

FORGET-ME-NOT NEWSLETTER

Emily's Entry

BY EMILY DORING,
EXECUTIVE DIRECTOR

As the New Year has begun, many people have made resolutions about eating healthier, exercising more, having a better work/life balance, etc. What about those who are grieving a loss? What types of "resolutions" can be made for our grief journey? As I was reading some articles, I came across this one from Hospice of Red River Vally in Fargo, ND. Please read with an open heart and allow yourself to consider these "resolutions."

"This time of year, we are inundated with suggestions for changes we can make to greatly improve our lives in the new year. New Year's resolutions to improve our health and surroundings may be useful and even beneficial. However, if you are among those who have experienced the loss of a loved one during this past year, the typical

sentiments may ring hollow for you as the calendar turns. (How can it possibly be so important to eat more broccoli or walk 10,000 steps a day when there is an empty chair at the dinner table and a pair of sneakers by the back door, (or an empty nursery) waiting for a loved one who isn't returning?)

Perhaps it would be fitting to consider a different sort of New Year's resolution—a set of suggestions suited especially for those who are entering a season of their lives grieving someone whom they loved.

Such a set of resolutions might look like this:

- I resolve to not place time limits on my grief; it will take as long as it takes.
- I resolve to acknowledge my grief as my own—that it is as individual as I am—and will take shape in its own unique way.
- I resolve to be mindful of the need for flexibility when it comes to the expectations of others

(and myself).

- I resolve to not be pressured by "shoulds."
- I resolve to cut myself some slack when I am not as productive as I might like, behave in ways uncharacteristic of my usual self or simply "don't care."
- I resolve to accept that others may not understand my pain, and it is probably not realistic to expect that of them. (Until one has walked the path, how can one know the terrain?)
- I resolve to express my feelings without guilt, and not apologize for tears.
- I resolve to be grateful for concerned others who willingly just listen.
- I resolve to recognize that my acceptance of assistance and support of others allows them the blessing of giving.
- I resolve to forgive those who say or do that which feels hurtful, recognizing that unkindness is not intended.

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FORGET-YOU-NOTS

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

We see you everywhere we go - thank you for giving us those hopeful signs. Until we see you again, Benjamin. You are so loved! Love, Mommy, Daddy, Emma and Millie
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

Joy Aubrey Damberger

May 11, 2023

Parents: Jenna and Andy Damberger

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

Baby Casey

May 18, 2022

Our sweet Casey, we love and miss you so very much. We should be celebrating your first birthday, but we know you are safe in Heaven. You are always in our hearts and on our minds. Love always, Big Brother Elias, Little Brother Owen, Mommy, and Daddy.
Parents: Ashley and Steven Gruhalla

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, Seamus, and Padraig
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

FORGET-YOU-NOTS

Marina Kim Ella Grace Kim We love you and think of you often. Please watch over us... now and always. <i>Parents: Dawn and Mark Kim</i>	August 3-4, 2005 June 8, 2007	Caleb Jonathan Schmeelke 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. <i>Parents: Krystal Rivers and Cameron Schmeelke</i>	March 18, 2022
Baby Joy Love Baby Hope Love Baby Bliss Love Livenzo Sol Love My sweet boy, my perfect son, my miraculous full term child, Livenzo Sol. I carried you in my womb, held you in my arms and love you dearly forever. I miss you so much. To each of my precious babies, you are a blessing to me, gone too soon and always in my heart. With all our love ~ Mama, Grandma and Ambrosia <i>Parent: Christina Love</i>	February 15, 2020 March 26, 2021 November 8, 2021 March 16, 2023	Jacob Wesley Scott We love you and think of you everyday! Butterfly kisses, buddy! Love, Mom, Dad, Thomas, & Mandy <i>Parents: Phillip and Christine Scott</i>	May 27, 2000
Angelo Thomas Marchetti Mommy, Daddy, and your brothers love you and miss you beyond words. We feel you here with us everyday. I will see you again one day my sweet baby boy. <i>Parents: Katelin and Mark Marchetti</i>	January 31, 2022	Steven James Serrano <i>Parent: Lisa Graziano</i>	March 16, 2006
Chiara Snehama Matam Chiara, our beauty, we are so thankful to be your parents. We cannot wait to see you again one day. <i>Parents: Joshua and Lexi Matam</i>	Nov. 21- Dec. 16, 2022	Aubrey Marie Stuber Aubrey Marie "lil' bean" - God needed you for reasons we may never understand but we are thankful to have you watching over us. We love you forever, our beautiful guardian angel. <i>Parents: Larry & Sarah Stuber</i>	May 7, 2023
Bud Charles Mott Theresa Marie Mott "Blueberry" Mott Baby Mott 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 <i>Parents: Timothy and Beth Mott</i>	September 12, 2005 September 12, 2005 January 21, 2014 December 23, 2014	Nicholas Mark Weld You are my darling, my angel, my star, and my love will find you, wherever you are. Love, Mom, Dad, Benjamin, Amelia, & Johnny <i>Parents: Nate and Joanna Weld</i>	April 25, 2019
Noah Navarrette Te amare para el resto de mi vida mi amor. Siempre. <i>Parent: Alexa Mancilla</i>	Feb. 12- Sept. 12 2021	Margie Faye Willis <i>Parents: Katie and Brandon Willis</i>	May 22, 2019
Michael James Quigley Miss you more and more! 'Til we meet again! Love, Mom <i>Parent: Debi Zmuda</i>	October 24, 1992	Grace Lee Zimmer Until we meet again, fly sweet butterfly, fly! A moment in our arms, A lifetime in our hearts. Love, Mom, Dad, Hunter and Luke <i>Parents: Donna and Russell Zimmer</i>	April 12, 2012

Safe Arrival

Owen Thomas was born on September 11, 2023. We are so blessed, thankful, and overjoyed for our Rainbow Baby, and we know sweet Baby Casey is watching over all of us.
Parents: Ashley and Steven Gruhalla

Interested in submitting a memorial or announcing your Rainbow Baby? Please email your baby's "Forget-You-Not" or Safe Arrival to Newsletter@wnypbn.org. Submissions are due by the 15th of the month prior to the issue month. Family and friends are encouraged to provide a submission.



LETTER FROM THE EDITOR

BY JOANNA WELD

A few days ago, as I was working on my computer, Johnny, the twin I got to keep, came into my room with “The Goodbye Book” by Todd Parr. The book is about an orange fish mourning the loss of a green fish and discussing all of the different emotions he is feeling as he tries to process his grief. We were given this book from the child life specialist who worked with my children after we lost Nicholas as a way to help them process the simultaneous confusion, sadness, and anger they might be feeling. We have read it several times before, but as Johnny was flipping through it while he was trying to avoid going to sleep, something about the story must have clicked for him. “Johnny is the orange fish and Nicholas is the green fish,” he said, as he came into my room to show me one of the pages. I had never thought of the story within the context of twin loss, but as I flipped through the pages with him, I saw the orange and the green fish swimming together in the same fishbowl and then the sadness on the orange fish’s face when he is alone. I have thought about Johnny being without his other half so many times- on the rough mornings when he cries as I drop him off at school, when he’s afraid at night and wants to sleep with me, when his older brother and sister are playing together and leaving him out. I know that he doesn’t know any different, but my heart still breaks for what could have been.

Towards the end of our conversation, Johnny asked me why, on the cover of the book, the green fish is smiling in a thought bubble above the crying orange fish. He wanted to know if Nicholas is happy. In these random moments when I am working on other things and something brings Nicholas to the forefront of my mind, I take it as reassurance that he is happy and a reminder that he is never far away from me or his orange fish, even though he is swimming in different water.

EMILY’S ENTRY

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- I resolve to extend to myself the same grace and patience I would to others, were they in my situation.
- I resolve to find some little way each day to begin to reinvest in life, in an effort to move toward hope and a sense of purpose.
- I resolve to continue to speak my loved one’s name, tell our stories and embrace my memories.

Whether or not you are one to make resolutions, it is our hope that one or more of these thoughts will resonate with you. Turning the page to begin a new year, you can be resolute as you move forward in your season of grief.”

New Year’s resolutions for grieving -
Hospice of the Red River Valley. (n.d.).

Welcome to Brooke Shields, WNYPBN Intern!

Hi! My name is Brooke Shields and I am an intern with the WNY Perinatal Bereavement Network until summer this year. I am very fortunate for this internship as I now have an opportunity to participate in the amazing support that the network offers to bereaved parents. I lost my son nearly two years ago now, and the WNYPBN played a major role in my grief process.

I am also a graduate student pursuing a Master of Social Work degree at the University at Buffalo. I've been a Buffalo resident for four years, but I was born and raised in Brooklyn, NY. I earned my undergraduate degree in Psychology at my alma mater, SUNY at Fredonia. My academic interests fall primarily within social justice and inclusion. I am interested in advocacy, trauma-informed care as a standard in work and social spaces, black maternal & fetal mental/physical health, black feminist theory, and policy reform. I plan to use my degree to facilitate inclusive and equitable change for minority groups in communities and on national and global scales. I hope to do more work with women, children, and refugees throughout the course of my career. Let's see where life takes me.

On a more personal note: my favorite color is yellow; my favorite food is anything potato; my guilty pleasure is Amazon; I love movies; my favorite pass time is washing my hair; and I am afraid of giant squids. It's nice to meet you, I hope we'll cross paths soon!

KRISTEN'S PAGE

BY KRISTEN SMITH, FAMILY SUPPORT COORDINATOR

February has arrived...which means we survived the first month of a new year! The New Year can bring various feelings for those that have experienced the loss of a baby. Some people feel like it is a fresh start, the worst year of their life is over (if they just experienced their loss that outgoing year), those that believe in Heaven or an afterlife may feel hope over being one year closer to seeing their baby again. Others may feel the opposite that they are one year farther from their loss, from holding their baby or being with their baby. Whichever feelings you may be experiencing, know that you are not alone.

Winter can be hard in this part of the country. I read on January 28th, that January in Buffalo had a mere two days that featured some sun (in the entire month!). Since December 1st, there have only been 11 days featuring some sunshine. Only 11 out of 58 days since December 1st have had some sun. That means 80% of our days since December 1st have been gray. I don't know about you, but gray days definitely don't help my mood. What a weight on top of the unbearable weight of perinatal loss and grief.

I know I have expressed in previous newsletters how important it is to not walk through this grief journey alone and encouraged attending our Support Group. I wanted to give you the opportunity to hear how beneficial Support Group is to some of the mothers that attend. So, below you will find their testimonials. I hope you will consider joining us at an upcoming meeting, whether in person or virtually.

-Kristen Smith, *Family Support Coordinator and bereaved mother of three*

"Grief group is so very important to me. Group is a place where I can talk about my baby and other people can relate to my story. When I am at group, I know I can express how I feel without any judgment from others. Group is a safe place for me once or twice a month to keep my baby's memory alive, share my story, and discuss our feelings and maybe help another parent not feel alone. Grief can be a lonely thing and group makes me feel not so alone."

-Molly Hamilton,
bereaved mother of Reid Scout Hamilton, 4/18/21

"I knew I needed support after the devastation and heartbreak of losing my beautiful, precious full term son, Livenzo; the worst loss of my life on top of three miscarriages. In addition to weekly counseling, I am grateful for The Network's support group so I can sit in the company of other loss parents, who are also grieving for their sweet babies. Support group reminds me that I am not alone in my despair. I feel that it's one way I honor my Livenzo and all the babies I've lost. My mom accompanies me, so it provides an outlet for her grief as well. I continually learn from other loss parents and share my experiences when moved to. We listen and talk, laugh and cry. We even made ornaments in honor of our babies and had a guest speaker, Brandon, from the Guys and Grief Podcast."

-Christina Love,
*bereaved mother of Baby Joy Love 2/15/20, Baby Hope Love 3/26/21,
Baby Bliss Love 11/8/21, and Livenzo Sol Love 3/16/23*

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



"My name is Juliette. I am mom to Luc who is 22 years old and Brayden who was born with his wings August 28, 2009. Since then, we have attended the annual Walk to Remember. After Bray, I didn't reach out to any groups. I think mostly out of fear. Fear of having to let out my feelings and thoughts. It seemed easier to keep to myself. Over the years, it stayed the same. I bottled my emotions. Felt like no one understood or would understand. How would my friends and family feel and react if I spoke up about my son?

Last year, I saw the posting for Tiniest Angels. I finally felt like I wanted to be in a group and share my son to others. It has helped me immensely. The peers that attend, share a common bond. Our experiences are different, yet the bereavement is there. Regardless of the time passed. To me, this group has helped me in my grief journey. Peers have become friends. I look forward to attending every month in person. It is a "safe place." We can speak and there is an air of support and concern. Everyone is heard. Because of this group, it has given me confidence. I can express my feelings openly. I am heard and my feelings are valid. I can be there to offer support to others that come and also come to speak of their beautiful children."

-Juliette Swiatek,
*bereaved mother of
Brayden Keith Swiatek. 8/28/09*

FUNDRAISERS & EVENTS

Glory Be To Kids

We are excited to announce that the WNYPBN has been selected to be the 2024 beneficiary of Glory Be to Kids events!

Glory Be To Kids is a 501c3 Not for profit organization. Their mission statement reads: *We are united in the belief that there is no greater cause than that of a child. "Glory Be To Kids" strives to make a difference in the lives of children in need. By combining our love of children with our love of sports, funds are raised through various events. Each year a different local children's charity is chosen as a primary beneficiary and all money raised is donated.*

Please consider supporting the upcoming Glory Be To Kids events and visit the organization's website, www.glorybetokids.com, for more information.



Glory Be To Kids Upcoming Events


Bowl-A -Thon
March 3rd

Golf Tournament
Springville, NY
May 20th

Golf Tournament
North Tonawanda
June 15th

Disc Golf
Date TBD

Dice Run
Date TBD

 Western New York
Perinatal Bereavement Network, Inc.

Parent-to-Parent Peer Support

Are you interested in speaking with another parent with a similar loss to yours?

- Miscarriage
- Stillbirth
- Early infant loss
- Ectopic
- SIDS
- TFMR

Connect one-on-one on a deeper level.

Discover a more personal support from others who have walked their own grief journey.

If interested, please contact:
Kristen Smith
Family Support Coordinator
(716) 222-2150 or
kristen@wnypbn.org



On January 23rd, we held a Peer Mentor training in conjunction with the Star Legacy Foundation. Eight new peer mentors have joined our program, with more volunteers expressing interest in a future training.

If you are interested in either benefiting from this program as someone in need of a peer mentor to walk through your grief with you, or are at least one year post loss and interested in becoming a Peer Mentor, please reach out to Kristen for more information at kristen@wnypbn.org or 716-222-2150.



Congratulations to
Amanda Hens,
winner of our Buffalo Bills
signed Jerseys Raffle!

FUNDRAISERS & EVENTS

WESTERN NEW YORK PERINATAL BEREAVEMENT
NETWORK, INC. PRESENTS THE

10th Annual Elegant Evening to Remember Gala

Saturday, May 18, 2024 6-9:30pm

Salvatore's Italian Gardens, Lancaster, New York

DOCTORS OF THE YEAR:

Dr. Heather Florescue

Dr. Millicent Trevett

NURSES OF THE YEAR:

Cyndi Beck

Melissa Montgomery

VOLUNTEERS OF THE YEAR:

Tara Petty

Joanna Weld

COMMUNITY SERVICE OF THE YEAR:

Sondra Dawes - Priscilla Project, Jericho Road Community Health

“OUT OF THE MOUNTAIN OF DESPAIR,
A STONE OF HOPE” - MLK



Save the Date

for upcoming
WNYPBN events:

**Months of
Love Book Drive**
February and March

**Elegant Evening to
Remember Gala**
May 18th

**Parents' Day
Breakfast**
June 1st

Basket Raffle
Date TBD

Meat Raffle
Date TBD

Walk to Remember
October 13th

Months of Love Sibling Book Drive

During February and March,
Western New York Perinatal Bereavement Network, Inc.
is hosting our Sibling Program Book Drive

The Sibling Program provides young children with a book,
as well as a stuffed animal following the loss of their sibling.
These bereavement books help children during this time of
confusion and sadness.

Your loved one's name, will be remembered on the inside of the
books you donate. For more information, contact the WNYPBN
office at 716-626-6363 or to purchase books, please visit our
Amazon wish list by scanning the QR code.



Western New York Perinatal Bereavement Network, Inc.



WNYPBN, Inc.

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Christine@wnypbn.org

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

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Amber Hultgren, *Vice President and Secretary*
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Forget-Me-Not Newsletter

WNYPBN, Inc.
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