

Forget-Me-Not Newsletter

LETTER FROM THE EDITOR

BY: DAWN BOTH-KIM

Mother's Day and Father's Day are nearly upon us. They are always such difficult holidays to endure when we are in the positions of bereaved parents. The WNYPNB is here for you, if you need help getting through these emotional days ahead.

There are a lot of upcoming fundraisers for the WNYPNB. Unfortunately, due to restrictions in place to keep people safe from Covid-19, our large fundraisers were unable to be held. Monies are needed to help the Network achieve our goals of helping families and honoring lives. Please consider participating in any or all of these events to keep us afloat!

Have a peaceful day—stay safe.

CHRISTINE'S CORNER

BY: CHRISTINE SCOTT, EXECUTIVE DIRECTOR

Welcome Spring~ a season of new beginnings and transitions. We leave behind the gloomy, snowy, cold days of winter and enter into the fresh buds in bloom, the smell of fresh cut grass, the welcomed chirping of our feathery friends and the warm bright sun taking away the bitter cold air. Take a moment to stop and welcome Spring!

We are welcoming some transitions at the WNYPNB, as well. We are sad to have said goodbye to our former Family Support Specialist, Sue Bach. We are so grateful for her dedication, hard work, and the care she provided all of our bereaved families. We wish her the best of luck and she will be greatly missed by all.

I would like to introduce and welcome our new staff: Tara Petty, LMSW, Family Support Coordinator and Emily Doring, Administrative Assistant to our Network Family. Tara and Emily have been a part of the Network Family for many years and I am so excited they both took a leap of faith and have started to transition into their new roles to help us continue to fulfill our mission by Helping Families and Honoring Lives. Welcome Tara and Emily!

We have many exciting collaborations, fundraisers, and a NEW PROGRAM: The Tiniest Angels Virtual Support Group. These are announced in detail throughout this edition of the newsletter. We are also grateful for the continued support of our community as we continue to transition through these unprecedented times during the Pandemic.

I want to take a moment and extend hope for your healing hearts in the upcoming months as we celebrate Mother's Day and Father's Day! "Every life, no matter how brief, forever changes the world." The love of a mother and a father is everlasting. Although the circumstances of our losses are greatly varied, we share the common need to keep remembering our babies and the love for them which lives on in our hearts. Please remember, it's ok to cry, for our pain is real and our loss beyond measure. It's also ok, to be happy for the short time we shared with our babies and the ways in which they have changed us forever. Celebrate Parenthood. Celebrate Hope.

Love Lives Forever!
Be Safe & Well,
Christine

*"Hope is the thing with feathers that perches in the soul
And sings the tune without the words and never stops at all."
~Emily Dickinson*



WISHING
A GENTLE
BEREAVED
MOTHER'S
DAY
TO EVERY HEART
THAT BEATS WITH
A MOTHER'S LOVE.

STILL STANDING
MAGAZINE

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SAVE THE DATES

- **May 8, 2021**
Tree Farm Opening Day (see page 6)
- **May 22, 2021**
Weidner's Chicken BBQ
- **June 9, 2021**
Golf Outing
- **October 10, 2021**
Walk to Remember / Road of Remembrance—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

Riley James Croce March 8, 2010

Gabrielle Irene Croce August 3, 2010

Baby Croce December 9, 2013

Parents: Lena & Dan Croce

Juju Dintcheva David February 27-28, 2016

Baby Dintcheva David November 17, 2018

Frozen Dintcheva David August 27, 2019

Miracle Dintcheva David June 29, 2020

Our amazing twins December 2020

Our amazing triplets March 2021

May you all rest in peace and watch over us left behind.

Parents: Elka Dintcheva & Jonathan David

John Paul Jerebko November 18, 1999

Our little angel! Love, Mom, Dad, Jakob & Jackson

Parents: Peter & Lisa Jerebko

Baby Boy Jonathan June 8, 2018

Love You Son!!

Parents: LaRue & Leilan Jonathan

Oliver Kawalerski April 9, 2020

Sunny Kawalerski

You are both so deeply missed and thought of every single day.

You are forever our angels in heaven until we can be together

again! Please continue to watch over us baby boys! We love

you more than you will ever know!

All our love, Daddy, Mommy and Gilbert xoxo

Parents: Nathan and Melissa Kawalerski

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

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

WNY PBN.ORG

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


Molly and Jeremy White would like to welcome their twins, Dillon and
Knox White born on March 11, 2021. The family remembers their babies:
Zoe, Lincoln, Miles and Brecken (September 2019)

Noah Shawn Neffke was born on February 25, 2021, to Colleen and
Adam Neffke. The family will always remember Savannah Rose
(1/14/13), Addison Lee (9/30/13) and Charlie Rae (1/14/19)



Weidner's

Chicken BBQ

To support the important programs of the
 WNYPBN, Inc.

Saturday, May 22nd

11:00 AM – 3:00 PM

Wilson Support Center Parking Lot
150 Bennett Road, Cheektowaga

\$12 per dinner Pre-Sale
\$13 per dinner on the Day Of

Tickets will be available from now until May 14th
[https://app.etapestry.com/onlineforms/WesternNewYorkPerinatalBereav/
2021ChickenBBQ.html](https://app.etapestry.com/onlineforms/WesternNewYorkPerinatalBereav/2021ChickenBBQ.html)

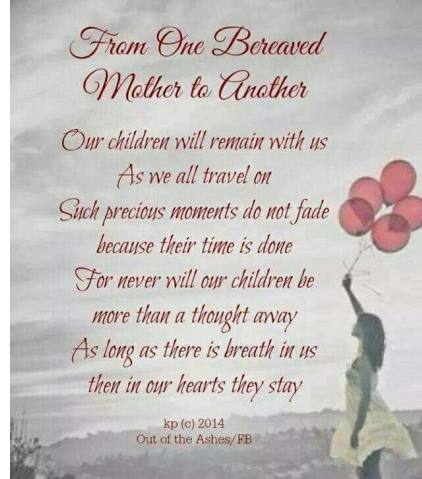
**Get help now:
CRISIS TEXT LINE
Text FUTURE to
741741 for free,
24/7 support in the U.S.**

I am a
Mother
Every Day
My arms ache
For a child lost
My heart breaks
For a child loved
My hand reaches
For a child absent
My love whispers
For a child gone
I am a
Mother
Every Day
-Author Unknown
Bereaved Mother's Day

TARA'S PAGE

By: Tara Petty, LMSW

Please allow me to introduce myself. My name is Tara Petty, and I am honored to join the WNY-PBN as the Family Support Coordinator. I graduated from the University at Buffalo in 2018 with a Masters Degree in Social Work. Some of you may remember me from when I completed my



internship with the WNY-PBN during that time. After graduating, I started working at Haven House as the Child and Family Advocate and continue to work there as the Erie County High Risk Team Coordinator. I hope to dedicate my career to serving women and their families through various stages of life and the challenges faced along the way.

The work of the WNY-PBN has a very special place in my heart. In 2006, I lost my first pregnancy to an early miscarriage, and that experience shaped me in many ways. Now I am raising two sons who are quickly approaching teen years. I am grateful that all of these years later, I am in this place, at this time, doing this work. I look forward to working for all of you.

I am excited to announce that our first virtual Tiniest Angels support group launched in April. This group is a safe space where you can share your loss journey and find support from others who have also had a loss. This month, three moms with recent losses attended and had an opportunity to have their stories heard. We discussed the longing for answers after losing your baby, trying to make sense of a devastating loss.

We looked ahead to Mother's Day and had an honest conversation about the emotional challenges bereaved parents experience with this holiday, sharing strategies of getting through the day and honoring our babies in meaningful ways.

Our next group meeting is Friday, May 21st at 10am. If you are interested in attending, please email tara@wnypbn.org to register and receive the zoom link.

Due to the restrictions in place because of the Covid-19 pandemic, the regular Tiniest Angels support Group is cancelled. As soon as we are safe to gather and the restrictions are lifted, we will update you.

Tiniest Angels Virtual Coffee Hour

Join us for our monthly support group
Share your story of loss, and find support among other bereaved parents



**Third Friday
of every Month**
10:00 am - 11:00 am

Contact: Tara Petty
(RSVP to get Zoom link)
tara@wnypbn.org
(716) 626-6363

A program of the WNY Perinatal Bereavement Network



MEAT RAFFLE RE-CAP

BY: DAWN BOTH-KIM

On March 5, 2021, the WNYPNB hosted a virtual Meat Raffle live via Facebook. Numbers were purchased via our website throughout February, each purchase providing one number that would be used throughout the 16 rounds. Each round had 5-6 spins with the final round as a grand finale of 17 spins!! We would like to thank Sloan Market for their help in securing the meat that was raffled off.

The live Facebook event was emceed by Rick Diamond, bereaved uncle of Michael Anderson, with color commentator, Dawn Both-Kim. The two hosts bantered and teased for over two hours while the spins took place. There were also a few live give away contests, which included the prizes of gift cards and ColorStreet nail strips provided by representative Kate McCormick.

An extra thank you to the WNYPNB Board of Directors for their generous donations of gift cards toward the raffle. The WNYPNB would also like to thank Leo's Pizzeria and Tops Friendly Markets for their donations of gift cards for the give-aways.

It was a fun and successful event. The WNYPNB netted about \$7000 from this event. We do hope that we can have future Meat Raffles in person... but we will definitely repeat this fun virtual event in the future!

MONTH OF LOVE BOOK DRIVE

BY: DAWN BOTH-KIM

February is the Month of Love. The WNYPNB hosts an annual drive to secure funds for the purchase of books to be distributed to families in the Sibling Program. As a thank you for the donations, a remembrance sticker is added to the books purchased in honor of their babies gone too soon.

17 donors contributed to purchase 69 books throughout the month of February, This will keep the Sibling Program stocked with books for a good amount of time. Thank you all so much for your contributions!

FACEBOOK BIRTHDAY FUNDRAISERS

BY: DAWN BOTH-KIM

Many of us take part in various aspects of Social Media; Facebook is largely popular with many of us. Facebook allows people to create a fundraiser for their charities of choice in lieu of gifts for their birthdays. We would like to specifically thank Jenny Rader, a Labor and Delivery Nurse from UPMC Chautauqua in Jamestown, NY. Her birthday was March 13th and she set up a fundraising campaign for the WNYPNB. Thank you Jenny! 27 of her friends and family donated and we thank them for their generosity and kindness in raising \$610 for our programs.

Jenny's post read: For my birthday this year, I'm asking for donations to the WNYPNB. I've chosen this nonprofit because their mission means a lot to me, and I hope you'll consider contributing as a way to celebrate with me. Every little bit will help me reach my goal.

Hope you had a Happy Birthday, Jenny!

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

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 the pages converted. They should be finished soon!

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

JOIN US FOR OPENING DAY OF PLANTING SEASON



Patricia's Christmas & Celebration of Life Tree Farm

Opening Day Celebration

Please Join us on May 8th for our Opening Day of Planting Season at Patricia's • 10 am – 4 pm



A New Tradition

Patricia's Christmas Tree Farm offers the experience of planting a sapling with your loved ones on our dedicated land and participate in its growth for years to come. When the tree is fully grown, you can come back and take it home. Build new traditions and memories that will last a lifetime.



Celebration of Life

We have designed the surrounding area of the farm so families can plant a Celebration of Life Tree in honor of a loved one. The tree will remain on the farm for you and your family to visit at any time. With the Celebration of Life Tree, you will also get to plant a future Christmas tree for your family to celebrate your holiday with.



We will have a professional photographer on-site taking family photos.

Food Trucks

Fundraising Groups on-site

Wings of Love



5466 Eiss Hill Road • Boston, NY
716-603-3020 Patricia'sChristmasTreeFarm.com

ONLY 250 Balls Will Be Sold!

**DENGLER, ROBERTS, PERNA
DRP
Dignity
FUNERAL HOME**

**The First Annual
"Dignity" Drop
To Benefit
The WNY Perinatal
Bereavement Network
Wings of Love Memorial Fund**

Wednesday, June 9th 5:30
Diamond Hawk Golf Course
As Part of The 2021
WNY Funeral Directors Golf Outing

Purchase a numbered golf ball for only 20.00 and when they are all dropped, the ball that lands in the hole wins *\$500.00!
(*based on 250 balls sold)

Come out and Join the Fun from 5-7 PM

Tickets Only 30.00 and includes Dinner and 1 Hour Open Bar

Purchase Balls and Tickets at www.wny-funeral-directors.perfectgolfevent.com

THE PROBLEM WITH 'BEREAVEMENT' LEAVE AFTER PREGNANCY LOSS

OPINION BY LARA FREIDENFELDS

WWW.CNN.COM/2021/04/07/OPINIONS/MISCARRIAGE-BEREAVEMENT-LEAVE-PREGNANCY-LOSS-NEW-ZEALAND-FREIDENFELDS/INDEX.HTML

(CNN) Miscarriages are a normal, fortunate, if distressing, part of childbearing. About 20% of recognized pregnancies miscarry, mostly in the first months of gestation. And yet many workplaces have been slow to recognize the physical and emotional impact of these losses on their employees. When I miscarried my first pregnancy at 11 weeks, I was lucky enough to be a graduate student with a flexible schedule and an understanding dissertation committee. But not everyone is so

Last month New Zealand broke new ground with a national policy of "Bereavement Leave" following miscarriage. This is a welcome development for all who care about workers' well-being and workplace equity. But post-miscarriage leave policies need a different name. A language of "loss," not "bereavement," would better support the full range of experiences and understandings of miscarriage.

riage.

The term "bereavement" dictates a particular emotional and existential interpretation of what is in fact a complicated and ambiguous event for many who experience it. Putting the term into policy unnecessarily imposes a single interpretation, forecloses other possibilities that carry less emotional burden, and may even impose a new burden of guilt and shame on those who seek a different way to

understand miscarriage.

"Bereavement" is a word used to describe what occurs after the death of a loved one. For some people, this describes their emotions and their interpretation of the situation after an early pregnancy loss. For others, the loss of a wanted pregnancy may be sad and disturbing, but not equivalent to the death of a child. Pressuring those people to accept this interpretation may exacerbate their distress.

When a friend or acquaintance of mine suffers a miscarriage, I always say, "I'm sorry for your loss." This phrasing, commonly used for condolence messages, appropriately acknowledges the gravity of the situation for someone who regards their miscarriage as the death of a child. But it also holds space for other experiences of loss: the loss of a dream, or possibility, or expectation. It can acknowledge disappointment and sadness that may not be bereavement, but is nonetheless real and deserves recognition.

Historically speaking, regarding a first-trimester loss as the death of a person is quite new. Throughout most of history, "quickening," or the pregnant woman's feeling of movement in her belly at around four months, marked the moment when a fetus was considered to be an "ensouled" child. Through the Middle Ages, natural philosophers (the precursors to scientists) regarded an embryo as a person once the body was fully formed and recognizably human. Until the 19th century, physicians generally understood early losses as misbegotten pregnancies rather than stillborn children.

A host of cultural and technologi-

cal innovations have radically reshaped our experiences of pregnancy over the past century or so. Since the 1920s, advocates of modern prenatal care have focused attention on early pregnancy and turned illustrated fetal development timelines into a tool for encouraging bonding, not just science education. Starting in 1960, the birth control pill gave Americans a reliable and precise tool for preventing unwanted pregnancies, which meant that pregnancies were much more likely to be planned and welcomed.

Ultrasound scanning of pregnancy became routine in the 1980s, creating a new pregnancy ritual of "meeting the baby" via scan, and in the 2000s, that ritual was transplanted onto a new routine scan at around 8 weeks' gestation, when the miscarriage rate is still high. Home pregnancy tests, introduced onto the American market in 1978, have become more and more sensitive, catching so many unviable pregnancies (many of which in previous eras would have gone entirely undetected) that a person who tests at the earliest possible moment has nearly a 1 in 3 chance of miscarrying.

Marketers have taken every opportunity to hype pregnancy in recent decades. They have worked to reach potential customers ever earlier in their pregnancies; in the scramble to beat out competitors, they have raced nearly all the way back to conception, offering due date calculators and soliciting pregnant people's emails from the moment they have a positive home pregnancy test. Today's pregnancy advice is largely hosted on advertising-driven websites and apps that have a strong incentive to encourage couples to be-

come emotionally attached to their pregnancies right away, so that they will spend lots of time on the websites, dreaming and shopping.

The result of all of these cultural and technological transformations around pregnancy is that even very early pregnancies feel more "real" to many of us than they did to our great-grandparents or even our parents. That means that for many of us, when we miscarry, we experience the grief of bereavement.

Some couples may accept this new cultural understanding of pregnancy and find valuable emotional support in understanding their sadness after miscarriage as bereavement. Others, though, may wish to hark back to a not-so-distant past, and regard the loss as a disappointment but not a death. In my case, my husband and I took consolation in knowing that my miscarriage would have been considered a false start rather than a deceased family member by our forebears.

Whatever a couple's experience, some time for self-care and healing after a pregnancy loss is valuable and important. As governments and corporations consider following New Zealand's lead, they should create policies that provide "leave for recovering from loss," so that our legal frameworks do not trap us in just one definition of a complicated and difficult experience.

LARA FREIDENFELDS, PHD, IS THE AUTHOR OF "THE MYTH OF THE PERFECT PREGNANCY: A HISTORY OF MISCARRIAGE IN AMERICA" (OXFORD UNIVERSITY PRESS, 2020), AND "THE MODERN PERIOD: MENSTRUATION IN TWENTIETH-CENTURY AMERICA" (JOHNS HOPKINS UNIVERSITY PRESS, 2009). THE VIEWS EXPRESSED HERE ARE HER OWN. VIEW MORE OPINION ON CNN.



WNYPN, Inc.

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**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)
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
UPMC Chataqua
Wyoming County Community Health Center

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