

Forget - Me - Not

Western New York Perinatal Bereavement Network, Inc. Newsletter

Emily's Entry

By Emily Doring, Executive Director

This past year has been a year of change within Western New York Perinatal Bereavement Network. From our longtime Executive Director, Christine Scott retiring at the end of 2021, to saying our goodbye to Tara Petty, our Family Support Coordinator since 2020. Tara has worked with us on a part-time basis, while working another full time job and raising two wonderful boys. She will be greatly missed. We wish Tara all the best with the new and exciting things that are happening for her!

During this time, we welcomed our new Family Support Coordinator, Kristen Smith. You can read her introduction on her page. We are also pleased to welcome as our new Event Coordinator, Kristina Wienckowski. It has truly been a pleasure getting to know these ladies and I am confident that they will be wonderful additions to our family here at WNYPBN.

We hope to continue to bring back more of the events that had been put on hold from Covid. While some of the events may look different, we are excited to be gathering again to honor the lives of our babies. Despite these changes, we are still here to help families during and after the loss of their baby(s). Watch our Facebook page and website for more details on upcoming events.

We have started the New Year with a new outlook and new passion for what we can bring to our families this year! My first year of being Executive Director is complete. My hope and goal is to continually strive to advocate for our families and to provide a safe place where they can be supported, regardless of when their loss happened, and to help bring a continuity of care throughout all the hospitals here in Western New York.

As always, we are here to support you during your journey of grief. Please reach out to us, if we can be a help. Love Lives Forever!

-Emily Doring

Welcome, Kristina!

Hello,

My name is Kristina Wienckowski. I am so honored and excited to have joined as the new Event Coordinator! I look forward to getting to know everyone who makes the network what it is today. I have a special place in my heart for creating events to bring people's visions to life and a smile to their face. Family is everything to me, as a wife and mom of four little girls, I love to create memories with them. I hope I am able to make lasting memories in all the events planned with you all as well. I can be reached anytime in the office should anyone have any questions or would like to reach out. Thank you to everyone and the network for welcoming me to WNYPBN.

- Kristina Wienckowski

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Michael Anthony Anderson April 5, 2005
 Always, always in our Hearts!
 Love, Nana and Papa xxxooo
 We love you always! Love, Mommy, Daddy, & Mia
 Parents: Michael and Kelly Anderson

Lilya Raine Arena September 26, 2009
 Hugs to the sky, baby! Mama, Daddy, and little sister, Willow love and miss you.
 Parents: Kelly and 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 and Jarred Báez

Benjamin Matthew Brightman March 25, 2021
 Mommy, Daddy, and Emma love you to the moon and back. "Sweet Dreams Little Man..."
 Parents: Kurtis and Carrie Brightman

Cecelia Rose Callea December 16, 2018
 You are our shining moon and shooting star. Thank you for inspiring us and always watching over our family. You are so loved and so missed.
 Love, Mama, Papa, Thomas, and Matteo
 Parents: Tom and Mary Callea

Rily James Croce March 8, 2010
Gabrielle Irene Croce August 3, 2010
Baby Croce December 9, 2013
 Parents: Lena Kingsbury

Kayonna Marie Darrell October 16, 2018
Kingston Antonio Darrell April 27, 2021
 We Love You Always! Not a day goes by that we don't think of you both! You both will forever be in our hearts!! We are sad that you both are not here with us, but it helps knowing that you have each other!! Love, Mommy, Daddy, Big Sisters Elana, Avianna and Savannah. Big Brother Brandon
 Parents: Ashley Hunt and Wendell Darrell Jr

Baby D March 11, 2013
Selah Grace Doring October 30, 2013
 We carry you in our hearts - Forever & Always, Mommy, Daddy, Preston & Kendra
 Parents: Emily and Todd Doring

Tyler Farris June 25, 2020
 Here on earth for a short time my darling baby boy. Never far from our thought and prayers.
 Parents: Kayla Marvin and Carl Farris

Eli Robert Godios June 25-Sept. 13, 2022
 Parent: Eric and Amanda Godios

Reid Hamilton April 18, 2021
 We miss you more and more each day. We think about you every minute of every day. We know you are watching over us. We love you so very much.
 Love, Daddy, Mommy, Pierce, Rory, Burke, Reagan, Riley, and Seamus
 Parents: Molly and Andrew Hamilton

Baby Girl H October 15, 2019
Baby H December 28, 2022
 We know you're both in heaven with our other loved ones who have passed on. We know you both watch over your sister as her angels now. We miss you everyday and think of you often. We love you both!
 Parents: Erin and Todd Hoeltke

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

Baby Boy Jonathan June 8, 2018
 Miss you more and more everyday!! Forever missed, never forgotten, loved forever and ever!! Mom, Dad, Big Sisters Krysten, Kaytee, Kamden, Big Brother Klyde, Nephews Kortlnd, Kreese, Delltoh, and Nieces Kenzley and Emileigh Blue
 Parents: LaRue and Leilan Jonathan

Marina Kim August 3-4, 2005
Ella Grace Kim June 8, 2007
 We love you and think of you often. Please watch over us... now and always.
 Parents: Dawn and Mark Kim

Angelo Thomas Marchetti January 31, 2022
 Mommy and Daddy miss you, baby boy
 Parents: Katelin and Mark Marchetti

Chiara Sneham Matam Nov. 21- Dec. 16, 2023
 Chiara, our beauty, we are so thankful to be your parents. We cannot wait to see you again one day.
 Parents: Joshua and Lexi Matam

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 and Beth Mott

Noah Navarrette Feb. 12- Sept. 12 2021
 Te amare para el resto de mi vida mi amor. Siempre.
 Parent: Alexa Mancilla

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

Caleb Jonathan Schmeelke March 18, 2022
 My sweet boy, You made this world a brighter place and brought our big family together. Daddy and I love you more than we could ever say. We think about you every day. We are so proud to be your parents, little Cub.
 Parents: Krystal Rivers and Cameron Schmeelke

Jacob Wesley Scott May 27, 2000
 We love you and think of you everyday! Butterfly kisses, buddy!
 Love, Mom, Dad, Thomas, & Mandy
 Parents: Phillip and Christine Scott

Steven James Serrano March 16, 2006
 Parent: Lisa Graziano

Nicholas Mark Weld April 25, 2019
 You are my darling, my angel, my star, and my life will find you, wherever you are.
 Love, Mom, Dad, Benjamin, Amelia, & Johnny
 Parents: Nate and Joanna Weld

Margie Faye Willis May 22, 2019
 Parents: Katie and Brandon Willis

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 and Russell Zimmer

Safe Arrival

We are happy to announce the healthy arrival of **Sofia April Lipman** on December 16, 2022.
 - Rachel and Eric Lipman and big Sister Eliza

Padraig Hamilton made his arrival on December 20, 2022. We love him so much. We know his sister Reid is watching over us.
 Love, Mom, Dad, Pierce, Rory, Burke, Reagan, Reid, Riley and Seamus.



Letter from the Editor

By Joanna Weld

Right before Christmas, I met a woman who had recently lost her baby. It was one of those moments where I felt like I was in the right place at the right time and our paths hadn't crossed by coincidence. The loss was so fresh for her that I don't think her body or her brain had caught up to her reality and my heart hurt for the avalanche of pain I knew was to come. I tried to say almost four years ago when I lost Nicholas. I tried to reassure her that whatever she was feeling was normal and whatever she needed to do to survive was exactly what she should be doing. But mostly I was hoping I could spare her the current sadness and the true heartache that was to come when the numbness wore off.

As I sit down to write, I'm thinking about her and the way in which fellow bereaved mothers never feel like strangers. I'm thinking about the incredible women I have met on this journey and the special way we hold each other's babies and each other's stories in our hearts. In this month where reminders of love are all around us, I am especially grateful for the love that has been extended to me and my angel, and the love I feel for the mothers and angels who have found a permanent place in my heart.

I'll Sit Here With You

It's ok to fall apart.

Here, today, just for now, it's safe to feel it all.

I've got you; you aren't alone. I know that this pain comes from so deep inside that it feels like it might blow you apart if you let it come roaring out of its cage.

But it won't break you.

It's ok to feel it all. There's so much.

And you've been so strong.

Days, weeks, months of doing what must be done, of striving to do it well, of seeking joy and conjuring up more love to give away, of centering yourself and acknowledging your grief but searching for the meaning that still exists in today.

It's so much work, and you are finding some success.

But you are tired, it's all taking a toll.

And sometime, somewhere, you need to set it all down.

For a few moments.

You get to do that.

I know it's terrifying, and that you're afraid that you'll never pull the pieces together again, and I know that you're acutely aware of how much is riding on your success.

But

It's ok

To feel it all

For just right now.

I'll sit here with you. Breathe with you.

Watch each tear fall. Hear the ragged breaths that you draw.

Feel the sting and the ache with you.

Remind you that in this breaking is so much strength.

Take the time that you need to let it out. To exhale the sharpest pain.

To acknowledge that this is real.

To remind yourself that you aren't failing.

You aren't beaten.

You are grieving, and fighting to engage with life anyway, right where it hurts the most.

You are so brave.

When I think it has passed, I look outside my kitchen window and see a solitary cardinal perched on the fence, turning and calling. Such a small bright spot in a world of grey.

I wish I could keep it here, hold it, feel it flutter against my cupped hands, draw comfort from its enlivened energy. It flies off, and another wave hits.

I feel. I cry.

I connect. I breathe.

And when it's over, I pour a cup of coffee, and I keep going.

Because there is still beauty out there, and there are many other fragile birds that need to be held.

-written by Kristen, bereaved mother of Gavin, for *Still Standing Magazine*
<https://stillstandingmag.com/2020/01/13/ill-sit-here-with-you/#>

Kristen's Page

By Kristen Smith, Family Support Coordinator

My name is Kristen Smith, and I am the new Family Support Coordinator. I am so grateful to be a part of the WNYPBN team and to serve the families in this community. Originally from WNY, I moved out of state for graduate school (feel free to ask me about my opera degree!) and spent eight years in Boston where I met and married my Texan husband and had our son. Soon after having him, we recognized the desire to live near family so we moved back to the Buffalo area at the very end of 2016. While trying to add to our family, we were diagnosed with secondary infertility and experienced three losses before having our daughter via IVF. Much like I never anticipated being a bereaved mother, I also never anticipated working in this field, but it truly feels like a calling. This position allows me to ascribe purpose to the pain of my losses by supporting you in the ways I am able. Similarly, my struggles with breastfeeding led me to become a Certified Lactation Counselor. My journey is proof that with the right support, the pain and hardship we experience can lead to positive impact.

There is no "right" way to grieve, but we can find ways to grieve well, and I would love to be a part of helping you figure out what those ways are for you. I look forward to helping families find healthy, constructive coping mechanisms and avoid unhealthy, destructive ones. Remember that we are not meant to grieve alone, and with WNYBPN, you don't have to.

Tiniest Angels Support Group is changing!

Support Group will now meet on the first and third Thursdays of every month, beginning in February. The first Thursday of the month will be in person! Our in person meetings will take place at Resurrection Life Church at 2145 Old Union Road, Buffalo, NY, 14227. The third Thursdays of the month will remain virtual. All meetings begin at 6PM. This support group is a peer support group, open to any parent that has experienced a loss.

Please reach out should you have any questions!

Kristen Smith
Family Support Coordinator
kristen@wnypbn.org
716-222-2150



"Before I carried
the pain. I
carried you. And
in my heart.
I carry you
still."

-Unknown

Western New York Perinatal Bereavement Network, Inc.

Tiniest Angels Support Group

1st Thursday of each month

In Person @6pm

Resurrection Life Church
2145 Old Union Rd
Cheektowaga, NY 14227

3rd Thursday of each month

Virtual via Zoom @6pm

For More Information Contact:

Kristen Smith
Family Support Coordinator
kristen@wnypbn.org
(716) 222-2150 Cell (716) 626-6363 Office
visit www.wnypbn.org or scan the QR code

Share your story of loss and find
support among other bereaved parents



Words of Comfort

YOU DON'T JUST LOSE SOMEONE ONCE

by Donna Ashworth

You lose them over and over,
sometimes in the same day.
When the loss, momentarily forgotten,
creeps up,
and attacks you from behind.
Fresh waves of grief as the realization hits home,
they are gone.
Again.
You don't just lose someone once,
you lose them every time you open your eyes to a new dawn,
and as you awaken,
so does your memory,
so does the jolting bolt of lightning that rips into your heart,
they are gone.
Again.
Losing someone is a journey,
not a one-off.
There is no end to the loss,
there is only a learned skill on how to stay afloat,
when it washes over.
Be kind to those who are sailing this stormy sea,
they have a journey ahead of them,
and a daily shock to the system each time they realise,
they are gone,
Again.
You don't just lose someone once,
you lose them every day,
for a lifetime.

<https://donnaashworth.com/2021/09/16/you-dont-just-lose-someone-once/>



I think it's brave that you get up in the morning even if your soul is weary and your bones ache for a rest.

I think it's brave that you keep on living even if you don't know how to anymore.

I think it's brave that you push away the waves rolling in every day and you decide to fight yet again.

I know there are days when you feel like giving up, but **I think it's brave** that you never do.

- Lana Rafaela

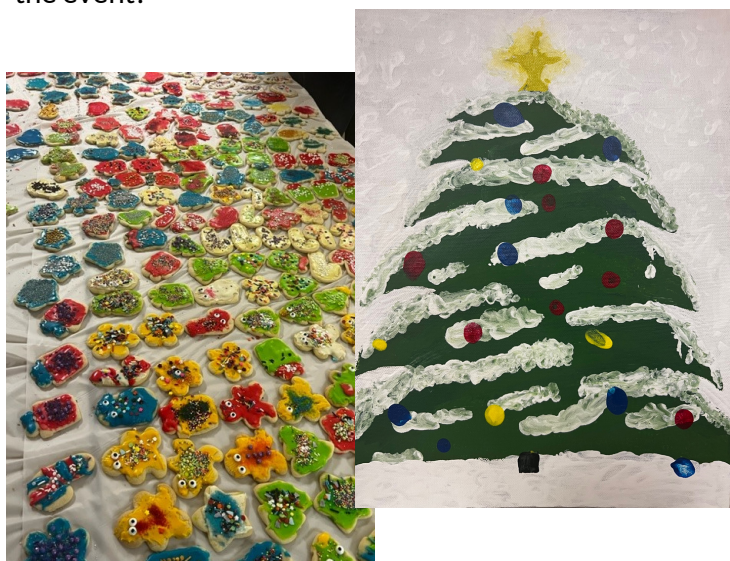
Acknowledgements



Thank you to the families that came out to the Hot Cocoa with Santa Sibling Event on December 10th. We had a wonderful time with hot cocoa, cookies, crafts and of course, SANTA! We were able to create a Holiday tree where the fingerprints represent the babies of the siblings that attended. Bereaved sibling, Kendra Doring, painted the tree for our Remembrance project.

Thank you to WNY Superheroes and Cosplayers for the donation of their time and talents. We enjoyed having Santa, Spiderman (in his ugly Christmas sweater), the Grinch, Mario, and Elsa to spend time with the kids!

A very big thank you to Buffalo Composite Squadron #1, Civil Air Patrol. The cadets decorated all the cookies for the event!



The WNY PBN
extends our thanks to...

Resurrection Life Church for giving us a place to hold our in-person support group meetings.

Twenty-First Century Press, Inc for printing our quarterly newsletters, free of charge.

Hospice Foundation for supplying us with our office location and meeting our administrative needs.

Red Buffalo/26Shirts for their continued support of the Wings of Love Memorial Fund and the General Programs of WNY PBN.



In lieu of flowers, parents Lexi and Josh Matam asked that donations be made in memory of their daughter, Chiara Matam to the Wings of Love Memorial Fund. In loving memory of Chiara, \$2,195 was donated to the Wings of Love Memorial Fund.



Western New York Perinatal Bereavement Network, Inc.
presents the 9th Annual

Elegant Evening to Remember Gala

MARCH 24, 2023

6:30pm - 10:30pm

Salvatore's Italian Gardens

Congratulations to our 2023 Award Winners

Physicians of the Year

Dr. Dilara Samadi MD,
F.A.C.O.G., F.A.C.S.
Buffalo Medical Group
OB/GYN

Nurses of the Year

Colleen Schnell, RN
Julie Boccaccio, RN
Sisters of Charity Hospital

Community
Service
& Awareness

Jeremy & Molly White

Praveen K.
Chandrasekharan MD,
MSUBMD - Neonatologist

Nurse Assistants of
the Year

Renee Badner
Marie Krawczyk
Sisters of Charity Hospital

The Jacob Scott
Award for
Excellence in
Leadership

Mrs. Christine Scott

Paul Ogburn, MD
Maternal & Fetal medicine
RETIRED 2022

"Kindness Is The Key To Love"

For more information or to purchase tickets online, please scan the QR code
or visit www.wnyipbn.org




To donate an item or basket for the silent auction or to purchase tickets, please contact our office at (716)626-6363 or email KristinaW@wnypbn.org.



Months of Love Book & Supply Drive

During January & February, the Western New York Perinatal Bereavement Network, Inc. (WNYIPBN) is requesting donations to purchase books & Supplies 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 sibling. Donors and their lost angels will be remembered on the inside of the books they donated. For more information, please contact the WNYIPBN office at 716-626-6363 or see our website at <https://wnypbn.org>

The approximate price per book with shipping is \$11

 WNYIPBN, Inc.



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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 WNYPBN supports an established standard of care following a perinatal loss, regardless of location of where the loss took place.

Member Organizations

Angels Gowns of Western New York, Inc., Baby's Sweet Beginning's Breast Feeding and Maternity Boutique (Lancaster), Brooks Memorial Hospital, Buffalo Prenatal-Perinatal Network, Inc., Catholic Health System (Mercy Hospital, Sister's Hospital, Mount St. Mary'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 System, Niagara Falls Memorial Hospital, Olean General Hospital, United Memorial Medical Center, UPMC Chatauqua, Wyoming County Community Health Center

Board of Directors

Jan Walkden, *President*
 Amber Hultgren, *Vice President and Secretary*
 Michael Anderson, *Treasurer*

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