



FORGET-ME-NOT

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Christine Scott,
Executive Director

SAVE THE DATES

Save the Dates!

3rd Annual Ride to Remember **September 17, 2016**
See page 4 for details

Southern Tier Walk to Remember **October 2, 2016**
See pages 4 and 5 for details

Buffalo Walk to Remember **October 9, 2016**
See pages 4 and 5 for details

Pregnancy & Infant Loss Awareness Day **October 15, 2016**
See page 5 for details

Putting Fore PKD **September 10, 2016**
See page 8 for details

WNYPBN MEMBER ORGANIZATIONS

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

LETTER FROM THE EDITOR

I hope this newsletter finds you in good health and good company. Summer is often a time for parties and get-togethers. It seems like a time for children, especially with school in recess and the ice cream truck patrolling the neighborhoods. It can be a difficult time for someone who has endured the loss of their

child. I can only hope you are being kind to yourself, and allowing yourself the opportunity to pass on all those parties that will be just too painful to attend. Some day you will be able to go... but maybe now isn't the time. Only YOU can know what is best for YOU.

I am in need of articles on a regular basis for the newsletter. Please consider sharing your journey of loss with our Network of bereaved families. Help us make this newsletter personal and meaningful to all of us who are grieving our losses.

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

*“Sometimes the
Smallest Things
take up the
Most Room in
Your Heart.”*

-WINNIE THE POOH

BY A.A. MILNE

Happy Summer! I can't believe it's already time to publish the 3rd Quarter Newsletter, how did August arrive so quickly? How quickly did the last seven months in 2016 go? Where did the last 16 years go? My Jacob would have turned 16 years old this past May. It was extremely emotional as I thought I should be taking my son for his driving permit this year! To honor his birthday, I decided to purchase a beautiful engraved bracelet with his tiny little feet that have forever impacted and changed me. I wear it always and it is a reminder that his tiny little feet continue to lead my way in the work I do for our bereaved community.

I am amazed with the strength felt and seen by our bereaved families and how beautifully they remember their children and keep their memory alive. I pay witness to this throughout the year and most recently at our first planning committee meeting for the annual Walk to Remember. A group of dedicated volunteers come together every year spending countless time and energy to make our biggest event special for our community. This year our Walk theme is:

“Sometimes the Smallest Things take up the Most Room in your Heart”

This Annual Walk is a place to gather together and honor our children who left this earth too soon. We will walk for Remembrance & Hope. Please see pages 4 and 5 for all the details on our two walks we will be hosting this

year and please see page 5 for all of our October 15th activities on Pregnancy and Infant Loss Awareness Day. Help us break the silence surrounding perinatal loss and create much needed awareness in our community.

We hosted many events this past spring that were well attended and amazing. Our Gala, the Elegant Evening to Remember, held at Salvatore's Italian Garden on May 6th was very successful raising \$19,000.00. We honored 11 individuals for their outstanding dedication to the mission of the WNYPBN and to our bereaved community. The evening was not only a beautiful tribute to our award recipients, it was also a beautiful tribute to our children.

are no longer with us. Thank you to everyone who had a hand assisting me make the “Mother's Day” & “Father's Day” celebration so special.

We continue to make strides and are getting closer to our fundraising goal to complete the Wings of Love Memorial Garden at Forest Lawn. It is our hope to have this completed with a dedication ceremony this fall. Visit our website for updated information on the date and time of this dedication ceremony. I will be forever grateful to all of our generous donors for making this monument for our community possible. There is still time to help us reach our fundraising goal for this monument, please see our website: wnypbn.org/wings-of-love.html for any donations.



ELEGANT EVENING TO REMEMBER GALA AWARD WINNERS PICTURED WITH WNYPBN PRESIDENT, DR. WILLIAM ZORN AND WNYPBN EXECUTIVE DIRECTOR, CHRISTINE SCOTT

The Wings of Love Breakfast was celebrated at ACQUA on Saturday, May 7th. It was truly a lovely event, both solemn and healing at the same time. We welcomed 75 family members and friends to join with us in remembering that we are parents, even if our babies

On Saturday, June 11th, BB&G Charities hosted their 2nd Annual Golf Outing at the Buffalo Tournament Club. I would like to thank bereaved dads, Patrick Helper and Ron Toczek along with their dedicated team of volunteers for all their hard work. A little over \$2,500

was raised to support the Wings of Love Memorial Fund. Thank you Patrick and Ron on another successful and fun event!



BEREAVED DAD, PATRICK HELPER, AT THE ANNUAL GOLF OUTING SPONSORED BY BB&G CHARITIES,

On Saturday, September 10th, The McGowan Family will host their second annual Golf Event, "Ryan's Reason - Putting Fore PKD." Ryan's Reason was established in 2015 to raise funds to find a treatment and cure for polycystic

kidney disease (PKD) in honor of Ryan McGowan. Ryan was born December 8th, 2014 and survived over three hours before he passed away in his mother's arms surrounded by family. Along with fundraising for PKD, this foundation is also dedicated to providing financial support to families who have lost a child. They have donated \$2,000 to Wings of Love this spring, and part of the proceeds of this Golf event will benefit our memorial fund also. I want to thank the McGowan family for their generous donation that allows us to ease some of the unexpected financial burden placed on grieving families during the tragic loss of their infant. Please see page 8 for event details.

Please register and join the Pritchett Family on Saturday, September 17th, for their 3rd Annual Ride to Remember, hosted in memory of their daughter Helen. This event supports the efforts of the WNYPBN and the program, "Remembering Love in a Heartbeat". It is a fun family event and a beautiful bike ride through the Alabama Swamps.

Visit our website to register and see page 4 for all event details.

Our University of Buffalo Master of Social Work (MSW) Intern, Maria Anderson, completes her internship in mid-August. With a heavy heart, I am sad to see her go, as she has been with the Network for the last 8 months. A heartfelt thank you to Maria for the kind and gentle support you offered to all of our bereaved families. Congratulations on your Graduation! I wish you luck in your future career and know you will Bloom wherever you are planted!

As we all try to enjoy and embrace the last beautiful days of this Buffalo Summer and prepare for fall, please consider joining us at our upcoming events to celebrate the smallest things that take up the most room in your heart.

Helping Families ~ Honoring Lives

Sincerely,

 Christine

"WINGS OF LOVE" MEMORIAL GARDENS

The Wings of Love Memorial Fund is a program of the Western New York Perinatal Bereavement Network, Inc., a 501c3 nonprofit organization that is funded solely by private and corporate donations. "Wings of Love" provides financial assistance for burial costs to ease some of the unexpected financial burden placed on grieving families during the tragic loss of their baby. The funds are used to purchase infant urns, caskets, and cemetery plots, as well as to pay cremation fees, burial fees, and funeral home expenses.

Through Wings of Love, the WNYPBN has established Memorial Gardens throughout the Western New York region. These Gardens provide a place of solace and memorialization for bereaved families, in particular for those who have no final resting place for their baby, possibly because they had a miscarriage or because they chose cremation.

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, in order to meet the needs of the families that we serve. We hope to complete our fourth Garden this fall at Forest Lawn Cemetery. It will feature a monument with a bronze tree design, symbolizing the honor and love for our children that will remain rooted in our hearts forever, designed and created by Christine Scott and the Stone Art Memorial Company.

Together, the Wings of Love Memorial Fund and the Wings of Love Memorial Gardens meet the financial needs as well as the emotional needs of bereaved families who may otherwise not have options for interment of their baby. Donations made toward Wings of Love help the WNYPBN to assist families in our area who have experienced the devastating loss of a baby.

We created a fundraising campaign for the Gardens on our partner website, GiveGab, through our association with the United Way of Buffalo and Erie County. This drive was fairly successful and brought in over \$2100 to help us complete our Forest Lawn Memorial Garden. We would like to thank those who were able to donate to this campaign for their generosity!

Aaron Sypniewski, Beth E Mott, Joyce Sypniewski, Michael Guppenberger, Allison McGuerty, Linda Noeller, Jill Ca-

ruso, Michelle Sapar, Lisa Jerebko, Tanya Bork Racult, Lynn Aronica, Kelly Grieco, Rita Foltyniak, Jennifer R. Herreid, Shauna VanRemmen, Kristen A Rosenberg, Erin Barren, Kimberly Fenn, Janet M Rovison, Brian Joy, Antonia Rydzyk, Jeffrey Kupka, Jennifer Unger, Christin Fisher, Marcia A. Grieco, Nanci Trzepkowski, Laura Reyda, Debbie Friend, Dawn Both-Kim, Tracey McCormick, Cheryl A Zuber, Marie Kuczma, Amber Rodriguez, Victoria Schaffstall, Christopher A Sheldon, Kelsey Sheridan, Joseph Usinski, Younga Kim, Daniel DellaSala Jr, Kathleen M Upham, Heather A. Vicoria, Stacey Stevens, Debra L. Ehrig, Maureen Fay, Aimee C Lepsch, Brenda H Cimo, Sherilyn Schreier, Jaclyn Huff, Trudi Aronica, Mary C Simms, Rachel Luksch

We would also like to thank the employees of Seneca Mortgage Servicing who raised \$2195 during their campaign for the Memorial Gardens.

We are so close to reaching our goal, please consider helping us complete the Monument by making an extra donation to Wings of Love on our website:

<http://wnypbn.org/wings-of-love.html>

By: Dawn Both-Kim

THIRD ANNUAL RIDE TO REMEMBER

Saturday, September 17th, 2016

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 17, 2016. The Ride to Remember will raise funds for the WNYPNB, 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...

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 (WNYPNB) 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 WNYPNB provided us 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 WNYPNB, especially the 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.

Please contact the WNYPNB if you would like to participate! 716-626-6363. **Registration is opened online.**

By: Christine Scott



Walk to Remember

Southern Tier Walk
Sunday, October 2, 2016
Ellery Town Park - Jamestown

Buffalo Walk
Sunday, October 9, 2016
Cheektowaga Town Park



Sometimes the SMALLEST THINGS
take up the **Most Room**
in your **heart**

"Winnie the Pooh" by A. A. Milne

MY FIRST WALK TO REMEMBER

I will never forget my first Walk to Remember at Cheektowaga Town Park. I had just lost Marrina in August and went to the Walk just two months later. Not really knowing what it would entail, I invited several friends and family members to come with us. I made long sleeved t-shirts for my husband and myself, as well as long sleeve t-shirts and sweatshirts for our family that were coming. It was a nice day—beautiful in every way... and yet, not at all what I thought it would be like.

First, it was HOT. The brilliant idea I had about long sleeved shirts and sweatshirts in early October was a doozy. My nieces didn't even wear them... they were in shorts and tank tops. Mark and I endured in our long sleeves... I still have my "Marrina's Mommy" shirt.

It wasn't like the other Walks I had been to, either... like the ones for the American Cancer society, or the American Lung Association. Those Walks are about the miles each person walks and the confidence of developing a cure with enough funds, hope and camaraderie. This Walk was about remembering our babies who have died, and the group of hundreds putting one foot in front of the other - together as one... so

none of us would feel alone. The actual Walk was at the end of a lovely service where poems were read, people were thanked and songs were sung. I remember thinking that I couldn't possibly cry any more... and then the next song would start and I'd be bawling once again.

Then we did the one mile memorial Walk... together in droves. They played the song "Calling All Angels" by Jane Siberry over and over and over until the last person completed the Walk. I couldn't help but become annoyed with the song. However, the lyrics still move me to this day. If my life had a soundtrack, that song would be the background music to any scenes concerning my daughters.

The Walk helped me move into another phase of my grief journey... and is the reason why I continue to this day helping make sure this Walk is the best, most beautiful day it can possibly be. It was the reason I accepted becoming editor of the newsletter and help out the WNYPNB in any way that I can. The Walk is the reason I call myself Volunteer Extraordinaire!

So, when I meet a newly bereaved family, I often tell them that the Walk is the most

wonderful event that they could possibly attend in honor and loving memory of their baby gone too soon. Other volunteers may feel that the Parent's Day Breakfast or the Holiday Memorial Services are truly the ones that mean the most. Every person is different, and what works for one person may not work for everyone. The Walk to Remember works for me. If you have never been, I encourage you to go this year. Come take the next steps on your journey of grief with me. I will help you and you can help me...

Then it's one foot, then the other as you step out on the road

Step out on the road, how much weight, how much?

Then it's how long and how far and how many times

Oh, before it's too late?

Calling all angels, calling all angels

Walk me through this one, don't leave me alone

Calling all angels, calling all angels

We're tryin', we're hopin' but we're not sure how

~Jane Siberry - Calling All Angels

By: Dawn Both-Kim

Walk to Remember

Southern Tier Walk
Sunday, October 2, 2016
 Ellery Town Park - Jamestown

~

Buffalo Walk
Sunday, October 9, 2016
 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 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 royal blue t-shirts and hooded sweatshirts for this year's Walks. These are 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 \$45 per team/family of three or more. If you have the means, please utilize the website to register, collect donations, order your sign or t-shirts, sweatshirts, Memorial Tributes etc.

By: Dawn Both-Kim

OCTOBER 15TH IS PREGNANCY AND INFANT LOSS (PAIL) AWARENESS DAY

October 15th is Pregnancy and Infant Loss (PAIL) Awareness Day, an internationally recognized Remembrance event. We would like to encourage everyone to light a candle promptly at 7:00 PM and keep it lit for a full hour in honor of our babies no longer with us. As the clock advances through the time zones, so too will our candle-lighting, creating a wave of light around the world.

The WNYPBN helps to sponsor the Gavin's Light ceremony held at Oratory of the Sacred Heart in Portville, NY. This Service will include poetry, music and a candle-lighting promptly at 7:00 PM to honor the Wave of Light. Gavin's Light was created and developed by Amy Buckner, the Bereaved Mother of Gavin Joseph Buckner (September 15, 2009). If you would like to attend the event, please contact Amy at 716-933-8691.

The WNYPBN has also enlisted the assistance of Bender Development as well as other agencies such that local landmarks will be lit in pink and blue in honor of PAIL Awareness. The Peace Bridge, Niagara Falls, and a portion of Canalside are taking part in the lighting.

One of the biggest issues with Pregnancy and Infant Loss is the silence that surrounds those afflicted with this tragedy. Many people expect bereaved families to "get over" their grief and belittle or devalue the family's loss. The purpose of PAIL Awareness is to break the silence and allow families to grieve without judgement. We hope to let others know that they don't have to suffer alone! Please help break that silence by visiting and photographing one or more of the landmarks, and post it on Social Media. If you cannot visit the

landmarks, please take a photo of the candle you have lit at 7 PM, and post it on Social Media, as well. **#PAILAwarenessDay**

Finally, for the month of October, LAMAR Advertising Company is helping us out with a billboard at 3229 Main St. near Winspear Ave. in Buffalo. If you see the billboard, take a photo or a selfie with it and share with **#PAILAwareness** on Social Media!

Help us break the silence!

Western New York
Perinatal Bereavement Network, Inc.
 Helping Families — Honoring Lives

October is Pregnancy & Infant Loss Awareness Month

For bereavement support or information about the **WNYPBN**, contact **716-626-6363** or visit www.wnyipbn.org

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

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

Gavin Buckner September 15, 2009
Mama, Daddy, Zack & Bashy love you so much!!! Fly
high and have fun! We miss you!
Parents: Amy & Ryan Buckner

Nicholas Joseph Glomb August 19, 2009
Happy birthday to our oldest! You are forever in our
hearts, constantly in our thoughts, and always in your
little sister's bedtime prayers. As long as we're living,
our baby you'll be. Love, Mom, Dad and Katie.
Parents: Thomas & Kelly Glomb

Madison Leigh Frankowski August 7, 2010
Happy birthday in heaven. Always in our hearts, we
love and miss you. We dream about what our lives
would be like with you here. Love, Mommy, Daddy and
Baby Sister Paige
Missing you! Grammy & Pappa
Parents: Candace & Andy Frankowski

Riley James Croce March 8, 2010
Gabriella Irene Croce August 3, 2010
Baby Croce December 9, 2013
Angels are among us, I know this to be true.
Three very special angels came before you.
Now they watch, play and protect from above,
And two grateful parents get to shower you with love.
Good deeds seem sweeter when done in their heaven-
ly name,
Gone but not forgotten, we love you all the same.
Mommy and daddy love you forever.
Parents: Lena & Dan Croce

Forsythe Babies 1996, 1998, 1999, 2004
Parents: Cheri & Bill Forsythe

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

Brooke Marie Helper December 7, 2010
Parents: Lauren and Patrick Helper

Emily Ann Jank February 2-17, 2012
Hugs and Kisses from Mom, Dad, Austin and Jessica.
We love and miss you!
Parents: Heidi & Chris Jank

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

Bud Charles Mott September 12, 2005
Theresa Marie Mott September 12, 2005
"Blueberry" Mott January 21, 2014
Baby Mott December 23, 2014
To all our babies in Heaven, we love and miss you! Re-
joice in the glory that you are with the King. ~ All our
love, Mommy, Daddy & Alison
Parents: Timothy & Beth Mott

John Christian Jude Mulderig May 28, 2004
We can't believe 12 years have flown by. You will al-
ways be part of our family and hearts. Keep watching
over your sisters. We love you always! Mom and Dad,
Molly, Meghan and Kate
Parents: Chris and Peggy Mulderig

Forget-YOU-Not

In Loving Memory Of..

Ethan Michael Packard October 6, 2015
Parents: Shannon & Travis Packard

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

Andrionna Wilson-Thomas
 August 28, 2014-September 5, 2014
 Fly High My Beautiful Faith
*Parents: Shanavia Wilson-Thomas
 & André Thomas*

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

Grace Lee Zimmer April 12, 2012
 Until we meet again, fly sweet butterfly, fly! A moment in our arms, A lifetime in our hearts. Love, Mom, Dad, Hunter and Luke
Parents: Donna & Russell Zimmer

*Interested in Submitting a Memorial?
 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!*

WHAT I WANT YOU TO KNOW

ABOUT CHILD LOSS

What I want you to know is that you never get over losing a child. The pain never goes away. And you are never the same person again.

I lost my sweet, funny, one of a kind 14-year-old son on November 29, 2008. There's no real answer as to why a healthy, active, athletic boy would leave for a bike ride behind his house and never return. How a viral infection can just suddenly attack that seemingly healthy airway and take his precious life.

But I want you to know, it doesn't make a difference how he died. He's just gone. And I still hurt. My heart still aches for my son. I still cry, sometimes for no reason at all. I still scream at the sky, willing him back to me. I still wish he was here.

I want you to know there's nothing you can really do or say to someone who has lost a child. Everyone grieves differently. There is no right or wrong way. We each handle tragedy and loss in a different way. So there's no cookie cutter answer for how to

help.

But I want you to know you should try. The ones who did nothing are sharp stings I still feel today. The ones who silently slipped away and now avoid me, perhaps because their kids are still healthy and they feel guilty, or they don't know how to act, or who knows, but they just left. Those are the ones that added to my already broken heart.

I want you to know that even though I cried while staring at the caller ID and chose not to answer, I still know you tried. For the card in the mail on the day nothing else came and it was an emotional breakdown at the mailbox because I remembered how he used to run to check it. For that day, it helped a little. And for the prayers, oh the many prayers, yes I coveted them - and still do. Some days, they were the only thing that kept me going.

But I want you to know, if you're facing this unspeakable loss, you can survive this. There are better days. No, the pain never

ends, but you learn to breathe through it. Like a cracked windshield, you can still see, there will just always be a reminder of the precious child taken from this world too soon.

I want you to know there is hope. You will laugh again. And the first time you do it, you will cry because you feel guilty. But you will laugh again. Life will get somewhat easier, but not before it gets harder. Child loss is a roller coaster and just when you think you've reached the top of the mountain, a low blow to the belly is around the corner. You just have to keep on, keeping on. You have to fight. You have to choose it.

I want you to know you deserve happiness. Your child would want you to live again, love again, to find joy again. And you can. Just breathe and take it day by day.

By Heather Blair
 Still Standing Magazine
<http://stillstandingmag.com/>

SECOND ANNUAL PUTTING FORE PKD



Saturday, September 10th
Diamond Hawk Golf Course

255 Sonwil Drive
 Cheektowaga, NY 14225
 11:30 AM Registration
 1:00 PM Shotgun start
 Dinner and prizes following golf

Ryan's Reason was established in 2015 to raise funds to find a treatment and cure for polycystic kidney disease (PKD) in honor of Ryan McGowan. Ryan was born December 8th, 2014 and survived over three hours before he passed away in his mother's

arms, surrounded by his family. Along with fundraising for PKD, Ryan's Reason is also dedicated to providing financial support to families who have lost a child.

PKD Foundation - Dr. Jared J. Grantham and Joseph H. Bruening started the PKD Foundation over 30 years ago with a vision to find treatments and a cure for polycystic kidney disease (PKD). When they started, not much was known about PKD. The genes hadn't been identified and there were only a small number of researchers even working in PKD science. Today, the PKD Foundation is the second largest funder of PKD research. Over the last 30 years, more than \$38 million has been invested in more than 550 research, clinical and scientific grants, fellowships, scientific meetings and educational programs. Today, the PKD Foundation leads the fight against PKD through research, education, advocacy, support and

awareness. Our goal is simple — to discover and deliver treatments and a cure for PKD.

Remembering Ryan Michael McGowan

On July 31st 2014, at our 22 week prenatal visit, our son Ryan was diagnosed with Polycystic Kidney Disease. Because his kidneys were not working correctly they became enlarged and hampered the growth of the rest of Ryan's vital organs. From that point on Ryan could come at any time, true to his fighting spirit Ryan made it to thirty nine weeks for a scheduled cesarean c-section. Ryan survived for over three hours and changed our lives forever. We've created Ryan's Reason as a way to honor Ryan's life, help find a treatment and cure for Polycystic Kidney Disease, and to assist those who have suffered a loss of a child.

Ryan's Reason was generous enough to donate a portion of their proceeds to the WNYPBN after last year's golf outing, and will be doing so again this year to help bereaved families. Please contact Kyle and Dori McGowan for more information about the Golf Event.

Kyle & Dori McGowan
<https://www.facebook.com/RyansReason/>

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.

The Sergis will be at the Buffalo Walk to Remember again this year to take orders! Or order yours today!! serjo141@aol.com

By: Dawn Both-Kim



WNYPBN—HELP NEEDED!

Have you ever considered approaching the business where you work to hold a **Dress Down Day** that will benefit the WNYPBN? Many local companies and businesses will hold these fun and easy events. Please contact Christine Scott at 716-626-6363 if you would like to approach your company with a Dress Down Day proposal!

Another way to help is to hold a fundraiser. The WNYPBN calls these "**Third Party**" fundraisers and can assist with some minor details in your event planning. For more information and some ideas to help you plan your event, please contact Christine at 716-626-6363.

Donations of office supplies, postage stamps, printer ink, thank you cards, books and supplies for the Sibling Program and/or the Angel Robes program are also always needed and appreciated. We are a charitable organization and receipts for your tax-deductible contribution can be issued.

We will need help on the days of each of our **Walks to Remember** this Autumn. We need people to help with registering people, selling merchandise, help in the Kids Zone, help with lunch, set up and tear down, etc. etc! If you would be interested in helping out with the 2016 Walks to Remember in October, please contact event Chairs, Carrie

Smith (carrie.smith@erie.gov) or Laura Reyda (lbreyda@gmail.com).

Finally, **I need help**. Every time the newsletter is due to be completed, I am tasked with compiling articles, gathering information and finally putting together what I consider a top notch newsletter. I could really use some "journalists" that can glean information about our upcoming events, past events and even self-help articles to be used for the newsletter. Please contact me at forgetmenotnewsletter@hotmail.com if you are interested in helping me. Thanks!

By: Dawn Both-Kim

WITH GRATITUDE...

Time is often fleeting, leaving many of us to wonder where did it go? I find myself asking this question, as my internship with The Western New York Perinatal Bereavement Network, Inc. (WNYPBN) is approaching an end. Although I have grown in so many ways, I still feel as if my journey here began not so long ago. I have much gratitude, when I reflect on my time here. I deeply appreciate all of the inspirational people, who have helped to enhance my understanding of grief and loss, the power of love and the human spirit. I am grateful, not only for the opportunity to increase my learning as a social work professional, but to extend my own understanding and capacity as a compassionate human being.

As a mother, I can understand and appreciate the bond that is often developed with a child at any stage. The loss of a child is a horrific and earth shattering experience that no parent should ever have to endure. The WNYPBN provides parents, families,

and friends support and assists them in finding their own unique way to grieve, heal, and honor lives.

I have had an opportunity to witness, as well as be a part of, the positive and impactful involvement that the WNYPBN has had in our community. I have also seen what resiliency and the human spirit can accomplish. Many families have cultivated long lasting friendships and supports. Countless bereaved parents, families and friends have heartfully shared how the WNYPBN has supported them in their unique experiences through: education, assistance from Wings of Love, peer support, and understanding.

It only takes one person to make a difference; however the combined efforts and collective energies of multiple individuals has the power to transcend endless boundaries. I say this because the WNYPBN is a small non-profit agency that is acutely lim-

ited in staff. Without the commitment, dedication, and loyal support of the Executive Director, the Board of Directors, the extended network of professionals, interns, hospital partnerships, generous donors and selfless volunteers, it would be impossible to sustain this meaningful and much needed community resource. During my time spent here I had many important projects, which included: having the pleasure of interacting with families and professionals, conducting a provider survey, working on grant opportunities, and providing education that hopefully serves as catalysts to support positive interactions and changes within our community. It is my hope that the WNYPBN continues to grow and be successful in filling a much needed void within the Western New York area. I thank the WNYPBN for providing me with an opportunity for growth, and wish the Network the best in their future endeavors.

By: Maria Anderson

ELEGANT EVENING TO REMEMBER 2016

Our 5th annual Elegant Evening to Remember was held at Salvatore's Italian Garden on May 6th and was truly an elegant evening! The event included a cocktail reception, sit down dinner, raffles and a silent auction. We received donations of so many wonderful items for our silent auction, including sports tickets, concert tickets, gift cards, wines, a television, etc. We also revisited our "Pick a Cork" raffle where participants draw a wine cork with a number which corresponded to a bottle of wine or fine-quality alcohol. A magician rounded out the evening with entertainment after the awards ceremony.

I have been honored to be a part of this incredible event from the beginning as co-chair and despite my plea not to be recognized, was chosen as Volunteer of the Year. I was so very honored and humbled to receive this award.

After we lost our son John Paul on November 18, 1999, I started volunteering for the Western New York Perinatal Bereavement Network (WNYPBN) in October 2000. I have loved being a part of the WNYPBN for the past 16 years and have seen this organization grow from a small committee to an incredible not for profit that helps so many families! The WNYPBN does so much for the families in our community and we do this with the direction of our incredible Executive Director, Christine Scott, along with so many of my fellow volunteers.

Eleven other individuals were recognized

that night for their outstanding dedication to the Western New York Perinatal Bereavement Network and to our bereaved community.

This Year's Award Recipients were:

Physicians of the Year

Robert C. Dukarm, MD
Neonatologist
Catholic Health

Michael G. Beckwith, MD
Obstetrics & Gynecology
Lancaster OB/GYN

Nurse Practitioner of the Year

Colby Damon, WHNP
Fetal Care Center
Women & Children's Hospital of Buffalo

Nurses of the Year

Linda Pollinger, RN
Debbie Ziemanski, RN
Catholic Health System

Community Service

Mike & Kelly Anderson
Bereaved Parents, WNYPBN Volunteers

George Walsh & John Dubreville
Hale Northeastern, Inc.

Community Awareness

Nancy Weil
Director of Grief Support
Catholic Cemeteries, Diocese of Buffalo

Rhonda Howard

Bereaved Mother, WNYPBN Volunteer
Southern Tier Walk to Remember

If you are interested in nominating someone for next year's Elegant Evening to Remember, please contact Christine Scott at the WNYPBN office (716) 626-6363 or at Christine@wnypbn.org.

The evening was not only a beautiful tribute to our award recipients, it was a beautiful tribute to our babies.

By: Lisa Jerebko

Bereaved Mother to John Paul 11-18-1999
WNYPBN Board Member and Volunteer



LISA JEREBKO (VOLUNTEER OF THE YEAR) AND CHRISTINE SCOTT (WNYPBN EXECUTIVE DIRECTOR) AT THE ELEGANT EVENING TO REMEMBER.

Safe Arrivals

To Grant Others Hope

Jessica and Tom Ingalsbe are proud to announce the arrival of **Brooklyn Alyssa Ingalsbe** on June 13, 2016 at 3:17 pm! She was 19.5 inches and 6 lbs 6 ozs. The family will always remember Alyssa Sophia Ingalsbe (December 21, 2012).

Charlie Maverick McGowan was born on May 20, 2016 weighing 6lbs and 12 oz. Parents, Dori and Kyle McGowan will always remember his brother in heaven, Ryan Michael (December 8th 2014)

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.

Poetry

Solace in the Written Word

I Did Not Expect This

© Carola

This is natural, they say
It is all for the best
I cannot move past this heartache
This pain in my chest

Those days were surreal
Did this truly just occur
Happiness turned to sorrow
My life now a blur

This is natural, they say
I knew I was going to lose you
The most difficult emotion
There was nothing I could do

I am given no explanation
This is natural, they say
Were you pink or were you blue
My complexion is now grey

Trying to move on
A forward step every day
I will always remember you
This is natural, they say

Source: <http://www.familyfriendpoems.com/poem/i-did-not-expect-this>

In Heaven On Your Birthday

© Krista Nielsen

Precious in your little frame, You danced into my heart.
And with the grace with which you came, With grace you did depart.
You held my finger in your hand, And with it held my soul.
I fell in love with those wide eyes, One kiss and I was whole.
You caught me by surprise The way your only need was me.
And I learned I need you too, But I had to set you free.
Your monkey feet have left Such an imprint in my life.
And sometimes I still hear you, Crying for me in the night.
You're in heaven on your birthday And I can see you way up there,
With the cutest party dress on And a bow, tied in your hair.

Source: <http://www.familyfriendpoems.com/poem/in-heaven-on-your-birthday>

Interested in Publishing Your Poetry?

Please email your poems to:
forgetmenotnewsletter@hotmail.com
Submissions are due by the 15th of the month prior to the issue month.
Any family member is encouraged to submit their poetry, not just parents!



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
30 S Cayuga Rd—Lower
Williamsville

FREE—Please call to register

Facilitated by Joanne Ferrelli and LouAnn Bajdas

Contact:

Christine Scott, (716) 626-6363

"Tiniest Angels" Twin Loss Support

Miscarriage, stillbirth and early infant death of one or more of the babies in a multiples birth

When: 3rd Thursday @ 7:00 PM
30 S Cayuga Rd—Lower
Williamsville

Free—Please call to register

Hosted by the WNYPBN, Inc.

Facilitated by Sue Mis

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

Miscarriage, ectopic pregnancy, stillbirth and early infant death

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

Amy Creamer (716) 862-1678

Hopeful Hearts

Subsequent Pregnancy Support

When: 3rd Tuesday @ 6 PM

Piver Center Conference Room
Sisters Hospital—begins Feb 16
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
<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 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

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



**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. 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):

Editors reserve the right to grammatically edit or reject materials submitted. Views and opinions in this publication are not necessarily those of the WNYPBN 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!

This newsletter has been printed courtesy of **Twenty-First Century Press**
Contact **Twenty-First Century Press** for all your printing needs: (716) 835-5907
501 Cornwall Ave., Buffalo, NY 14215

WNYPBN, Inc.
30 South Cayuga Road—Lower.
Williamsville, NY 14221

NONPROFIT
ORGANIZATION
US POSTAGE PAID
BUFFALO, NY
PERMIT NUMBER 1337

August 2016—November

Volume 13, Issue 3

Forget-Me-Not

