

FORGET-ME-NOT NEWSLETTER

Emily's Entry

BY EMILY DORING,
EXECUTIVE DIRECTOR

I've been dealing with a left shoulder issue for almost ten months now. During that time, I also took a fall and broke my right hand. While I focused on healing my hand, my shoulder continued to remind me - loudly - that it needed attention too.

I tried to ignore it, hoping it would magically go away, but it didn't. It got worse. It started affecting everything - sleeping, cleaning, cooking, even working. My shoulder demanded to be acknowledged, to be dealt with. But I kept telling myself, "It's fine. It'll get better on its own." It didn't, and by the time I admitted I needed help, the situation was far worse than if I had just faced it early on.

Now, I'm working to regain movement. It's slow. It's painful. It takes patience. And it reminds me a lot of grief.

Grief is messy. It's deeply personal. And just like a physical injury, ignoring it doesn't make it disappear. In fact, pretending it isn't there only makes the healing harder later on.

I recently read an article by Emma McFaden entitled "The Healing Process: The Physical Symptoms of Grief." She shared three powerful truths:

- Healing is a natural process. Just as our bodies need time to recover from injury, our minds and spirits need time to process loss.
- Time and adaptation. With time, the intense pain of grief can soften. Our hearts and minds begin to adjust to our new reality.
- Scars remain. Even after healing, the injury and pain leaves a mark. Just like a scar on the skin, grief becomes a part of who we are - we don't stop missing the person we lost.

Just like I did with my shoulder, trying to bury pain - hoping it'll go away - doesn't work. Ignoring grief only delays healing and deepens the hurt.

If you're grieving, please know this:

You don't have to do it alone.

You don't have to pretend it doesn't hurt.

You don't have to carry it in silence.

Support is here - through counselors, therapists, support groups, or simply someone who's been through it too. We're here for you. Please reach out. You're not alone.

In this issue:

- Emily's Entry, page 1
- Forget-You-Nots and Safe Arrivals, pages 2 & 3
- Letter from the Editor, page 4
- Kristen's Page page 5
- Past Events & Fundraisers page 6
- Upcoming Fundraisers & Events, page 7
- Contact Information page 8



FORGET-YOU-NOTS

Charlotte Caucci Anderson 12/19/23-12/25/23
 Our sweet forever baby, Mommy and Daddy love you so much and miss you everyday. We wish you could be here to meet your little brother and grow up with him but we will think of you everyday and tell him all about you. You are always with us. Love Mommy, Daddy, Owen and your fur siblings Blossom, Willow and Fin
Parents: Christina and Karl Anderson

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

Wednesday Rose-Lynn Bradley June 8, 2024
Adalae Grace Bradley June 8, 2024
 You are Wanted, You are Loved.
Parents: Tiffany and Josh Bradley

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

Baby Cerasani April 19, 2024
 Our little surprise baby! You caught us off guard but immediately we were excited to have another little bundle of joy in our lives. We thought about you, your arrival and how things would be with your big sister so close in age. We made plans for a wonderful Christmas season with a new little baby in the house. But God had other plans and we will have to wait to meet you in Heaven one day. Thank you for the joy you brought to us in that short time. We will always remember you. Love, Mommy, Daddy and Luisa
Parents: Evan and Rachel Cerasani

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

FORGET-YOU-NOTS



Nora Ann Holmes November 27, 2023
My sweet girl, we miss you more than words can say. I know you're with great gramma and grandpa watching over us all. Your brother gave my life purpose, but you saved it. I love you so much. Love mama and George
Parent: Rebecca Martin

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, Kreesee, 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

Baby Joy Love February 15, 2020
Baby Hope Love March 26, 2021
Baby Bliss Love November 8, 2021
Livenzo Sol Love March 16, 2023
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
Parent: Christina Love

Angelo Thomas Marchetti January 31, 2022
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.
Parents: Katelin and Mark Marchetti

Baby Angel Matam I October 12, 2021
Baby Angel Matam II January 23, 2022
Chiara Sneham Matam Nov. 21, 2022 - Dec. 16, 2022
To our two beloved babies that we never met and held - we can't wait to meet you and hold you in Heaven. To our beloved Chiara - you are the strongest and most beautiful person we have ever known, and we are so honored to be your mommy and daddy. We think of all three of you every day and miss you every moment. We love you beyond words. Until we can hold you again, we know Jesus is holding you.
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

Aubrey Marie Stuber May 7, 2023
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.
Parents: Larry & Sarah Stuber

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

Hannah Faith Wise November 18, 2024
We love you sweet girl. We know that you are walking with Jesus and dancing in heaven. You are your siblings' guardian angel now. We can't wait to hug and kiss you when we meet you in heaven. We will always love you, Mom, Dad, Nora, & Jacob
Parents: Dan and Ali Wise

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 ARRIVALS

Owen Caucci Anderson, brother of Charlotte Caucci Anderson, was born February 27, 2025 at 11:08 am. He was 9lbs 15oz and absolutely perfect!

We are happy to announce the safe arrival of Harrison R. Bradley, brother of Wednesday & Adalae Bradley, born on May 1, 2025.

LETTER FROM THE EDITOR

BY JOANNA WELD

I STOPPED CRYING,
BUT I WAS STILL
GRIEVING.

@GLITTERANDGRIEF

"It's good to see you're doing better."

THAT'S NOT WHAT IT MEANT THOUGH.

I WAS STILL *grieving*, BUT TO THE WORLD

I WAS MOVING ON. AND THAT HURT.

I COULDN'T EXPLAIN THAT THIS WAS STILL

GRIEF. *initial loss made sense*. IT WAS

OVERWHELMING. ALL CONSUMING. AND I CRIED.

A LOT. BUT I DON'T CRY LIKE I USED TO. I

WAKE UP EVERYDAY AND I REMEMBER YOU'RE

NOT HERE. *but i don't always cry*. AND

SOMETIMES THAT DOESN'T EVEN MAKE SENSE

TO ME. GRIEF IS HARD TO EXPLAIN. WHEN YOU

CAN'T EVEN UNDERSTAND IT YOURSELF.

i stopped crying, but i was grieving.

When I come across things that remind me of Nicholas or speak to how I'm feeling about him at the time, I always save them to my phone in a special album. I think of these as the artifacts of his life because I will never have updated photos of him like I will with my living children. I like to believe that he sends me signs and messages when I most need to hear them.

The image I'm including with this letter happened to come up on my screen saver just as I was thinking about what I would write for this month. As I reread the quote, the words "initial loss made sense" stand out to me. For a culture that is often uncomfortable with grief, the initial stage immediately after a loss is easier to understand. We are sad because the loss is fresh, and visual emotion, social withdrawal, or just not seeing ourselves is more accepted. Anyone who has grieved knows that eventually there comes a time when we are expected to move on with our lives and outward grief seems less welcomed. We cherish the moments when someone asks how we're doing or says the name of our baby because it means so much that they are still remembered.

Six years post-loss, the grief isn't overwhelming or all consuming for me anymore. As the image states, this phase is often hard to understand. As I've shared in the past, I think a lot about how I will keep Nicholas's memory alive as time continues to pass. Participating in the Network's events is definitely a source of continual comfort. As we head into October and Infant Loss Awareness month, there are many opportunities for community and remembrance that I would encourage you to take part in regardless of which stage of grief you currently find yourself in.

WNYPBN Updates

We've had a few exciting developments at WNYPBN over the past month!

First, we are thrilled to welcome back Kristen Smith to her former role as Family Support Coordinator. Kristen brings warmth, experience, and deep compassion to this position, and we're so happy to have her back. Be sure to check out her article to learn more about her return and what it means to her.

We also want to express our heartfelt gratitude to Amber Hultgren. Amber's journey with WNYPBN began as an intern. Over the years, she volunteered extensively, supervised many interns, and eventually joined the Board—culminating in her leadership as President. Her dedication and impact have been extraordinary, and we wish her all the best going forward.

Finally, please join us in welcoming Anne Marie Swartz to the Board of Directors! Anne Marie has already been a familiar face at our events—many of you may recognize her as the friendly photographer capturing our special moments. We are excited to have her bring her passion and perspective to the Board.

KRISTEN'S PAGE

BY KRISTEN SMITH, FAMILY SUPPORT COORDINATOR

I'm baaaaack! I originally stepped into the role of Family Support Coordinator with WNYPBN in December of 2022, and had to step away at the end of October 2024 due to some family health issues. I am so excited to return to the role and have no intention of leaving again (and have some systems in place so I won't have to)!

For those of you that don't know me, I personally have struggled with both recurrent pregnancy loss and infertility. I experienced three miscarriages in between having my living children (a son and a daughter), and had a failed embryo transfer after having my daughter, all of which impacted me deeply. I found my position by chance, or maybe it was fate? I certainly believe it was meant to be, as doing this work has impacted me greatly, and ascribing purpose to my own pain has been healing when I didn't realize I still needed healing. I don't take lightly how important this work is and will do whatever I can to support you following your losses.

I have missed you all more than I knew I would (even those of you I have yet to meet!) over the past few months, so I was extremely grateful when Emily and the board welcomed me back with open arms. Logistically this means I will return to intake and follow up calls when a family is referred to us and resume facilitating our in person support group that meets the first Thursday of each month. Emily will continue to facilitate our virtual support group the third Thursday of each month for a few months, but hopefully my schedule will allow me to resume that soon. I will be reachable directly on our support number 716-222-2150 via call or text, and via email at kristen@wnypbn.org. I look forward to reconnecting with those of you that I know and meeting those I don't. Although I don't like that any of us have a reason to be here, I am very glad to be, and hope you will reach out and share your journeys with me.

-Kristen

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
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



A heartfelt thank you to Josh M. for your incredible support and dedication in facilitating this year's Doughnuts with Dads – our men's support group.

Your kindness, care, and empathy have truly been life-changing for so many of our fathers. You've created a space of comfort, connection, and healing that will continue to impact lives. We will deeply miss you and your family as you move out of state.

Doughnuts with Dads will continue! Please keep an eye on our Facebook page for upcoming dates and information.

PAST FUNDRAISERS & EVENTS



NATE & JOANNA WELD
AND
THE "SMITTY" MEMORIAL
GOLF TOURNAMENT

THANK YOU FOR
YOUR DONATION
OF \$2,942.72!



Thank You for Supporting
GIVE716!

Thanks to your generosity,
\$2,901.31
was raised and
will be directed to our
Wings of Love Memorial Fund.



PARENTS DAY BRUNCH

On Saturday, June 7th, we gathered for our annual Bereaved Parents Day Brunch. It was a meaningful and heartfelt time as we came together to honor our precious babies and support each other, as their parents. Poems and readings were shared, and candles were lit in remembrance. It was a quiet, powerful tribute to the little ones we carry in our hearts.

Thank you to all the families who joined us and helped make this a beautiful and sacred gathering.



UPCOMING FUNDRAISERS & EVENTS

WNYPBN EVENTS

Walk to Remember

Saturday, Oct 4th 10am

Cheektowaga Town Park, Harlem Rd Cheektowaga, NY

Basket Raffle at the Walk to Remember to support
The Wings of Love Memorial Fund

To donate a basket: call (716)626-6363 or email Emily@wnypbn.org

Wave of Light Candlelight Memorial Service

Wednesday, October 15, 2025 7-8pm

Location TBD

Hot Cocoa with Santa

Saturday, December 13, 2025 10am-12pm

Registration opening in October

OTHER UPCOMING FUNDRAISERS

Ronan Memorial

3v3 Street Hockey Tournament

Saturday, September 27, 2025

Tournament, Basket Raffle, 50/50, Food Trucks

Contact: Ronanmemorials@gmail.com

Medal Chasers - Pregnancy & Infant Loss Awareness Month Virtual Run

Opening Mid-September

<https://www.medalchasersvrc.com/>

"Fall is Elite Brew" Fundraiser

Wayland Brewing Co. & Jeremy White

October at their Orchard Park location only

WALK TO REMEMBER



Saturday, October 4th
10am - 1pm

Cheektowaga Town Park, Lions Pavilion
2600 Harlem Rd. Cheektowaga, NY

10:00- Check-in, Memorial Activities, Kids Zone
Activities, Info Tables & Basket Raffle

11:30 - Remembrance Service & Walk

12:15 - Family Picnic



For More Information:

(716)626-6363 * Emily@wnypbn.org * www.wnypbn.org * Scan QR code

Walk T-Shirts, Hoodies, Sweatshirts & Tumblers on sale! Order Now!



Youth & Adult Sizes
Small to 4XL

Scan QR code to order or
visit www.wnypbn.org



WNYPBN, Inc.

Wilson Support Center
150 Bennett Road
Cheektowaga, NY 14227
Phone: (716) 626-6363
Fax: (716) 626-6368

Emily Doring

Executive Director
Emily@wnypbn.org

Kristen Smith

Family Support Coordinator
Kristen@wnypbn.org
Cell: (716)222-2150

Joanna Weld

Newsletter Editor
Newsletter@wnypbn.org

Christine Scott

*Founder of the
Wings of Love Memorial Fund*
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., Brooks Memorial Hospital, Buffalo Prenatal-Perinatal Network, Inc., Catholic Health System (Mercy Hospital, Sister's Hospital, Glory Be To Kids, Hospice & Palliative Care Buffalo, Inc- Essential Care for Children, Kaleida Health (Oishei Children's Hospital, Millard Fillmore Suburban Hospital), Jones Memorial Hospital, The Wilson Support Center, Niagara Falls Memorial Hospital, Olean General Hospital, United Memorial Medical Center, UPMC Chatauqua, Wyoming County Community Health Center

Board of Directors

Joanna Weld, *President*
Anne Marie Swartz, *Vice President*
Nancy Campbell, *Secretary*
Terry O'Michalek, *Treasurer*

Dr. Vivien Carrion, Jennifer Meegan, Constance Perna, Nate Weld.
Dr. Munmun Rawat, Jan Walkden, and Rev. Richard Zajac

Volume 25, Issue 3
August 2025

Forget-Me-Not Newsletter
WNYPBN, Inc.
Wilson Support Building
150 Bennett Rd
Cheektowaga, NY 14227