016. If you are interested in taking part, please contact the WNY-PBN office at 716-626-6363.

The purpose of this training is to provide participants with a rich educational experience that enhances their knowledge, level of skill, and personal awareness while providing care to families whose baby dies.

Resolve Through Sharing (RTS) Bereavement Training: Perinatal Death will:

- Enhance your understanding of perinatal death and its effect on parents and family members
- Emphasize the role of relationship and ritual
- Provide you with the latest evidence-based information about perinatal bereavement care
- Help you understand what "normal" grief looks like and how individuals grieve differently
- Address effective self-care and care for other caregivers
- Provide you with the opportunity to network with others in the field

# Safe Arrivals

## To Grant Others Hope

**Edy Bernice Skolikas Barnhardt** was born July 17th weighing 8 pounds 5.3 ounces and measuring 20 1/2 inches long. Parents, Courtney Bajdas and Mathew Barnhardt, are relieved and elated that she is here safe and sound. Edy joins her sister, Louisa, in remembering their big brother Andrei (October 17, 2011).

**Grayson Salvatore Opoka** was born on August 13, 2015 weighing 8 lbs 6 oz and 20 inches long. Parents, Jennifer and Michael, are thrilled to

have him home and will tell him about his own personal angel, Baby Opoka (November 21, 2008).

Shnikie Slaughter-Smith and James Smith III are thrilled to announce the arrival of **James Smith IV** on April 4th 2015. He was born prematurely at 25 weeks at 1 lb and 9 oz, but is home now and is doing amazingly well! The family will always remember his sister, Jaella Lanette Smith (September 27, 2013). 9/27/13

**Archer Allen Walnicki** was born to Glenn & Laine Walnicki on September 12, 2015. He was 8 lbs 8 oz and 21 inches long. The family will always remember his brother in heaven, Alan James Walnicki (August 8, 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](mailto:forgetmenotnewsletter@hotmail.com)  
Submissions are due by the 15th of the month prior to the issue month.

## BUTTERFLY STONES

Bereaved grandparents, John and Theresa Sergi, have begun to use their artistic talents to honor their granddaughter, Olivia Ann Sergi. They began painting these beautiful butterflies onto pieces of slate rock along with a baby's name and honored dates. They are selling these gorgeous mementos for only \$15 each, and if you mention the Wings of Love Memorial Fund while ordering, a portion of the proceeds will be donated towards the Wings of Love Monument at Forest Lawn Cemetery.



Order yours today!! [serjo141@aol.com](mailto:serjo141@aol.com)

By: Dawn Both-Kim



## FOR JOSIAH MATTHEW TOCZEK

NOVEMBER 13, 2009

My heart grew for you the moment I knew,

Oh, another baby to love...

My hands yearned to hold, to rock, to touch

Your warm body and satin-soft skin.

I knew how to wait and accepted the rule

I had done this before, you know...

I decided to cherish the time within

As time you were mine not to share!

Well, that time was cut short, we were given sad news

We would have to let go much too soon

Our faith kept us strong and we trusted in God

Grateful to call you our son.

We gave you a name and I held you for hours,

I needed you near me awhile.

Your tiny face, so perfect to see,

Gave me such peace in my heart.

Now you'll hold my heart til we meet again,

And I'll hold your hand in Heaven.

By: Karen M Toczek

## ELEGANT EVENING TO REMEMBER NOMINATIONS

Every year, the WNYBPB thanks the healthcare community, small businesses and business owners, and volunteers for their compassion, caring and commitment to the bereaved. The Elegant Evening to Remember combines a dining event with an awards ceremony which honors these amazing people and what they do!

If you know of a doctor, nurse, business, volunteer or anyone who you feel has gone above and beyond their call of duty to help a grieving family, please consider nominating them for an award at the 2016 Elegant Evening to Remember. To nominate someone, please contact the WNYBPB offices with your suggestion by calling **716-626-6363** or contacting [Christine@wnypbn.org](mailto:Christine@wnypbn.org). Please include their name, place of business, and a brief explanation on how they have helped you, your family or other bereaved individuals.



## 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: 2nd Thursday @ 6:30 PM  
Olean Public Library  
134 North Second St.

**Free—Please call to register**

Hosted by the WNYPB, 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 WNYPB 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 WNYPB, 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

Miscarriage, ectopic pregnancy, stillbirth and early infant death

When: 1st Tuesday @ 6 PM  
Piver Center Conference Room  
Sisters Hospital

Amy Creamer (716) 862-1678

Please see the Sisters of Charity Hospital website and/or Facebook page for more information about other support that is offered:

[www.chsbuffalo.org/services/PregnancyLoss](http://www.chsbuffalo.org/services/PregnancyLoss)  
<https://www.facebook.com/footprintswny>

Any 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 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



Please submit any articles, blurbs, photos, memorials, safe arrivals, etc. to [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)

For information on Internet and Keep-sake resources, please view our website at [www.WNYPB.org](http://www.WNYPB.org)

If you would like to volunteer for any of the WNYPB 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](mailto:Christine@wnypbn.org)



**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 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

