



# Forget-Me-Not



Volume VII, Issue I

February—May 2010

**This newsletter is sponsored by:**  
**WNY Perinatal Bereavement Network,**  
**A program of Life Transitions Center, Inc.**  
Member Organizations

Brooks Memorial Hospital  
Buffalo Prenatal-Perinatal Network

Catholic Health System  
Mercy Hospital  
Sisters Hospital

The Center for Hospice & Palliative Care

Kaleida Health  
Women & Children's Hospital of Buffalo  
Millard Fillmore Suburban Hospital  
Lakeside Memorial Hospital  
Mount St. Mary's Hospital of Lewiston  
Niagara Falls Memorial Hospital

Life Transitions Center, Inc.  
NYS Center for S.I.D.S.

*The editors reserve the right to grammatically edit or reject materials submitted. Views and opinions in this publication are not necessarily those of WNY Perinatal Bereavement Network or its member organizations, but those of the individual authors.*

## From Our Heart To Yours

### Save the Dates!!

**March 20, 2010**

**7:30-11:30 PM**

*The 5th Annual*

### **An Evening to Remember Basket Raffle**

**VENUE CHANGED—SEE PAGE 3 FOR DETAILS!!**

**May 8, 2010**

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

*Wings of Love*

### **Parent's Day Breakfast 2010**

This issue nearly wrote itself with all of the submissions! I thank everyone that took time to write something for the issue, as I believe these stories and articles are so helpful and worthwhile. We tried something new this quarter and interviewed a mom who didn't have the chance to sit and write out the tragic story of her loss. I hope we did her experience justice. Writing out or telling the story of your loss can be so therapeutic... so can reading the accounts of others. I am always looking for submissions of this sort, so if you are able, please share your story with us!

There are many upcoming events that I hope you will make every effort to attend or take part in! Many schools and churches have done cookbook fundraisers in the past, but ours will come with memorials to our beloved babies on the pages. Every time you make something from the cookbook, you'll be encouraged to remember a baby gone too soon... how inspiring. I'm already planning what recipe to submit!

I hope the new year finds you healthy and healing! Take care!

Peace

### In This Issue:

Siblings and the Loss of a Baby	2	Fran's Corner	5
Parent's Day Breakfast 2010	2	Forget You Nots	6-7
5th Annual Evening to Remember	3	Poetry	8
Kayla's Story of Dakota Lynn	3	Roster Info Update Needed	9
WNYPBN Appoints New Director	4	Safe Arrivals	9
WNYPBN Memorial Cookbook	4	Area Support Groups	10
Internet Support Group on Facebook	4	Internet and Keepsake Resources	11



The mission of the Western New York Perinatal Bereavement Network (WNYPBN) is to assist the community to meet the needs of people facing the pain of perinatal death. We believe all people experiencing this loss have the right to support that reflects a standard of care regardless of the facility where the birth took place. The Western New York Perinatal Bereavement Network supports an established standard of care following a perinatal death. We promote standards of bereavement intervention through educational support, community programs, and referral services to bereaved parents. The WNYPBN is a program of Life Transitions Center, Inc., an affiliate of The Center for Hospice & Palliative Care.

### Siblings and the Loss of a Baby

Perinatal loss has different effects on different people. Young children that were perhaps looking forward to a baby sister or brother may have particularly difficult times in dealing with their grief.

#### Comments, Thoughts and Behaviors of Siblings

- ✧ Do babies die in the hospital?
- ✧ Will I die if I go to the hospital?
- ✧ How did the baby in your belly die, mommy?
- ✧ Can I have the baby's stuffed bunny?
- ✧ How come that mommy still has a baby in her tummy and you don't?
- ✧ Is our baby in that container?
- ✧ Repetitive questions about death
- ✧ Repetitive questions about heaven
- ✧ Fear of going to sleep/dying
- ✧ Fear of separation and abandonment

- ✧ Fear of getting sick or being around sick people
- ✧ Regression (thumb sucking, baby talk, bed wetting, infantile behaviors)
- ✧ Being clingy
- ✧ Other manifestations (stomach aches, headaches, feeling anxious, expressing anger, inability to concentrate)
- ✧ Worry about germs
- ✧ Feelings of guilt-"I didn't want a brother or sister."

#### Supporting Your Surviving Children

- ✧ Allow your children to express all their feelings in a safe environment without trying to "make them better."
- ✧ Speak to them using age-appropriate language, understanding that very young children do not understand the permanence of loss.
- ✧ Keep their routine the same even though you may not have the energy to do so. Ask for assistance from others so your

- children feel a sense of the familiar in their daily routine. This is very necessary while they are grieving deeply.
- ✧ Don't push your child to open up if he/she is not ready. Instead, offer paper, crayons, paint, clay, and pencils, as a means of conveying their grief.
- ✧ Create a cry (memory) box with little keepsakes that may remind your children of the baby. Let them put it in a special place where they can go to it when they wish.
- ✧ If your children need to cry or even scream, tell them you do the same at times. It will normalize how they feel.

Remember: When a baby dies the entire family grieves. Each has his or her own coping style. Children are deeply sensitive to behaviors of their parents. Be mindful of that and always give hugs and kisses to your children, letting them know how important they are to you.

By: *Lesley Jordans*  
Women's & Children's Hospital of Buffalo



### Wings of Love Parents' Day Breakfast 2010

Holidays can be exceptionally difficult after losing a baby. Mother's Day and Father's Day can be especially hard since our children are no longer with us to show the world that we are parents. Years after their loss, many bereaved parents have indicated that it "would have been nice" to have something to attend in honor of Mother's Day and Father's Day to commemorate their parenthood. The WNY-PBN and their "Wings of Love" Memorial Fund program is finally able to offer such an event!

To honor parents who have suffered a loss, the WNY-PBN will be hosting a Parent's Day Breakfast at Joseph's Country Manor & Grove in Depew. All family members are invited. Invitations will be arriving in the mail in March with more details.

Save the Date:

**Saturday, May 8<sup>th</sup>**

**Joseph's Country Manor & Grove**

275 Columbia Ave. Depew 14043

10:00 AM until 12:30 PM



The Event will include a buffet-style breakfast, a memorial service and butterfly release.

All proceeds benefit  
the "Wings of Love" Memorial Fund

Questions? Please contact

Christine Scott at 836-6460 ext. 117

## The 5th Annual Evening to Remember Basket Raffle

Will be held on  
**March 20, 2010**

### St. Gabriel's Parish Hall

5271 Clinton St. in Elma  
Just off the 400—Transit Rd exit  
Park in the side lot

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

*Please note the change in venue  
for this event!*



The Western New York Perinatal Bereavement Network (WNYPBN) is again hosting their annual Basket Raffle fundraiser in March.

The WNYPBN is an organization that provides educational support, community programs and referral services to bereaved parents. All proceeds from this event will benefit the programs of the WNYPBN, especially the Wings of Love Memorial Fund which provides up to \$350 in monetary support to eligible families for burial costs.

Everyone is invited for a fun and exciting evening to get together with other bereaved parents. Previous years' basket raffles displayed over 150 baskets for raffle. Last year, an Elite Raffle with packages valued at over \$200 was added and will be repeated this year! There will be a cash bar with beer and wine service, free pop and coffee, and minimal

snacks provided by those in attendance. **Please feel free to bring snacks for your table!**

If you have any questions or would like to donate a basket in memory of a baby who has died by miscarriage, ectopic pregnancy, stillborn or early infant death, please contact the event Chair, Cyndee Fahey at 361-9330 or at [Octobersangl@aol.com](mailto:Octobersangl@aol.com). Also, check out our unofficial website for this event at:

**[www.AnEveningtoRemember.net](http://www.AnEveningtoRemember.net)**

Please join us for another great evening! The Evening to Remember Basket Raffle is an **adult only event**.



The WNYPBN is a program of Life Transitions Center, Inc. and is affiliated with the Center for Hospice and Palliative Care

## Kayla's Story of Dakota Lynn

Kayla Baer and her boyfriend received exciting news in August of 2005. Although they were not trying to become so, Kayla's life-long dream of becoming a mother was finally going to come true: they were pregnant!

A week or so later, Kayla began feeling ill. She was constantly vomiting and was concerned for the nutrition and health of her growing baby. She went to the hospital to get checked out. The doctors at the hospital assured her that everything was normal and to go home. Kayla was concerned that the hospital may have missed something, so she went to her own doctor for a second opinion. Her doctor examined her, and she was once again told that everything was normal. They told her not to worry. The sickness lasted throughout her pregnancy and the feeling that something was not right hovered at the back of her mind constantly.

During her seventh month of pregnancy, Kayla became confused

and panicked. Although she was home with her family, she did not recognize where she was nor did she recognize her own mother. Kayla's mom called 911 and Kayla was rushed to the hospital by ambulance. Along the way to the hospital, Kayla slipped into a coma and was unconscious and on life-support for seven days. Kayla delivered her stillborn daughter, Dakota Lynn, during the wee hours of the morning on March 22, 2006, her second day in the hospital.

Two days after Dakota was born, the doctors finally determined what had caused Kayla's illness and ultimately her coma: fatty liver. Fatty liver is a rare disease which shuts down the liver and kidneys, allowing toxins to build up in the body. These toxins begin to effect and slow down brain function. Statistics state that Fatty Liver occurs in fewer than one in 250,000 people.

As Kayla lay motionless in her coma, her family was able to visit with Dakota Lynn. They took

many pictures of her for Kayla to have as a keepsake. These are securely placed in a scrapbook providing memories of Kayla's first born child. Despite these treasures, nothing can replace the loss that Kayla will forever feel for never having been able to hold her daughter. Kayla's sense of loss is compounded by her own near death experience and the unusual circumstances involving her daughter's birth and cremation, all while she was unconscious.

We asked Kayla if there was one thing she would like to tell people as a lesson from her experience. She replied only that bad things can happen and life is not always picture perfect. When Kayla first found out that she was pregnant, she did not think about how things could go awry... none of us do. Kayla's hope is that no matter the final outcome, focus on your joy of becoming a mother. That way, you will always have some joyful memories to cherish forever.

*By: Julie Bentz & Dawn Both-Kim*

### WNYPBN Appoints New Director

As parents and health care professionals, we are acutely aware of the profound need of families suffering from the long term emotional stress of perinatal death. During the past 30 years, a fledgling group has developed a model to ease the emotional turmoil of miscarriage, stillbirth, and neonatal death.

The WNYPBN has achieved sig-

nificant success over the years with programs including the Walk to Remember, Quarterly Newsletter, Wings of Love, the Parent Telephone Support Team, an Evening to Remember, and a new event this year which will recognize bereaving parents on Mother's and Father's Day.

Because of these seminal efforts, I am now more than pleased to announce a remarkable change which will assure a continuation and more importantly an expan-

sion of compassionate care for our WNY families. Christine Scott has been offered and accepted the part-time position of Director of the WNYPBN. We are delighted that we have a creative, energetic individual who will now devote her efforts and talents on a permanent basis. We all welcome Christine in her new position, and look forward to working with her in our shared goals.

*William A. Zorn, PhD.  
Chairman, WNYPBN*

### WNYPBN Memorial Cookbook



The WNYPBN is creating a cookbook in memory of our angels.

We need recipes in honor of your children to be a part of this publication! Please write out your favorite recipe along with a one to two line memorial (as we have in the Forget-You-Not section of the Newsletter) to your lost angel. Include your baby's name and honored date to complete your Forget-You-Not. There is NO FEE to submit your recipe, and 100%

of the proceeds from the sale of the cookbooks will benefit the "Wings of Love" Memorial Fund. As you may know, the Fund helps parents in need to pay for the burial of their precious babies gone too soon.

If you would like to submit a recipe, email the recipe to Jennifer Opoka at [jnopoka@aol.com](mailto:jnopoka@aol.com) and include the type of recipe in the subject line (i.e. appetizer, salad, main dish, bread, dessert, etc). Please include your first and last name and your Forget-You-Not. Only one recipe per baby will be accepted at this time. If you have any questions or concerns please

email Jennifer Opoka or call Christine Scott at 836-6460 ext. 117.

We are planning to have the cookbooks ready for the 2010 Holiday Season. What a special Holiday gift idea! Deadlines for all submissions will be in late September to allow for printing – so submit your recipes now! You may currently pre-order your copies and pay for them when you pick them up. Each copy will cost \$15.00. Pick-up dates and locations will be announced soon.

*Jennifer Opoka  
Fundraiser Chairperson  
& Christine Scott  
Director WNYPBN*



### Local Internet Support Group Moving to Facebook!!

If you have taken part in the Footprints on My Heart yahoo chat group, but have been saddened by the lack of activity in the past few years, Missy Sidor has moved the internet support group to FACEBOOK! All you need is your facebook account. The group has a private listing, so you must "look up" the group and request access. The new group is entitled "**PBN's Forget Me Not.**" It is run by bereaved parents, FOR bereaved parents... even if you haven't participated in the local internet support group before.

Missy Sidor created this wonderful internet support group in memory of her daughter, Liljana, who was born prematurely at 24 weeks. The group is not affiliated with any area hospitals, nor officially affiliated with the WNYPBN. Although Missy is the founder, she is not responsible for any information or messages posted on the group pages.



## Fran's Corner

Hi everyone, it's Fran. As some of you may know, I am the bereavement nurse at Sisters of Charity Hospital and the coordinator of the Footprints on the Heart Program, which is celebrating its 10<sup>th</sup> anniversary this year. Dawn and I discussed me writing a piece for each of the newsletters... and here is the first one. Each time I write, I will address a common concern that may help you. I know that many of you have attended support groups in the past or still do attend. There are many though, that cannot attend for various reasons. I personally love support groups because of the understanding and compassion that is gained from meeting others who have had similar experiences. Many bereaved parents feel alone, frustrated, angry, and misunderstood. I have had conversations with moms who sometimes wonder if they are going crazy. Their thoughts and feelings seem so out of the ordinary from what life used to be like before losing their precious baby. I usually assure them that they are not going crazy; mourning is such hard work. How would anyone know that until they are there, right in the middle of it? I hope the suggestions and comments found in this section will be of some help. Please feel free to send me any questions, suggestions, or comments. I will address them as best I can. You can either send an e-mail to Dawn at the [forgetmenot-newsletter@hotmail.com](mailto:forgetmenot-newsletter@hotmail.com) address or to [fkane@chsbuffalo.org](mailto:fkane@chsbuffalo.org).

It is hard to believe that the Footprints on the Heart Program is 10 years old as of February 2010. Some of you may know how it got started, but many of you would

have no idea. I'd like to tell you... abridged version, of course. I have never had a pregnancy loss, but at the time I was already a nurse in labor and delivery for 12 years. No one really trains you how to work with couples when their baby has died. I guess you do the best you can. I remember saying a little prayer before I walked into the room each time I was assigned a pregnancy loss situation. I remember feeling sad and helpless. I started reading what I was giving out to parents after a miscarriage or stillbirth. That was helpful to some extent. Usually, it is such a bonding experience between a nurse and her assigned couple. There is time to talk about their pregnancy, their feelings of loss, and their plans for the future of their baby now gone. I always tried to stay for the delivery if I could. I always wondered what happens after this couple goes home. Who helps them?

In early 2000, I found out about bereavement training for professionals who work with families who experience perinatal loss. I asked if I could attend the training so that I could come back with some practical ways to help the families at Sisters Hospital. The training was awesome, I learned so much. I asked the instructors what I could do to get started right away. They said I needed some seed money and administrative support. I got what I needed as soon as I came back. The hospital was very willing to listen to my requests to start a program to follow-up with parents after a miscarriage or stillbirth. At this same time, Stacey and John Stevens, came in with a donation of approximately \$2,300.00. This money served as the start of a restricted fund at Sisters Hospital Foundation and could only be used for perinatal bereavement purposes. It was in memory of

their babies, Jack and Riley, who were born prematurely in December 1999. Stacey explained to me how frustrated and alone she felt despite having a great family support system in place. She yearned to do more in memory of her twins. A few months later, another mom, Laura Tucker had experienced the death of her daughter, Sarah, after a tragic car accident. Somehow, Stacey, Laura, and I got together to discuss ways in which they could help the hospital move the program forward. We worked tirelessly to create folders with literature for each specific type of loss. We also started a support group and got the word out that any woman who had a loss at Sisters was welcomed to call either one of them for support. Our small group of three grew. This new support group was now attended by couples who had been encouraged by Stacey and Laura to come and share their stories. In the meantime, I was working on ways to get the nurses to understand the needs of bereaved families and the importance of creating memories. I held "in-services" for the nurses to attend, bringing in bereaved parents to talk about their experiences. The nurses appreciated it so much.

The Footprints on the Heart Program is now a comprehensive bereavement follow-up program. Work continues to be done. My position started with one day a week, then progressed to two days a week. Soon, I believe it will be made into a three day a week position as I try to expand the services available to the community, not just Sisters Hospital. The administration of the hospital believes in the value of such a worthwhile program and through your prayers and support it will continue to grow.

*Sincerely,  
Fran Kane*



# "Forget-You-Not"s

*In Loving Memory of:*



## Michael Anthony Anderson

April 5, 2005

We love and miss you!! Love, Mommy,  
Daddy & Mia

Parents: *Michael & Kelly Anderson*



Born Still,

## Aiden James Gawera

February 9, 2006

Loving Thoughts on Your Fourth Birthday.

Love, Mom and Devin

Parent: *Kim Gawera*



## Blake Anthony Bauer

September 12-14, 2007

Mommy, Daddy, Sissy and Tucker love  
you very much. Happy holidays. Stay a  
good boy and keep waiting for us!

Parents: *Yvonne & Robert Bauer*



## Kaitlyn Andrea Gilmore

April 23, 2004

We love and miss you, sweetheart. Your  
twin sister Karlyn sends us your messages  
and love always.

Parents: *Renee & Tom Gilmore*



## Baby Becker

October 2, 2009

We love you, angel. We think of you  
every day. Forever in our hearts.

Parents: *Bill & Becky Becker*



## Amy Bradt

November 4, 2009

## Olivia Bradt

Parents: *Alyssa & Randy Bradt*



## Cassandra Elizabeth Goldyn

September 13, 1999

Happy Valentine's Day. All our love, Mom,  
Dad & Chelsea

Parents: *Tom & Sharon Goldyn*



## Gavin Joseph Buckner

September 15, 2009

I carried you every second you were alive.  
We all love you very much. Love

mommy, daddy and big brother Zack

Parents: *Amy & Ryan Buckner*



## Angelo James Guido

May 30-31, 2007

## Gregori James Guido

May 9, 2008

We love and miss you so much! Until  
we see you again!

Parents: *Greg & Melissa Guido*



## Joseph Thomas Bukowski

October 18-28, 2009

We love and miss you every second.

You'll be with us always. Love,  
Mommy, Daddy, Andrew, Matthew  
and Kylee

Parents: *Thomas & Michelle Bukowski*



## Noah Richard Haas

September 7, 2009

We love and miss you so much. We know  
you are in the Lord's loving arms.

Parents: *Bill & Bryana Haas*



## Mason Elijah Harris

January 5, 2006

We miss you, Little Buddy.

Parents: *Stacey & Eli Harris*



## Grace Curr

November 4, 2004

## Jack Matthew Curr

October 6, 2005

Happy Valentine's Day! You are both in  
our hearts each and every day. All our  
love, Dad, Mom, Joseph & Hannah

Parents: *John & Noreen Curr*



## Brennan Mark Hayes

April 15, 2006

Happy 4th Birthday! A day does not pass with-  
out you in our thoughts. Keep watching over  
Hunter and Brianna!

Love, Mommy, Daddy, Hunter and Brianna

Parents: *Laurie & Wayne Hayes*



## Ian Dominik Davidson

August 31, 2000

We love and miss you every day!

Love, Mommy, Daddy, Sarah & Natalie

Parents: *John & Kristin Davidson*



## Patrick Hemphill

March 17, 2006

We love you Patrick!!! Love, Aunt Laurie and Aunt Erin

Parents: *Tamara & Mark Hemphill*





# "Forget-You-Not"s

*In Loving Memory of:*



## John Paul Jerebko

We love and miss you so much!  
Parents: Peter & Lisa Jerebko

November 18, 1999



## Michael James Quigley

We love and miss you so very much! Stay close to grandma and grandpa. Love, mommy  
Parent: Debi Zmuda

October 24, 1992



## Marrina Kim Ella Grace Kim

We miss you so much! Lots of love and kisses from us to you both!  
Love, Mommy, Daddy & Trent!  
Parents: Mark & Dawn Kim

August 3-4, 2005

June 8, 2007



## Nicholas G. Sicignano

Mommy and Daddy's little angel: always loved and never forgotten.  
Parents: Richard & Jennifer Sicignano

November 2009



## Jacob Wesley Scott

We love you and think of you every day!  
Love, Mommy, Daddy, Thomas & Mandy  
Parents: Christine & Phillip Scott

May 27, 2000



## Aubrey Anna Lewis

Happy first birthday! We miss you so much. We think of you every day. You are always in our hearts. I/we always know we have a little angel watching over us. Aubrey, you and our other angel siblings are so very special. You will always be in our hearts.  
We miss you, Love mom, dad and sisters  
Parents: Mary Beth & Bob Lewis

January 12, 2009



## Baby MayKayla

You touched our lives so completely for being with us such a short time. You are forever loved and will always be remembered!

August 5-13, 2009



## Judy Clare Smith

Mommy, Daddy and Baby James will hold you in our hearts forever.  
Parents: Chelsey & James Smith Jr.

November 19, 2009



## Nicholas Shane Morgan

Nicholas, you have our hearts. We love you! Mom & Dad  
Parents: Joseph & Michelle Morgan

January 28-30, 1997



## Baby Thomann

Always in our thoughts; forever in our hearts. We love you, our tiniest angel.  
Parent: Polly Thomann

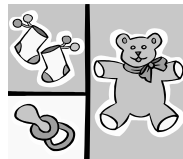
June 1994



## Jacinta John Moscato

We love you and think of you always!  
Parents: Chris & Tony Moscato

November 2008



## Charles Vincent Wesley

Even though 3 years have gone by, we still miss you and think of you all the time. You will always be remembered by your Mommy, Daddy, big sister and little brother.  
Parents: Ken & Lisa Wesley

November 12, 2006



## Baby Opoka

Not a day goes by that we don't think of you. You will always be remembered & forever loved. All our love, Mommy & Daddy  
Parents: Michael & Jennifer Opoka

November 21, 2008



## Nicholas Joseph Glomb

We love you forever, forever and always.  
Love, Mom and Dad  
Parents: Kelly & Tom Glomb

August 19, 2009



**Interested in Submitting a Memorial?**  
Please email your baby's Forget You Not to:  
[forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)

Submissions are due by the 15th of the month before the next issue is due out.

Family members and friends are also encouraged to submit: not just parents!

## Poetry

### How Can It Be?

Can it be four years have passed?  
There's no way it can be true.  
How else could it be this feeling lasts?  
I'm still healing from my loss of you.

The first year seemed to go on and on,  
The waking moments were not my friend.  
Lost in sadness and curled in a ball,  
Not caring at all that time would mend.

Every breath and every thought,  
The unending depth of my sorrow,  
Every second more anguish and yearning was brought.  
Then the next day would come, another tomorrow.

God heals the brokenhearted and binds up their wounds...  
That's what the Bible does say,  
I feel He has given me this serene truth.  
For others, like me, dear ones, earnestly I pray.

Everyday there are still reminders.  
As I miss you and want you so much.  
Wondering how you would look and act and be...  
Wishing whole heartedly you were here for me to touch.

I know you're in Heaven, my baby, Dear Aiden James.  
Someday in the future again we will meet.  
The moment I long for, the joyous moment will arrive,  
With bunches of kisses, your momma you will greet!

Until then I am here, loving your sister.  
In our hearts, you're always there.  
There is peace in the knowing, no better place for you to  
be.  
I am comforted with the knowledge you're in God's tender  
loving care!



*By: Kim Gawera*

### Untitled

My sweet little angel I long to hold you so...  
That's the one thing I'll never experience and  
I'll never get the chance to know.

My heart is heavy with grief, sadness, and pain...  
Sometimes I wonder if I'm going insane.

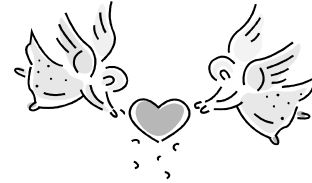
I would give anything to hold your little hands  
And touch your face...  
I wish I could go back in time and all this pain  
And despair would all be erased.

I wanted to hold you in my arms...  
I only wanted to keep you safe and protect you from harm.

Sometimes I feel like your presence is near...  
I would give my last breath just to have you here.

My heart is full of pain, hurt, anger, and despair...  
I really hope that the way I'm feeling shows you my angel  
how much I still care.

*By: Kayla Schenk*



### Lost Without You

We never saw this coming,  
nothing has ever been the same.  
We had so many plans  
now I just carry the blame.

I know I did nothing wrong,  
there was nothing i could have done  
You were to be our pride and joy,  
you should have been our first born son.

But instead we have an angel  
looking over us from heaven  
I would have given anything for a minute with you  
I would have been blessed with seven.

Instead you came to us silent  
and never cried a tear  
We had to bury you in the ground  
all we have left is your teddy bear.

I miss you more and more  
with each passing day.  
The nights are the hardest  
all I can do is pray.

I hope you are alright  
and that you can see us from the stars.  
You have a brother and sister  
that can only dream of you from afar.

They will always be told  
of their big brother  
Be assured you will always be remembered and loved  
but no one will ever love you like your mother.

I miss you.  
Love, Mom

*Submitted Anonymously*





## Roster Information Needed!!

As the new year began, postcards were sent to what we like to refer to as “Silent” members of our area’s network of bereaved parents. “Silent” members are those parents that do not normally attend the annual Walk to Remember or Evening to Remember Basket Raffles, as per the WNYFPB’s records. We also have little to no information about the “Silent” member’s loss(es) or no longer have a viable address. If you or someone you know has received this postcard, and would still like to remain on the mailing list to hear about the various updates and Network events, it is imperative that you call Christine Scott at **836-6460 ext. 117** or email Dawn Both-Kim at **forgetmenotnewsletter@hotmail.com** requesting to remain on the mailing list. Please leave/send your full name and address, phone number, and your baby’s name(s) and honored date(s).

If you do not contact us, we will remove your name from the roster. But remember that we will always be here for you in the future, should you wish to be involved again—for any reason!

Also, if your information is in our records incorrectly (i.e. misspelled name, wrong/old address, baby’s honored dates wrong), please feel free to contact Christine or Dawn to correct your information, or to add your baby’s name or honored date information.

Thank you.



**The Newsletter Committee** is looking for submissions of articles, poems, stories, memorials, etc. Submissions may be emailed to:

**forgetmenotnewsletter@hotmail.com**

or addressed to: Dawn Both-Kim,  
1 Montclair Ln.  
Orchard Park, NY 14127



## *Safe Arrivals*



**Carter Edward Brown** was born to Shannon and Kevin Brown on January 13, 2010... well past his due date! He weighed a healthy 8 lbs 7 oz. The family will always remember their lost angels, Ryan & Jordon, in 2008 and 2009.

**Christopher Jeffery Burroughs** was born on October 29, 2009. He was 6 lbs 1oz and 19 inches long. Together with his parents, Nicole and Jeffery Burroughs, and his big brother Jonathan David, Christopher will always remember his siblings in heaven: Babies Burroughs (January 2007 and August 2008).

Wayne and Laurie Hayes would like to announce the arrival of **Brianna May Hayes!** She was born on November 2, 2009 at 7 lbs 1 oz. She was 20 inches long. Her big brother Hunter will tell her all about her heavenly siblings, Brennan Mark (April 15, 2006) and Baby Hayes (Dec 24, 2004).

**Makayla Faith Mochol** graced this world with her presence on December 15, 2009. She was 6 lbs 3.2 oz and 19 inches long. Mom and Dad, Bridget and Todd Mochol, along with Makayla’s big brother Joey, will always tell her about her

heavenly siblings Bryan (October 12, 2002 – March 29, 2003) and Arianna (December 9, 2008).

**Mya Lynn Skrok** was born October 12, 2009, to Jason Skrok and Amanda Beltran. She was 5 lbs 11 oz. Her big sisters, Mariah and Michayla, will teach her about their heavenly brother Jason Allen Skrok Jr. (August 15, 2008 – November 30, 2008)

Christian and Tara Withey are proud to announce the arrival of their newborn son, **Alexander Kenneth Withey**, born on November 11, 2009. He was 10 lbs 10 oz and 22 ¾ inches long! He was greeted at home by his older brothers and sisters Alissa, Anthony, Amber and Andrew. The family remembers Ariel (November 22, 2005), Adam (June 9, 2008) and Addison (October 24, 2008).

*Please send your new baby’s name, birthday, size and weight to us, along with the new baby’s heavenly big brothers’ and sisters’ names and honored dates to:*

**forgetmenotnewsletter@hotmail.com**

*Subject: Safe Arrivals*



# Area Support Groups



## Bereaved Parents of USA

Death of a Child

When: 2nd Friday @ 7:30 pm.

Life Transitions Center

150 Bennett Rd., Cheektowaga

**Contact:**

**Tony & Bernie Misita, 675-3844**

## Caring Arms Support Circle

Stillbirth or Early Infant Death

When: 2nd Tuesday @ 7:00 pm

Ministry Center, Rm #4

100 St. Gregory Court, Williamsville

Next to Millard Fillmore Suburban

**Contact:**

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

## Circle of Hope

Death and/or Serious Illness-Niagara Hospice

4675 Sunset Drive, Lockport or

2186 Liberty Drive, Niagara Falls

**Contact:**

**Outreach Department 280-0777**



## Death of a Child

Discovering New Life: After the Death of a Child

When: 1st and 3rd Tuesday

at 9:30 am

United Methodist Church

5681 Main St., Williamsville

**Contact:**

**Lesley Jordans, 878-7773**

## Death of an Only Child

When: 4th Wednesday of each month

5:00 pm

United Methodist Church

5681 Main St., Williamsville

**Contact:**

**Lesley Jordans, 878-7773**

## Families Growing Through Grief

Parent/Grandparent & Sibling Grief (4-16)

(Separate Rooms)

When: 2nd Wednesday @ 6:30 p.m.

1st Trinity Lutheran Church

1570 Niagara Falls Blvd., Tonawanda

**Contact:**

**Lesley Jordans, 878-7773**

## Footprints on the Heart

Miscarriage, ectopic pregnancy, stillbirth, and early infant death

When: 4th Thursday @ 7:00 p.m.

Life Transitions Center

150 Bennett Rd.,

Cheektowaga

**Contact:**

**Fran Kane, 862-1678**



## Hopeful Hearts/Subsequent

### Pregnancy

Pregnancy after a loss

**Contact:**

**Fran Kane, 862-1678**

## Pat's Place

**Contact:**

**Lesley Jordans, 878-7773**

## SIDS Family Support Group

SIDS and Infant Death

Life Transitions Center

150 Bennett Rd., Cheektowaga

**Contact:**

**Jan Walkden, 837-5189**

## Sibling Grief

Young Sibling (5-16 yrs)

Adult Sibling (17 yrs-adult)

When: 2<sup>nd</sup> Wednesday of each month

6:30 pm

1st Trinity Lutheran Church

1570 Niagara Falls Blvd, Tonawanda

**Contact:**

**Lesley Jordans, 878-7773**

## Storm Clouds & Rainbows

When: Mondays 6:30 p.m. - 8:00 p.m.

Life Transitions Center

150 Bennett Rd., Cheektowaga

**Contact:**

**Jim Grande, 836-6460**



## Surviving the Death of Your Child

Loss 12 years and under due to illness/ disabilities

When: 2nd Tuesday of each month

6:00 p.m.

Williamsville United Methodist Church

5681 Main St., Williamsville

**Contact:**

**Lesley Jordans, 878-7773**

## The Compassionate Friends

Death of a Child

Buffalo Area:

When: 1st Friday @ 7:30 pm

Life Transitions Center

150 Bennett Rd., Cheektowaga

**Contact:**

**Andy Thomasula, 626-9463**

Hamburg

**Contact:**

**Candie Young, 627-5472**

**mytintoddrobin@aol.com**

Rochester

When: 2nd & 4th Tuesday @ 7:00 pm

Genesee Region Hospice Homecare

70 Metro Park

**Contact:**

**Kathy Spodo, 585-214-1000**

## "Tiniest Angels" Parent

### Bereavement Support

Miscarriage, ectopic pregnancy, stillbirth, and early infant death

When: 3rd Wednesday of each month

7:00 pm

Baby's Sweet Beginnings Lactation &

Wellness Center

231 Aurora Street, Lancaster

**Contact:**

**Christine Scott, 681-8100**

## Transitioning Parents

Further along the Journey of Grief

When: 3rd Wednesday of each month

6:30 pm

**Contact:**

**Lesley Jordans, 878-7773**

## WNY Rainbow Connection

Children after a loss

**Contact:**

**Nicole Pirrone, 716-566-6587**

**716-799-4183**

**nicole\_pirrone@hotmail.com**

# Internet Support and Keepsake Resources

## Angel Babies Forever Loved

[www.angels4ever.com](http://www.angels4ever.com)

Provides support to grieving parents of infants whether from miscarriage, stillbirth, neonatal loss or SIDS.

## Angel Lady

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

Artist Ethel Pontsler offers custom artwork of deceased loved ones based on photographs.

## Angels in Heaven Ministries

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

Offers framed poems, cards, and audio tapes relating to infant loss.

## Ashwood Artisans

726 Main St. in East Aurora (716) 652-7333

Engrave footprints onto charms for necklaces, tie tacks, etc. Diane Lehman will work with you to get what YOU want.

## Baby Photo Retouching Service

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

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

## Born Angels Pregnancy Loss Support

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

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

## Breathless Tears of Silence

<http://members.tripod.com/~abier/breathless.htm>

Site dedicated to those who lost through stillbirth.

## Celebration Forest

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

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

## Creating Memories

[www.anencephalie-info.org/e/memories.htm](http://www.anencephalie-info.org/e/memories.htm)

## Facts About Miscarriage

<http://www.pregnancyloss.info>

## The Grief Recovery Institute

<http://www.grief-recovery.com>

The action program for moving beyond loss

## H.A.N.D.

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

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

## A Heartbreaking Choice

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

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

## Hygeia.org

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

An online journal for pregnancy and neonatal loss.

## Journey of the Hearts

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

An online healing place for anyone grieving a loss.

## Links to sites for Loss and Grief

<http://www.trisomyonline.org/grieflinks.htm>

## M.E.N.D.

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

To reach out to those who have lost a child due to miscarriage, stillbirth or early infant death and offer a way to share experiences and information through support groups, a quarterly newsletter and an internet web site.

## M.I.S.S. Foundation

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

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

## My Heart's Missing Link

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

Offers beautifully designed heart-shaped pendants with a birthstone and a "missing link" to help remember loved ones who now live in heaven and your heart.

## National Share Office

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

For those who are interested in an infant loss support group. Also the site has good information regarding parents' rights and grief education.

## A Place to Remember

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

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

## Rainbow Maker

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

To provide comfort, peace, and informative resources to bereaved parents. To promote healing through poetry and writings. To help families rebuild.

## Remembering Our Babies

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

The official site of pregnancy and infant loss remembrance day—October 15th.

## Rich Remembrances

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

Offers custom engravings that decorate, commemorate and motivate.

## Sara's Smile

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

Operates to fill the arms of grieving mothers with a Sare © Bear giving them something to fill that empty space as they grieve for their child.

## Star Foundation

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

Gives you the opportunity to Name a Star in the sky after a friend or loved one.

**Subscription Renewal**

We would like to inform you of our policy regarding sending out this newsletter. We will send this newsletter, **free of charge, for 4 issues (1 year's time) after your loss.** After this time, if you would like to remain on our mailing list, we are asking for a \$5.00 contribution to help defray the publishing costs. Following this mailing, any labels not current will be removed from our mailing list. If your free subscription is no longer valid, and you wish to continue receiving our newsletter, please fill out the renewal form and forward a check for \$5.00 payable to **WNY Perinatal Bereavement Network**, c/o Christine Scott, Life Transitions Center, 150 Bennett Road, Cheektowaga, NY 14227. Please note on the check it is for the Forget-Me-Not Newsletter. This fee will cover a one year period, or 4 newsletters. Thank you very much for your cooperation as we update our mailings. If you are receiving duplicate mailings please let us know by either email or US mail. If there are any financial concerns that prohibit you from subscribing, please notify us by email or US mail, and we'll be happy to continue your subscription. If you have received this newsletter through your bereavement packet at the hospital and have not signed a release at the hospital to receive this newsletter, and you wish to assure you will receive it in the mail, please forward your name, address, baby's name, baby's date of birth/death, and hospital where loss occurred to the same address, or email to **forgetmenotnewsletter@hotmail.com**

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

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

**City/State/Zip:** \_\_\_\_\_

**Hospital loss occurred:** \_\_\_\_\_

(Please include the following if you would like your baby's name(s) listed in the memorial section of the newsletter)

**Parents Names', Baby's Name(s) and Honored Dates:** \_\_\_\_\_

\_\_\_\_\_

**If you would like any poems/stories/letters/etc published, please email to: [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)**

If you would like your name removed from the mailing list please send your request to:

Forget-Me-Not  
C/O Christine Scott  
Life Transitions Center  
150 Bennett Road  
Cheektowaga, NY 14227

Email: [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com) Subject: mailing list

**If you would be interested in having the newsletter emailed directly to you in .pdf format as opposed to getting a paper version, please contact the email address above.**

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

Forget-Me-Not  
C/O Christine Scott  
Life Transitions Center  
150 Bennett Road  
Cheektowaga, NY 14227

**Forget-Me-Not**  
Volume VII Issue 1, 2010

