



FORGET-ME-NOT

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wnypbn.org

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Executive Director

SAVE THE DATES

Save the Dates!

December 1, 2016 Paint the Night for Hope and Healing
WNYPBN Office—see Page 5 for Details

December 11, 2016 Sibling Santa Celebration & Candle-light Service
UB Newman Center—495 Skannersville Road, Amherst—see Page 3 for Details

January 6, 2017 Footprints on the Heart Annual
Holiday Candlelight Service
Sisters Hospital Chapel, Buffalo—see Page 3 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 first would like to apologize for the tardiness of this newsletter getting home to you. Life gets crazy, as you well know!

I am repeatedly reminded just how precious each and every life is... whether it be a death in the family, an illness, or a story on the news. I've been riddled with all of these things in the past few months and just want you all to know that, despite

what is going on in my life, I still remember my "Network" family in my nightly prayers. I pray that each of you heals through your grief. I pray that you do not have to endure further heartache. I believe in the power of prayer, although I'm not usually an outwardly religious person. But I believe that my prayers will give you all a sense of hope and solace that there are brighter days ahead.

Please consider attending one of the holiday remembrance services that are listed in this newsletter or on our website. These, too, will help you achieve that sense of serenity and normalcy when life gets too crazy, especially with the holidays approaching. See you there!

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 love for our children was present as over 900 bereaved parents, children, family and friends gathered during our Walks to Remember held this past October. The personalized hearts filled with our babies names and honored dates served as a canvas behind this year's Bradford pear tree that was planted in Cheektowaga Town Park. A tree is planted each year to honor and pay tribute to over 870,000 babies lost each year to perinatal loss. A sincere thank you to our sponsors, donors, parents, and committee members who make this walk beautiful, and who support the programs of the Network. Please see pages 4-5 for more information on the Walks to Remember.

I would like to welcome our new UBMSW intern Rachael Mark to our team. Rachael will be with us until May 2017. She helped out at the Buffalo Walk to Remember, manning the information table. Hopefully, some of you had a chance to meet her and welcome her into our community.

On September 17th, the Prichett Family held their 3rd Annual Ride to Remember. It was a great success and so much fun. The support and love displayed by family, friends, and those who attended the event was immeasurable. Please consider joining us for this fun event next year. Over \$3,600.00 was raised to support the "Remembering Love in a Heart-beat" program.

The **Crosstown Quilters** took up a collection of office supplies, sibling craft supplies, etc. to donate for the various programs of the WNYPBN. We are always in need of office supplies, including paper, print-

er ink, thank you cards, postage, and so forth. The Crosstown Quilters' representative and WNYPBN Board Member, Jan Walkden, delivered the supplies near the end of September and we couldn't be more thrilled! Thank you for your very generous donation.

As the Winter Holidays approach, we are often reminded and saddened by the loss of our babies. To help us get through this trying time, there are numerous events to memo-

rialize and remember our babies gone too soon. Please consider attending one or more of these programs to help you through your grief during this holiday season. More information on all of these events is listed on page 3, can be found on our website, or by contacting the WNYPBN office at 716-626-6363.

One of the events that we are offering is a "Paint the Night for Hope and Healing" Art Support Group. On Thursday, December 1st, at 6:00 PM. The WNYPBN is joining forces with the Wooden Wings Project to provide bereavement support to families through works of art. Come heal a piece of your heart with us while creating your own masterpiece to honor your angel baby. There are only 8 spaces available on a first come-first serve basis, and will cost \$30 to cover supplies. Please call the office 716 626-6363 to register.

On Sunday, December 11th, the WNYPBN will be hosting a Sibling Santa event and Candlelight Memorial Service. This event is aimed to help children understand their grief while participating in a family candlelighting ceremony. They also get to have fun while seeing Santa, and taking part in some arts and crafts activities. The event will be held at UB Newman Center: 495 Skannersville Road in Amherst, New York. Please contact the office at 716-626-6363 or Rachael@wnypbn.org by December 1st to register for the event.

Wishing you all hope and peace this Holiday Season.

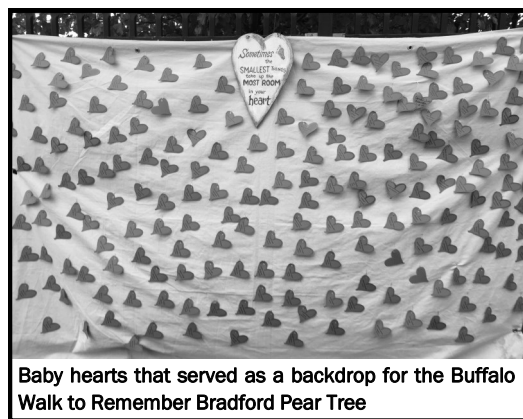
Sincerely,

 Christine

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

-TO THE CHILD
IN MY HEART
(THE FORGET-ME-NOT POEM)

AUTHOR UNKNOWN



Baby hearts that served as a backdrop for the Buffalo Walk to Remember Bradford Pear Tree

A Reflection on last Quarter:

This past August, Brock, Schechter & Polakoff, LLP held a basket raffle, dress down day & Larkin Square Food Truck Tuesday Basket Raffle. They raised over \$2,600.00 to support the programs of the Network. A sincere thank you to Aaron Sypniewski, bereaved father of Sophia Harper, Caroline Organ, Rebecca Dybka, and their dedicated team of volunteers.



Footprints on the Heart Annual Holiday Candlelight Service

Friday, January 6, 2016 at 7:00 PM

At Sisters Hospital Chapel

Must RSVP by December 23rd

716-862-1678 or acreamer@chsbuffalo.org

ADULT ONLY EVENT

*Tiny angels are never forgotten...
Spin for remembrance, hope & love*

*Join us Saturday, December 3rd
from 12:15-1:15 pm*

for a heart-pumping Spin and Pound class
at BIKEORBAR to raise fund for
WNY Perinatal Bereavement Network!

Contact Rachael Mark via email at Rachael@wnypbn.org

See wnypbn.org or Bikeorbar.com for more information

Sign up to attend: <http://signup.com/go/SQZzA6>

Join Us to Remember

Sunday, December 11th is the Compassionate Friends Worldwide Candle Lighting service. We are joining the globe at 7:00 pm local time to remember daughters, sons, brothers, sisters, grandchildren, cousins and friends who have passed away and will never be forgotten.

Prior to the memorial service we will have a sibling event and holiday celebration! Santa will be attending this celebration for all brothers, sisters, cousins and friends! Santa will be present from 6:00-6:45 pm. Crafts and snacks included.

Location:

UB Newman Center
495 Skannersville Rd.
Amherst, NY



RSVP by December 7, 2016

716-626-6363 for

Sibling Santa Celebration from 6-6:45

Memorial Service at 7:00

The 3rd Annual BB&G Charities

Golf Outing

June 10, 2017

Chestnut Hill Country Club

1330 Broadway, Darien Center, NY 14040

12:00 Lunch / Registration

1:30 Shotgun Start

\$110 Includes Golf, Lunch, Dinner,
and Open Bar Before and After Dinner
Numerous Raffles, Contests and Prizes

Register at BBGCharity.org or call 716-870-0903



BB&G CHARITIES

HELPING KIDS EXPERIENCE THE AMAZING!

Portion of the Proceeds to Benefit
the Wings of Love Memorial Fund

Wooden Wings Project

The Wooden Wing Project was created by Amy & Justin Bowser. It offers customized wooden memorial pieces to honor your angel baby(ies). The piece will include a tree of life with a family of birds sitting inside observing a bird soaring away. The family of birds represents your family here on earth and the bird flying away represents your angel baby making his/her journey to heaven.

A lot of time and love go into these pieces and we would love to work with you in customizing your own.



Proceeds from the memorial pieces will fund the production of the wooden angel wings that are donated to the WNYPNB for newly bereaved families.

Contact us amyrochellebowser@gmail.com to get all of your details in place and we can start your order!

The wooden memorial trees are \$40.00 each.



2016 WALKS TO REMEMBER

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 close to 50 people who had come to celebrate the lives of our babies no longer with us. The Walk was held on October 2nd, 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. If you live in the southern tier and would like to help with the organization and/or volunteer the day of the Southern Tier Walk, please contact Rhonda in the spring, by phoning the WNY-PBN office at 716-626-6363.

Poems at this event were read by Christine Scott, Trisha Lindstrom, Amy Bowser 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 nearly 900 people to commemorate the lives of our children. The day began in a series of misting-rain showers. The sun did make it's presence known near the conclusion of the Memorial Service, as the balloons were released to the heavens for our babies.

The Chairpersons, Laura Reyda and Carrie Smith 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.

There was much to experience before the memorial service began. Families could decorate their baby's signs, write notes to



The Walk to Remember Banner decorated and displayed at the Buffalo Walk. The Banner was carried during the memorial walk by Amy Creamer from Sisters Hospital and Jennifer Liberti, bereaved mother and bereavement nurse from Mercy Hospital.

(bereaved father) and Jennifer Liberti (bereaved mother). After each poem, a candle was lit to signify a various stages in our grief and healing. Musical interludes were beautifully performed by Lauren Helper, Carrie Smith and Amy Buckner with supporting vocals by Tim Mott.

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 and performances by several Disney Princesses (provided by the ever-talented troupe at West Seneca Youth Theatre) Ladybug the Clown and myriad crafts and games for the children that attended the event.

Crystal Swader's Butterflies for Baby Angels Remembrance Flags were on display again this year. 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 Christine Scott and Dawn Both-Kim. It is a quote from A.A. Milne's Winnie the Pooh, which summarizes how our love for our babies is eternal. The quote seemed just right for this year's Walk theme.

This event would not come together so beautifully, meaningfully and with such grace if it weren't for the diligence, effort, and intense labor of a whole host of bereaved families and friends, lead by the amazing Executive Director of the WNY-PBN, Christine Scott. 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



Balloon Release at the Buffalo Walk to Remember just as the sun started to come out



Southern Tier Walk to Remember 2016

be buried with the Bradford Pear Tree, children could be entertained in the wonderful Kids' Zone, and all could listen to the heart-wrenching ballads performed by the amazingly talented Miranda Herreid, a bereaved sister and friend to the WNY-PBN.

Christine Scott, the Executive Director of the WNY-PBN, began the ceremony with her loving and welcoming address. Poetry was read by Laura Reyda (bereaved mother), Robin Correll (bereaved mother), Andy Sypniewski

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
Village Veterinary Clinic of Hamburg

Footprint Sponsors

Geico
PHH Corporation
OB-Gyn Associates of Western New York
UB-MD Dept. of Pediatrics
United Healthcare
YourCare Health Plan. A Monroe Plan Company.

Heart Sponsors

Audubon Women's Medical Associates, PC
clevermethod
Moderncraft Home Improvement Co.
Niagara Scenic Tours
PCB Pietzotronics
Wagner Monuments

Supporting Sponsors

Jamestown Pediatric Associates LLP
Pietszak Funeral Home
Senator Timothy Kennedy

Family Picnic Donors

Frontier Catering
Sahlen's
Try-It Distributing
Lakeshore Paving
Mayer Brothers
Market in the Square
Steener's Pub/Route 430 Market
Farm Fresh Foods

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). This website is still available to continue to collect donations toward this worthy cause!

Team Harper Sophia (Syniewski Family) brought in well **over \$1,000 in donations!**

Team Alyssa Ingalsbe and Team Pooh's Packard & Pals, as well as the Arena and Voight Families each raised **over \$800 in donations.**

\$200 & over

The Mullen Family
DiCioccio Family
Team Isabel (Burtis Family)
Team Alexa James Dunn

\$100 & Over

Team Mymy, the Lewis Family
Team Genevieve, the Cieri Family
Wickett Family
Paolini Family
Team Travis, the Brill Family
Team Emma, the Krawczyk 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:

Signs printed courtesy of

Hale Expo Services, Inc.

Sound System & Music courtesy of

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

Flowers courtesy of

ST Walk - Dan & Joan Myers
Trillium's Courtyard Florist
Homestead Flowers

Walker Gifts courtesy of

Mentholatum Co., Inc.
Gayadeen Family
Zimmer Family
Bowser Family

Kids' Zone courtesy of

Leaping Beauty (Bounce House)
Dollar Galaxy
Judy Fisher - Ladybug the Clown
West Seneca Youth Theatre

Flags for Baby Angels

Crystal Swader

Photography courtesy of

Lori Radack (ST Walk)

Volunteer Groups

Erie County RSVP
Lancaster Youth Bureau

Wings of Love Painted Rocks

John & Theresa Sergi

Painted Theme Heart

Jean Serusa, Art Educator

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, Lou Ann Bajdas, Dawn Both-Kim, Melissa Browne, Dawn Gayadeen, Lisa Jerebko, Robin Laible, Jennifer Liberti, Christine McKenzie, Mignon Otis, Becky Paolini, Laura Reyda, Christine Scott, Carrie Ann Smith, Donna Zimmer

Southern Tier Walk Committee:

Rhonda and Brad Howard, Al and Dianne Pierce, Denny and Darling Howard, Jo Costantino, Tricia Lindstrom, Jenny Rader, Robb Jones, Steve and Darcy Cramer, Carna Pierce, Tina Sudul, Dennis Grey, Bowser Family, Christine Scott

PAINT THE NIGHT FOR HOPE AND HEALING

The WNY-PBN would like to announce our second Art Support group. Our first was a paint night at ACQUA restaurant in Buffalo last year on Pregnancy and Infant Loss Awareness Day (October 15). It was a very successful event, with much healing through our works of art.

On **December 1, 2016**, we are hosting a similar event at the WNY-PBN office with the help and guidance of Amy Bowser and the Wooden Wings Project. The Wooden Wings Project provides bereavement support to families through works of art. Come heal a piece of your heart with us and create your own masterpiece to honor your angel baby.

The event will cost \$30 per person, and will include an 11 X 12 piece of pine wood, art supplies and tutelage. There are four different quotes from which to choose that will be prepared for you to paint onto your piece of wood.

Quotes:

1. "You are rooted deep within my soul. A part of me forever in the deepest parts of my heart."
2. "Your life was a blessing. Your memory a treasure. You are loved beyond words. Missed beyond measure."
3. "Even though you flew away, in my soul you will forever stay."

4. "There is no foot too small that it cannot leave an imprint on this world."

Wood Color Options are a Golden Oak Stain or a Matte White. Choice of quote and wood color are required to be given by November 24, 2016.

Space is limited to **8 people**, on a first come, first serve basis, so reserve your spot now, by calling the WNY-PBN office at **716-626-6363**. See the WNY-PBN Facebook site and event for more information!

By: Dawn Both and Christine Scott

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

Brayden Raymond Beedham November 13, 2015
 We love you more than words can say!
 You're our angel! Miss you always!
Parents: Kristine & Corey Beedham

Lucas Brown December 30, 2005
Parent: Heidi Brown

Baby Casper September 9, 2011
 Five years in the blink of an eye. Tears give way to
 hope again, because love lives forever.
Parents: Lisa & Matt Casper

Riley James Croce March 8, 2010
Gabriella Irene Croce August 3, 2010
Baby Croce December 9, 2013
Parents: Lena & Dan Croce

Nyree Nakeesah Marae Greene October 30, 2015
 Mommy loves you so much and misses you so much!
Parent: Shannon Anderson

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

Ameer Zaire Chavello Hicks-Jones October 14, 2014
 I love you, baby boy! Love, Mommy and Big Brother
Parent: Timtasha Dixon

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

Adrianna Rose Kaufmann September 19, 2008
 Forever in my heart. Mommy misses you and loves
 you! XOXO
 The Lord has you now. We know you are safe and one
 day we will be united again. Love and God Bless.
 We will meet again. Forever in our hearts. Fly high, my
 angel! Aunt Trisha loves you very much!
Parent: Jessica Clavell

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

Andrew Thomas Paolini September 8-15, 2003
Baby Paolini August 2002
Baby Paolini October 2004
 Always in our hearts. We love you forever!
 Love, Mommy, Daddy and Sam
Parents: Becky & Charlie Paolini

Sean Christopher Parrinello March 1, 2013
Parents: Sarah & Chris Parrinello

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

Forget-YOU-Not

In Loving Memory Of..

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

Harper Sophia Sypniewski

October 14, 2014

Mommy, Daddy and your sisters love you!
Parents: Aaron & Brieanne Sypniewski

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

Cassandra Elizabeth Goldyn

September 13, 1999

We look for you in the sun that shines, the stars that twinkle, and the moon that glows..
 Love, Mommy daddy and Big sis, Chelsea
Parents: Sharon & Tom Goldyn

Zendaya Irie Taylor

November 24, 2015

Mommy and Daddy love you so much! We will celebrate your 1st birthday just like you are here, as well as every birthday after. Life will never be the same! I look forward to the day we met in heaven! You're mommy's little Angel and Daddy's baby girl!
Parents: Monica Lewis & Todd Taylor

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!

COPING WITH GRIEF DURING THE HOLIDAYS

The holidays are a joyous time for many families, but for families coping with the loss of a [baby], they can be very difficult. You may be facing readjustments in family structure, changing traditions, and feel a void unable to be filled by others. These transitions, along with the memories of previous holidays, can cause grieving people to experience an array of uncomfortable emotions. Grief can affect us emotionally, psychologically, spiritually, and physically. By allowing ourselves to experience grief with a healthy balance, we can make the experience of loss a little less painful. Remember that self care is a priority and that the wise person accepts support when it is offered. Coping with the holidays is a learning process; what works for one may not work for another. Below are suggestions for getting through the holiday season while honoring the memory of your [baby]:

- Do not place extra commitments on yourself.
- Inform others of your needs and recognize that it is okay to make changes.
- Plan your day and keep it simple.
- Share holiday tasks, including family dinner responsibilities.
- Create a memory tree, shadow box, or wall collage with items that symbolize your [baby].
- Give yourself permission to skip holiday cards this year.
- Light a candle, purchase an ornament, or hang a stocking in memory of your [baby].
- Instead of gift giving, you may want to purchase a lasting memorial or donate to [a] charity.
- Write a poem, meditate, or pray.
- Be patient and kind with yourself and others.
- Listen to your feelings and lower self-expectations.

This year give yourself the gift of time, patience, love, and understanding. Observe the holidays in a way that is comfortable for you and acknowledge that there is no right or wrong way to grieve. Maintaining hope during your grief journey will help you adjust, as you incorporate the loss of your [baby] into your life, at your own pace.

By: Nicole Doroszczuk
 & Michelle LeVine
 Life Transitions Center, Inc



JENNY RADER, RN

A very dear friend of mine, Jenny Rader, is an amazingly loving and caring Labor and Delivery Nurse at WCA Hospital in Jamestown, NY. Jenny is a local advocate for bereaved families with her the care and love she shows to those who experience loss. Jenny has been touched by the work of the Western New York Perinatal Bereavement Network and the Walk to Remember. She has memorialized her connection to the organization and shares our passion for raising awareness for Pregnancy and Infant Loss. I asked her recently to share her thoughts on the beautiful tattoo she got in honor of all our babies gone too soon. Here is what she said:

(Rhonda Howard, bereaved mother of Gracie Caroline Howard, March 11, 2010)

"Oh, you are a Labor and Delivery nurse! You must love your job!"

I do, with every single fiber of my being. I cannot see myself doing anything else, for the rest of my life. However, it is the "I am so jealous of your job! I wish I could sit and rock babies all day!" that cuts into me. It makes me want to say, "Yeah, me too". I wish I was just rocking babies on many

days. Especially the days where, instead of holding babies, I am holding the hands of a total stranger, for whom I feel so completely helpless.

As Labor and Delivery nurses, we feel a strong sense of connectedness to all of our patients. They are all going through completely life-changing experiences. We feel honored, humbled and thankful to be a part of that experience. I wish all of those experiences were happy and joy-filled. Unfortunately, as most people who are reading this know all too well, not all outcomes end up that way. There is nothing more excruciating for healthcare providers than pregnancy loss. We feel it with you and it hurts. Nothing even close to how much your family feels, but we still hurt. We carry that hurt and the memory of your sweet angels forever. I can say for myself, and most other Labor nurses, that I remember every baby born still. I can see their sweet cherub faces, in my mind and I think of them often. I remember the mother and father, the siblings, the whole family and I mourn for them and I will forever.

I got the logo from the 2015 "Walk to Remember" tattooed on my forearm. It reminds me of your sweet babies. It also

helps bring about awareness of pregnancy and early infant loss, when I can share what it means with people who ask. The baby feet are in memory of every miscarriage, baby born sleeping and early infant loss. The forget-me-not flowers that form a heart around the feet remind me to never forget the families or their sweet babies.

In closing, I want to say, even if we don't know the right words, or even any words, we are there for you. We mourn for and with you. We wish we could take away your pain... it hurts so deep that we can't.

With much love forever,
Jenny Rader



GO AHEAD, FALL APART

Let me start with a disclaimer. Grief is a very individual thing; each person grieves differently and finds solace in different things. I am offering my perspective gleaned from my experience nearly five years out from my son, Andrei's stillbirth.

Andrei's birthday is mid-October, yet my grief season begins well ahead of that. Each year when the seasons change and the air becomes crisp and cool, I can feel a shift inside. Regardless of how busy I am, how put together I am or how in control I feel, my spirit and body recognize that autumn has arrived. I become withdrawn and weepy. My energy level dips and everything seems to slow. My brain gets foggy and I often feel like I'm moving through molasses. I cannot outsmart or power through the grief; my spirit and body are telling me to slow down; to reflect.

The connection to our children is deeply ingrained. It is something intrinsic that is beyond consciousness. The uncomfortable emotions that we foolishly think we can avoid are tied to the ceaseless longing for our missing babies. So much of the grief bubbles up from those primitive places within, despite our best efforts to stuff them

away.

I've always found that if I don't make time to address my grief, to let the emotions come, that they inevitably erupt, usually triggered by something unexpected and almost always at an inconvenient time. And so I try to set aside time to fall apart, to sob and howl, to bawl and writhe. It's better for me to do it in the safety of my own home instead of unexpectedly in my car at a traffic light because a sappy song came on the radio. Making time to write to Andrei, to go through his photos, to finger the small tuft of his soft hair – acknowledging the grief, sorrow, rage, indignation and heartache on a regular basis helps me to function in my day-to-day life. The truth is, those intense emotions are always there, under the surface, and it's just a matter of when they'll break through. Why not allow them through instead of waiting for them to spew unexpectedly?

Most days out of the year, consumed by the demands of everyday life, I shove my grief aside. But during my grief season, I cannot avoid the overwhelming emotions. I start to break down before Andrei's birthday and it takes weeks afterward for me to get back

on my feet. For his first birthday, I took the day off of work. One day wasn't enough. I've since learned and now take a full week off because I'm a complete mess leading up to and following his birthday. In a way, Andrei's days give me permission to break-down, to let the emotions flood out, to honor my son by getting in touch with my primordial connection to him.

Yes, the feelings are unpleasant. My baby died, it's normal to have these feelings. Yes, the intensity of emotions can be frightening, but I consider them a reflection of the depth of the love I have for my son. After five years of tending my grief, I offer you this: You work so hard keeping it together most days; go ahead, fall apart.

By: Courtney Bajdas
Bereaved Mother of
Andrei Skolikas Barnhardt

Courtney has created a camera program in loving memory of her son, Andrei. This program is entitled, "A Moment in Our Arms, Forever in our Hearts" and is in place at the area hospitals to ensure that families are able to capture their time with their beloved babies in photographs.

Poetry

Solace in the Written Word

Tiny Footprints

These are my footprints,
so perfect and so small.
These tiny footprints
never touched the ground at all.
Not one tiny footprint,
for now I have wings.
These tiny footprints were meant
for other things.
You will hear my tiny footprints,
in the patter of the rain.
Gentle drops like angel's tears,
of joy and not from pain.
You will see my tiny footprints,
in each butterfly's lazy dance.
I'll let you know I'm with you,
if you just give me the chance.
You will see my tiny footprints,
in the rustle of the leaves.
I will whisper names into the wind,
and call each one that grieves.
Most of all, these tiny footprints,
are found on Mommy and Daddy's hearts.
'Cause even though I'm gone now,
We'll never truly part.

~Author Unknown

One Year Less

There is no word, no label, no identifying moniker,
I am not a widow, not an orphan, not childless,
But one child less.
One less open laugh and little boy giggle,
One less challenging tete-a-tete;
One less artful, winking manipulation,
One less word of comfort, one less grateful hug.
One less chance to embrace a daughter;
One less new life to carry your eyes, your chin, your grin, your
name,
No one word for the pain, the longing, the brevity
Of a life meant for living; an old soul meant to grow older than
mine;
Would there be any one price too high, any sacrifice too great,
For one more moment, one more breath, one more warm touch;
I grasp desperately and sense the closeness -
the ONE just at the fingertips of my heart and mind,
Only to realize again and again and again,
There is no "One" - you are gone and I am - less.

© Cheryl McDonald more by Cheryl McDonald

Source: <http://www.familyfriendpoems.com/poem/one-year-less>

NIH STUDY ON MORNING SICKNESS

New analysis by researchers at the National Institutes of Health has provided the strongest evidence to date that nausea and vomiting during pregnancy is associated with a lower risk of miscarriage in pregnant women. The study, appearing in *JAMA Internal Medicine*, was conducted by researchers at NIH's Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) and other institutions.

"Our study confirms that there is a protective association between nausea and vomiting and a lower risk of pregnancy loss."

—Stefanie N. Hinkle, Ph.D., Scientist, NICHD's Epidemiology Branch

Nausea and vomiting that occurs in pregnancy is often called "morning sickness," as these symptoms typically begin in the morning and usually resolve as the day progresses. For most women, nausea and vomiting subside by the 4th month of pregnancy. Others may have these symptoms for the duration of their pregnancies. The cause of morning sickness is not known,

but researchers have proposed that it protects the fetus against toxins and disease-causing organisms in foods and beverages.

"It's a common thought that nausea indicates a healthy pregnancy, but there wasn't a lot of high-quality evidence to support this belief," said the study's first author, Stefanie N. Hinkle, Ph.D, a staff scientist in NICHD's Epidemiology Branch. "Our study evaluates symptoms from the earliest weeks of pregnancy, immediately after conception, and confirms that there is a protective association between nausea and vomiting and a lower risk of pregnancy loss."

For their study, Dr. Hinkle and her colleagues analyzed data from the Effects of Aspirin in Gestation and Reproduction (EAGeR) trial, in which researchers tested whether taking daily low-dose aspirin prevents women who experienced one or two prior pregnancy losses from experiencing a future loss.

The authors looked at data from all the women in the study who had a positive pregnancy test. The women kept daily diaries of whether they experienced nau-

sea and vomiting in the 2nd through the 8th week of their pregnancies and then responded to a monthly questionnaire on their symptoms through the 36th week of pregnancy. The study authors noted that most previous studies on nausea and pregnancy loss were not able to obtain such detailed information on symptoms in these early weeks of pregnancy. Instead, most of studies had relied on the women's recollection of symptoms much later in pregnancy or after they had experienced a pregnancy loss.

In the EAGeR trial, a total of 797 women had positive pregnancy tests, with 188 pregnancies ending in loss. By the 8th week of pregnancy, 57.3 percent of the women reported experiencing nausea and 26.6 percent reported nausea with vomiting. The researchers found that these women were 50 to 75 percent less likely to experience a pregnancy loss, compared to those who had not experienced nausea alone or nausea accompanied by vomiting.

The original article can be found here:
<https://www.nih.gov/news-events/news-releases/nih-study-links-morning-sickness-lower-risk-pregnancy-loss>

Safe Arrivals

To Grant Others Hope

Christopher Wade Browne was born to Melissa and Chris Browne on October 7, 2016. He was 7 lbs 1.4 oz and was 19 inches long. He was named after his big brother in heaven, Christopher Micheal Browne Jr., February 20, 2010.

The Sypniewski family would like to welcome their newest member **Aurora Everly Sypniewski!** She was born on August 13, 2016 at 6 lbs 6 oz and 19 inches long.

Proud parents, Brienne & Aaron, are doing well and will teach her about her big sister in heaven, Harper Sophia, born October 14, 2014.

Chris and Tara Withey welcomed **Abigail Grace** on Oct 1 weighing 6 lbs 4 oz and 18.5 inches long. She was born drug free into her mother's arms! She is loved by her siblings on earth: Alissa, Anthony, Amber, Andrew, Alexander, and Austin. She is watched over

from her siblings in heaven: Ariel, Adam, Addison, and Aemon.

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.

LARKIN SQUARE FOOD TRUCK TUESDAY BASKET RAFFLE

This summer, our firm (Brock, Schechter and Polakoff) raised money for a local nonprofit, Western New York Perinatal Bereavement Network, Inc.! With our office located in the Larkin District, we held a basket auction in the Larkin Building and a happy hour in conjunction with Food Truck Tuesday in Larkin Square. We had a very successful turnout as attendees were able to enjoy the food trucks and the atmosphere of Larkin Square all while giving to a great cause.

The Western New York Perinatal Bereavement Network (WNYPNB) helps families honor lives. Their mission is to assist the community in meeting the needs of bereaved parents. Our firm was honored to present a check in the amount of \$2,600 to the Executive Director of the WNYPNB, Christine Scott. We would like to thank all of our staff and clients for their time, efforts and generous donations to help our fundraising events.



Rebecca Dybka, Christine Scott and Aaron Sypniewski at the check presentation after the Larkin Square event

By: Caroline Organ
& Rebecca Dybka

ELEGANT EVENING TO REMEMBER NOMINATIONS

Every year, the WNYPNB 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 2017 Elegant Evening to Remember. To nominate someone, please contact the WNYPNB offices with your suggestion by calling 716-626-6363 or contacting 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.

RIDE TO REMEMBER 2016

The Pritchett Family and the Western New York Perinatal Bereavement Network, Inc. would like to thank all those who have continually helped out with this wonderful event in Helen Lois's memory. This event was created to support the "Remembering Love in a Heartbeat" Program which assists parents who are faced with a terminal pregnancy diagnosis. The program offers families the opportunity to have their baby's heartbeat recorded on a small 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... a beautiful memento from your baby's life.

Over \$3600 was raised at this year's event!

The 2016 Ride to Remember was sponsored by:

Adam Starowicz
Will's Wallpaper & FloorCovering, Inc.
Patricia Schnauffer Bogart
Toyota of Batavia
Mary Owens
Lamb Farms, Inc.
Kreher's Farm Fresh Eggs, LLC
Ted & Karen Mazierski
The Scott Family
D.J. Tim Mott
Browns Berry Patch



Remembering Love
in a
HEARTBEAT



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



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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!

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