

# Forget-Me-Not Newsletter

## LETTER FROM THE EDITOR

BY: DAWN BOTH-KIM

The WNYPBN does so much for families that experience the loss of their beloved babies. I consider myself very fortunate to be able to assist this wonderful organization in helping families and honoring lives.

This issue contains a lot of information on how the Network is striving to continue with their mission throughout the global pandemic. Fundraising has been stunted, events have been cancelled, but the Network still remains—working as hard as ever to help those in need.

I sincerely hope you find some hope and solace in reading this issue of the Forget-Me-Not newsletter: it means so much to many of us because it is BY so many of us. Please consider writing or sharing a story about your grief, as sharing eases the loneliness and sadness we all are experiencing. It helps us know we are not alone.

## CHRISTINE'S CORNER

BY: CHRISTINE SCOTT, EXECUTIVE DIRECTOR

*In a world of sadness and grief, hope is the spark of sanity that allows us to look at something differently and imagine the bright spot.*

~HOPE by Nan Zastrow (Centering & Grief Digest Magazine)

As we transition into a new year from months filled with uncertainty, confusion, sadness, and great loss I wish you all hope and peace in your personal journeys. We all will be forever changed and have to adapt to new "normal" as little remains stable during this transition. What does remain constant in these uncertain times is the simple kind gestures we can express to one another. A little ray of daily sunshine provides a little ray of daily hope.

February 17th is National Random Act of Kindness Day. Today, tomorrow, next week, or on February 17th lend your hand and heart to a family member, friend, co-worker, or stranger. Your warmhearted selfless gesture will be welcomed, and sure to make someone's day.

Some Acts of Kindness examples:

- |  |                                     |
|--|-------------------------------------|
| Smile  | Be a good listener                  |
| Write a someone a note or send a card  | Thank someone who make a difference |
| Volunteer  | Shovel snow for your neighbor       |
| Plant a tree this spring   | Treat someone to a coffee or tea    |
| Send flowers to a friend   | Buy cookies from the Girl Scouts    |
| Leave a note of cheer in a library book  | Pick up trash                       |
| Give away your parking spot  | Donate goods to a charity           |
| Donate to a charity (Choose random act of kindness donation page at wnyipbn.org) |                                     |

Together we can make a hopeful difference. Remember how easy it is to spread a little kindness to one another; it just takes a brief moment with a simple gesture to make someone's day! I wish you peace, good health, and much happiness in 2021.

*Bring love wherever you go. Shine light wherever it's dark. Leave blessings wherever you've been. Be kind wherever you are.*

~Mary Davis



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### SAVE THE DATES

- **March 5, 2021—7:00 PM**  
Virtual Meat Raffle—see page 6 for details
- **March 8, 2021—6:00 PM**  
Virtual WNYPBN Annual Meeting—  
contact the WNYPBN Office for  
Zoom Information
- **May 8, 2021**  
Parents Day Event—to be announced
- **October 10, 2021**  
Walk to Remember / Road of Re-  
membrance—to be announced
- **December 3, 2021**  
Elegant Evening to Remember Gala  
at Salvatore's

# FORGET-YOU-NOTS

**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*

**Jivae Andrea Báez** December 28, 2012  
Our beautiful baby girl... we love and miss you every second of every day. Thank you for your sweet baby brother Jamari. All our love all our life. Love, Mommy and Daddy.  
*Parents: Evelyn & Jarred Báez*

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

**Baby Boy Jonathan** June 8, 2018  
Just Breathe  
"Yes, I understand that every life must end,  
As we sit alone, I know someday we must go,  
I'm a lucky man, to count on both hands the ones I love,  
Some folks just have one, other's they've got none,  
Stay with me...Let's just breathe...  
Practiced all my sins, never gonna let me win,  
Under everything, just another human being,  
Yeah, I don't wanna hurt, there's so much in this world to make me bleed,  
Stay with me...You're all I see...  
Did I say that I need you?  
Did I say that I want you?  
If I didn't, I'm a fool you see,  
No one knows this more than me,  
As I come clean... I wonder every day, as I look upon your face,  
Everything you gave & nothing you would take,  
Nothing you would take...  
Everything you gave...  
Hold you til' I die...  
Meet you on the other side..."  
~Eddie Vedder-Pearl Jam~  
Love You Son!!  
*Parents: LaRue & Leilan Jonathan*

**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.  
*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  
Miss you with all of our hearts, Theresa, Bud, "Blueberry" and Baby Mott. God knows our pain and sadness. We know that someday, we will see you again.  
All our love ~ Daddy, Mommy & Allison  
*Parents: Timothy & Beth Mott*

**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*

**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*

**Claire Ann Farley** January 6, 2020  
We miss you every day, baby girl. Thank you for inspiring us to make the world a better place. We love you, always!  
#turnersyndromeawareness  
*Parents: Ryan and Kelly Farley*

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

Interested in submitting a Memorial or announcing your Safe Arrival?

Please email your baby's Forget-YOU-Not or Safe Arrival to:  
**forgetmenotnewsletter@hotmail.com**

Submissions are due by the 15th of the month prior to the issue month.  
Family members and friends are encouraged to submit.

## SAFE ARRIVALS

Jeffrey and Theresa Brown would like to announce the arrival of our daughter, **Catherine**, on September 30, 2020. The family will always remember Anthony (February 18, 2015).

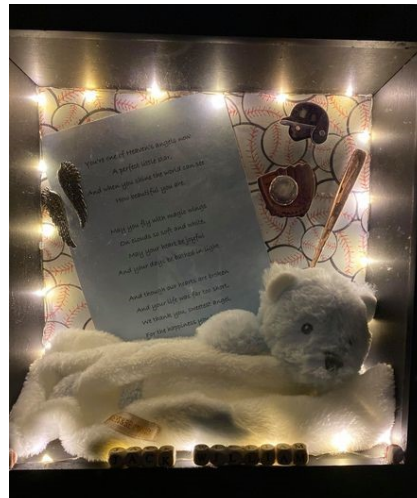
FOR UP-TO-THE-MINUTE  
INFORMATION ABOUT THE WNYBPB  
EVENTS AND ACTIVITIES,  
SEE OUR WEBSITE:

**WNYPBN.ORG**

## FAMILIES HEAL THROUGH CREATION

My husband and I created this memory box for our son Jack William. We lost our son on June 2, 2020 near the end of our first trimester. He was our miracle baby. We weren't supposed to be able to carry a baby at all. Having him for the short time we did was a miracle, and we were so blessed to have him. We think of him every day and see the signs he leaves us every day. We carry him and his memory in everything we do, from his own garden in our backyard to his stocking and ornament at Christmas. We miss him every day but look forward to the day we meet again and can hold him in our arms.

By Amy Girling



## VIRTUAL EVENING TO REMEMBER

BY: CYNDEE FAHEY

Our 15th annual and first ever virtual Evening to Remember was a great success. Over 75 baskets were donated. Although we missed being with all of you, we are so grateful for your participation during the month of November. Your support exceeded our expectations. This last year has been challenging and full of uncertainties but through it all we were once again humbled by the generosity of our great community. We raised over \$6,000 to fund our many programs assisting bereaved families through difficult times.

This event has been a celebration of the friendships that we have developed within the Network. The initial thought of not being together was disappointing at first; however, the virtual platform allowed for donations to come in from across the states and overseas, giving us the ability to witness the heartwarming power of these friendships from all over the world.

In order to keep everyone safe we were unable to accept help from volunteers but would like to thank so many of you for offering a helping hand. A big thank you also to our committee for navigating uncharted waters together making our first virtual event a success!

We look forward to being able to hold the next Evening to Remember in person again soon and look forward to seeing everyone. Stay safe and stay well!

### Need to Read?

Some of us appreciate being able to read articles and self-help books, especially when we are experiencing the tragic effects of perinatal loss. One resource that has been invaluable to so many is Still Standing Magazine—an online publication that is dedicated to helping families who have lost a baby or are experiencing infertility. Take a moment to check it out. It can help in ways you didn't know you needed...

[stillstandingmag.com](http://stillstandingmag.com)

Or find them on Facebook at  
[www.facebook.com/  
StillStandingMag](https://www.facebook.com/StillStandingMag)



**Love at First Sight**  
*Sharing Your Journey of Grief*

The Love at First Sight pages have been a part of the WNYPNB website for several years. These are pages where families can share the story of the loss of their baby(ies) to help heal in their journey of grief.

When the new version of the website was launched in November of 2020, there were a lot of these pages to convert to the new format. It was quite the undertaking, and the WNYPNB would like to thank Anthony Chimera, our web designer, for his work in getting all the pages converted.

The WNYPNB would like to encourage you to create your own Love at First Sight page to share your story of love and loss of your precious child(ren). For more information, please see our website at:

[WNYPNB.org](http://WNYPNB.org)

**Get help now:  
CRISIS TEXT LINE  
Text FUTURE to  
741741 for free,  
24/7 support in the U.S.**



**THIS IS THE T-SHIRT THAT MASON HAS CREATED IN LOVING MEMORY OF HIS BABY SISTER, NOVA MARIE**



**THIS IS THE T-SHIRT THAT LEIGHA HAS CREATED IN LOVING MEMORY OF HER GREAT GRANDMA HAZEL AND HER GRANDDAD'S DOG, CLANCY.**

## SPEAKING GRIEF

BY: DAWN BOTH-KIM

BROUGHT TO YOU IN CONJUNCTION WITH SPEAKINGGRIEF.ORG

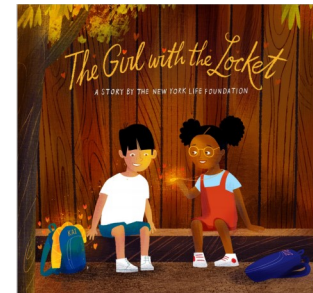
The WNYPBN, Inc. is grateful to announce that we have been chosen to be a part of the Grief Initiative, funded by the New York Life Foundation and produced by WPSU Penn State. This is a new public service media project where one of our Network family members was able to share their journey of the loss of their baby girl. The documentary is 60 minutes in length and shares diverse representations of grief and mourning and how families find ways to incorporate the person they lost into their new reality with loving remembrance. The initiative hopes to convene a national conversation about grief that will help the bereaved and provide guidance to companions on how to offer meaningful support. The documentary can be viewed anytime at [speaking-grief.org](http://speaking-grief.org). We encourage you to watch the documentary and share the link with your family members and friends.

We hope that this documentary and the Grief Initiative produced by WPSU Penn State will help bring light to not only to the struggles of grieving, but the public stigma surrounding the issue of loss due to miscarriage, ectopic pregnancy, stillbirth, and early infant death which causes so many in our community to suffer in silence. We feel that welcoming this project helps to fulfill our mission to bring a greater awareness to this particular adversity for those experiencing perinatal loss.

### Children's Grief Awareness



As a part of the initiative, The New York Life Foundation created a series of books which are dedicated to the children and families who have lost a loved one. If you have bereaved children in your household, we would like for you to view the electronic copy of the books, *The Golden Sweater*, *The Girl with the Locket* and *The Fishless Lake*, all accompanied by the resource sheets on discussing the books with your child. We ask that you read the book and resource sheets prior to sharing this book with your children. Talking about the death of a family member can be difficult, but it is the story and sharing that make it a little easier to discuss a difficult subject. The Books and Resource Materials for the discussion with your child can be found on our website at [wnypbn.org/speaking-grief-2/](http://wnypbn.org/speaking-grief-2/)



resource sheets prior to sharing this book with your children. Talking about the death of a family member can be difficult, but it is the story and sharing that make it a little easier to discuss a difficult subject. The Books and Resource Materials for the discussion with your child can be found on our website at [wnypbn.org/speaking-grief-2/](http://wnypbn.org/speaking-grief-2/)



We would like to thank WPSU – Penn State, The New York Life Foundation, and bereaved mother, Megan Torres, and her family for sharing their journey of the loss of her daughter, Nova Marie. We would also like to thank all of our Network families that attended the 2019 Wings of Love Parents Day Breakfast that is also featured in the documentary. If you have any questions or concerns, please call the WNYPBN office at (716) 626-6363.

### Children's Grief Awareness T-Shirt Program

Children, especially when they are very young, often have a difficult time with loss and comprehending their feelings of grief. Children do not process grief in the same way as adults, but they are definitely affected though they do not know how to demonstrate their emotions.

The WNYPBN hosted a Children's Grief Awareness T-shirt Program. The program provided a shirt and fabric paint for grieving children to create a t-shirt to commemorate their loss and feelings of grief. The program was absolutely free. The WNYPBN requested photographs of the completed T-shirts. Two of the families that took part in the program, sent photographs of their children and their creations. (Left)

We would like to extend this program through the end of February. If you and your children would like to take part, please contact the WNYPBN Offices at 716-626-6363 and reference the Children's Grief Awareness T-Shirt Program.

## JOSH ALLEN JERSEY RAFFLE

BY: DAWN BOTH-KIM



raffle for  
an autographed  
*Josh Allen*  
jersey



\$10 per ticket

Drawing on  
December 23, 2020

Proceeds to benefit the  
Wings of Love Memorial Fund

*Just in time for Christmas!*

The WNY-PBN was gifted with a signed Josh Allen Jersey and used it for the prize in a raffle to benefit the Wings of Love Memorial Fund. We sold 500 tickets at \$10 each and sold each and every one! That's a much needed \$5,000 for the program which provides financial assistance for burial costs to bereaved parents. Families can qualify for up to \$350 to assist with burial expenses for infants up to one year old.

Thank you to our Network family for your generosity in taking part in this raffle! Our winner was drawn live via Facebook by the WNY-PBN Board of Directors Treasurer and bereaved father, Michael Anderson, along with


bereaved mother, Cyndee Fahey. The winner was **Eli Fialkowski**, who received his coveted prize on Christmas Eve!

One more HUGE thank you to Kelly Anderson who organized this raffle for the WNY-PBN. Kelly is a bereaved mother and special events coordinator for the Network, but went above and beyond for this fundraiser! Thank you, Kelly!!

For more information about the Wings of Love Memorial Fund, contact Christine Scott at 716-626-6363 or via email at [Christine@wnypbn.org](mailto:Christine@wnypbn.org).

## Thank You...

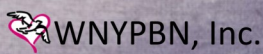
Thank you to the William and Kristine Craig of Medal Chasers ([www.facebook.com/MedalChasers](http://www.facebook.com/MedalChasers)) for choosing the Wings of Love Memorial Fund to benefit from the proceeds of "Forever in My Heart" virtual event. The proceeds totaled \$500.00. We are so grateful for their continued support and generosity



# Month of Love Book Drive

During February, the Month of Love, the Western New York Perinatal Bereavement Network, Inc. (WNY-PBN) is requesting donations to purchase books for our Sibling Program. The Sibling Program provides young children with a blankie or stuffed animal, as well as a book during their time of confusion and sadness over the loss of their baby. Donors and their lost angels will be remembered on the inside of the books they donated. For more information, please contact the WNY-PBN office at 716-626-6363 or see our website at [WNY-PBN.org](http://WNY-PBN.org)

*The approximate price per book with shipping is \$10.*



# Meat Raffle

To benefit the important programs of the  
Western New York Perinatal Bereavement Network, Inc.

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**March 5<sup>th</sup> at 7:00 PM**

**Live via Facebook - [www.facebook.com/WNYPBN](http://www.facebook.com/WNYPBN)**

16 Rounds of Raffles – 5 winners at each level!

Meat pick-up will be March 6th

**\$40 per ticket**



To purchase tickets or for more information,  
see our website [WNYPBN.org](http://WNYPBN.org)  
or call the office at (716) 626-6363

## BUTTERFLY MEMORIAL MARKERS AND GRANITE PAVING STONE MEMORIAL MARKERS AT WINGS OF LOVE MEMORIAL GARDENS

BY: CHRISTINE SCOTT

The Memorial Garden concept provides a foundation for a peaceful, permanent, commemorative place for parents who lose their children. In an effort to make these Gardens more personal, the WNYPBN is offering you the opportunity to purchase an engraved three dimensional bronzed butterfly memorial to be placed at either Acacia Park Wings of Love Memorial Garden or at the Children of Love Garden in Lancaster Rural Cemetery. There is also an opportunity to purchase an engraved granite paver to be placed only in the Children of Love Garden at Lancaster Rural Cemetery. Either of these options will be a lasting tribute to the beloved baby that we can only carry in our hearts!

There have been two installations of these memorials throughout the year: one in the spring and one in the fall. The memorials require at least eight weeks for engraving and shipping. Therefore, for spring installation, all orders must be received before March 1. For the fall installation, all orders must be received before August 1. The WNYPBN, Inc. and the associated cemeteries are not responsible for damage of the memorial markers or pavers due to weather, vandalism or theft.

If you are interested in purchasing a memorial marker or paver, fill out the form(s) from our website ([wnypbn.org/memorial-garden](http://wnypbn.org/memorial-garden)) and return with full payment (checks made WNYPBN/Wings of Love) to:

WNYPBN, Inc.,  
Wilson Support Building,  
150 Bennett Rd.  
Cheektowaga, NY 14227

To view photos of the bronzed butterfly markers and Wings of Love Memorial Gardens, please visit our website at [www.wnypbn.org](http://www.wnypbn.org). If you have any questions please feel free to call me at (716) 626-6363.

# POETRY

## Sometimes

By: Colleen Ranney

Sometimes I catch a glimpse,  
In softened waves of blue,  
My child, my heart ...when I see a smile,  
I can't help but think of you.

Sometimes these waves fill oceans.  
And feelings string on every shore,  
A collections of each memory  
And every way I wish for more.

Sometimes I watch for answers  
Because each day I call to you.  
I ask for faith and courage  
And strength...to help me through.

Sometimes I ask for bravery  
Like dolphins in the deep,  
Because time moves oh so slowly,  
And sometimes the road is steep.

Sometimes I want to scream.  
This was not what I had planned.  
Why you ever suffered,  
A mom can't understand.

Sometimes I hear your laughter  
And remember you at play,  
But My Child I always miss you.  
Not sometimes, but every day.

Source: <https://www.familyfriendpoems.com/poem/poem-for-a-parent-who-has-lost-a-child-sometimes>

## Separation

By: W.S. Merwin

Your absence has gone through me  
Like thread through a needle.  
Everything I do is stitched with its color.

## "Hope" is the thing with feathers

By: Emily Dickinson

"Hope" is the thing with feathers -  
That perches in the soul -  
And sings the tune without the words -  
And never stops - at all -

And sweetest - in the Gale - is heard -  
And sore must be the storm -  
That could abash the little Bird  
That kept so many warm -

I've heard it in the chilliest land -  
And on the strangest Sea -  
Yet - never - in Extremity,  
It asked a crumb - of me.

## Shore of Sorrow's Sea

By: Patricia L. Cisco

By the shore of Sorrow's sea,  
waves of tears roll endlessly,

cries that pierce this misty veil,  
on wings of echoed winds take sail,

osmium heart, head bowed in hand,  
her lonely footprints on the sand.

By the shore of Sorrow's sea,  
sitting, waiting patiently,

holding every memory  
on this side of eternity,

a mother's love will always be  
by the shore of Sorrow's sea.

Until the day her soul is free,  
she strolls the shore of Sorrow's sea.

Source: <https://www.familyfriendpoems.com/poem/shore-of-sorrows-sea>



**WNYPN, Inc.**

Wilson Support Center  
150 Bennett Road  
Cheektowaga, NY 14227

Phone: 716 626-6363  
Fax: 716 626-6368  
Email: [Christine@wnypbn.org](mailto:Christine@wnypbn.org)  
[Dawn@wnypbn.org](mailto:Dawn@wnypbn.org)  
[Sue@wnypbn.org](mailto:Sue@wnypbn.org)  
[Kelly@wnypbn.org](mailto:Kelly@wnypbn.org)

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



**Helping Families,  
Honoring Lives**

**Our Mission**

The mission of the Western New York Perinatal Bereavement Network, Inc. is to assist the community in meeting the needs of people facing the pain of perinatal death. We promote standards of bereavement care intervention through educational support, community programs and referral services to bereaved parents. The WNYPN supports an established standard of care following a perinatal loss, regardless of the location of where the loss took place.

**Member Organizations**

Baby's Sweet Beginning's Breastfeeding & Maternity Boutique, Lancaster  
Brooks Memorial Hospital  
Buffalo Prenatal-Perinatal Network, Inc.  
Catholic Health System (Mercy Hospital, Sister's Hospital)  
Mount St. Mary's Hospital of Lewiston  
Hospice & Palliative Care Buffalo, Inc.—Essential Care for Children  
Kaleida Health (Oishei Children's Hospital, Millard Fillmore Suburban Hospital)  
Jones Memorial Hospital  
Wilson Support Center  
Niagara Falls Memorial Hospital  
Olean General Hospital  
United Memorial Medical Center  
WCA Hospital  
Wyoming County Community Health Center

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