



# Forget-Me-Not



Volume V, Issue 1

February—May 2008

**This newsletter is sponsored by:  
WNY Perinatal Bereavement Network,  
A program of Life Transitions Center, Inc.**

Member Organizations

- Brooks Memorial Hospital
- Buffalo Prenatal-Perinatal Network
- Catholic Health System
  - Mercy Hospital
  - Sisters Hospital
- The Center for Hospice & Palliative Care
- Kaleida Health
  - Women & Children's Hospital of Buffalo
  - Millard Fillmore Suburban Hospital
  - Lakeside Memorial Hospital
  - Mount St. Mary's Hospital of Lewiston
  - Niagara Falls Memorial Hospital
- Life Transitions Center, Inc.
- March of Dimes
- NYS Center for S.I.D.S.

*The editors reserve the right to edit and select from materials submitted. Views and opinions in this publication are not necessarily those of WNY Perinatal Bereavement Network or its member organizations, but those of the individual authors.*

## From Our Heart To Yours

The 3rd Annual "Evening to Remember" Basket Raffle

**Saturday, March 8, 2008**

**Lily of the Valley Banquet Hall**  
(Masonic Community Center)

2379 Union Road, Cheektowaga

from 7:00pm –10:00pm

Admission is \$3/person, \$5/couple

Adults Only Event



In the last issue of the Forget Me Not (Vol. 4, Iss. 4), I somehow cut out two of our contributing authors' names from their articles. The article entitled, "Our Three Angels" on page 6 was written by Lori A. Stroup. The article entitled, "Gabriella" on pages 6-7 was written by Nicole Pirrone. My heart-felt apologies for the omission of your names: it was completely unintentional.

I do hope the new year finds everyone well and in one piece. We made it through another tough time, but we're still here! The cold winter

is truly setting in, but spring is just around the corner. Just as our grief leaves us desolate, sad and cold... we will eventually find peace, warmth and love, continuing our journey of grief.

I am, as always, still looking for articles and poems. Please consider sharing your story with the community... it is very therapeutic!

New years are filled with new possibilities and new steps toward healing. May 2008 be kind to us all!

Peace

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The mission of the Western New York Perinatal Bereavement Network (WNYPBN) is to assist the community to meet the needs of people facing the pain of perinatal death. We believe all people experiencing this loss have the right to support that reflects a standard of care regardless of the facility where the birth took place. The Western New York Perinatal Bereavement Network supports an established standard of care following a perinatal death. We promote standards of bereavement intervention through educational support, community programs, and referral services to bereaved parents. The WNYPBN is a program of Life Transitions Center, Inc., an affiliate of The Center for Hospice & Palliative Care.

**“Wings of Love Memorial Fund”** is a new program being offered to parents in our eight county region of Western New York, under the WNY PBN. This Memorial Fund was created by one of the bereaved mothers, Christine Scott, in honor of her son, Jacob Wesley. The Wings of Love Memorial Fund will provide financial assistance for burial costs up to \$350.00, to bereaved parents who can't afford these unexpected expenses.

“My son, Jacob Wesley Scott, was born still on May 27<sup>th</sup>, 2000. Even though several years have passed, there is not one day that goes by that I don't think of him, miss him, and love him. In his honor, I want to share that love and strength he has given me, with all of the parents in our community who experience the loss of their child.”

Anyone interested in making a donation to help this fund assist families in need are asked

to please send a check payable to **Wings of Love Memorial Fund**, to: The Hospice Foundation of WNY, c/o WNY Perinatal Bereavement Network, 225 Como Park Blvd., Cheektowaga, NY 14227.

Any questions? Contact Jan Walkden or Christine Scott at the Life Transitions Center at (716) 837-5189.

Thank you!



*Christine Scott*



## The Effects of Aspirin in Gestation & Reproduction (EAGeR)

A New Research Study Looking to Prevent Pregnancy Loss

Anyone who has suffered a pregnancy loss understands personal disappointment and frustration. There can be so many questions. Why? What went wrong? What could have been done to prevent it? Although pregnancy losses are common, health care providers are not able to prevent those in the critical first few months. This is why a new research study called EAGeR is being conducted. The goal of EAGeR

is to help women get pregnant and maintain their pregnancy. EAGeR will evaluate if the use of low dose aspirin before and during pregnancy helps women to become pregnant and maintain a healthy pregnancy.

Aspirin has two qualities, the prevention of blood clots and reduction of inflammation, which may help with the implantation of the embryo and the formation of the placenta.

The EAGeR study is sponsored by the National Institute of Child Health and Human Development. Dr. Jean Wactawski-Wende is conducting the study at the University at Buffalo (UB). A second study site is at the University of Utah Health Sciences Center.

UB is currently recruiting for the EAGeR study. All women who join EAGeR will be given a highly sensitive fertility monitor to aid in determining the best times to conceive each month. By understanding this peak time in her cycle, a woman's chance of becoming pregnant

is greatly enhanced. All participants will be assigned to take either low-dose aspirin or a placebo daily. Additionally, all participants will be given folic acid to be taken daily. Folic acid has been shown to prevent neural tube defects. Participants must be between 18-40 years old, have had a previous pregnancy loss, and want to become pregnant at this time.

Women who join EAGeR will be asked to come to the Women's Health Research Center at UB one or two times a month, complete questionnaires, provide blood and urine specimens, and have basic body measurements taken. Participants will be in the study for 6-15 months, depending on if they become pregnant. Study visits are in addition to regular prenatal care and provide additional medical surveillance.

For more information, call the Women's Health Research Center at UB, 716-829-3128, or visit the web site at [www.EAGeRtrial.org](http://www.EAGeRtrial.org).



## My Faith Gets Me Though It

By: Starr McCooley-Viele

It all began on May 9<sup>th</sup>, 2005 when my children and I were sitting on the couch doing their homework. Out of nowhere I smelled something burning. Right away, I realized it was our house. At that time I did what any parent would do: gather up my kids and get them to safety. Within seconds of leaving the house, it exploded! An ordinary day was changed in a matter of seconds.

On top of all the excitement, I was also 37 weeks pregnant with my fourth child. I had a regular visit with the doctor on June 1<sup>st</sup> and everything was fine. That night at about 9:30 PM, my life was changed forever. I went to the hospital at about 9:30, only to find out the baby that I was carrying had passed away *in utero*. My baby, the child I carried in my womb for nine months, was dead. The place I thought he'd be the safest, allowed him to die.

The hospital where I had my precious son, Anthony, was wonderful. They had explained everything to me. They told me Anthony died from a concealed placental abruption. That is when the only source of oxygen and food breaks away from the uterine wall and suffocates and starves the baby. Saddened and deeply depressed, I was put on pills to "take the pain away." But no pill, no drug would take away the pain

of losing my baby. Nothing could help me but the wonderful love of our Lord and Savior, Jesus Christ!

It was a Thursday that I lost Anthony, and by that Sunday I felt I needed to be with others who could understand and help me deal with my pain. There was no better place to be other than at church. Many people asked me why I was there, but I couldn't imagine being any where else.

I was not a saint growing up. In 1994, I met a man who would end up being my oldest son's father. We eventually split up and I was a single mom at the age of 18. In 2007, we met up again... and again I "screwed up," as many would say. I got pregnant again. I know it is not Christian-like to be with someone if you are not married, but I really thought this was it: I'd end up with this man forever. Well once again, that did not happen. Again, I was pregnant, a single mom, broke and alone.

As time passed, exactly two years, seven months and one day I had to endure yet another tragedy. On Wednesday, January 2<sup>nd</sup>, 2008, I woke up at 9:00 AM and nothing out of the ordinary happened that day. A very close friend brought her kids over for dinner and everything was fine. At around 5:30, I started to feel sick. I had some stomach cramps, a slight headache and was very tired. I knew something wasn't right. I figured if I

got some rest everything would be fine the next morning. I was wrong. I awoke with severe cramps at 3 AM Thursday morning. I got up to go to the bathroom, and noticed my pajama's were wet. I looked down and they were soaked in blood.

All I can remember is sitting there praying, "please, God... don't let this happen to me again." As I was sitting there crying, I just wanted it to all go away. I couldn't bear the pain of losing another baby. I know that in scripture it says "God knows the plans for a child's life before they are even born." Well in my case, I guess heaven just needed another angel. By 9 AM on Thursday, I was at the hospital, bleeding profusely and needed emergency surgery to stop it.

In the midst of all these tragedies, I have come to realize that no matter what struggles and storms we go through, God is always with us. He will never leave us or forsake us. My relationship with God has become so much stronger. I cannot wait till the day he calls me home to be reunited with my children. There are so many things I want to say to them and the only way to be able to do that is be the Christian woman that my parents had raised me to be.

The last thing I wanted to say is that, being a single parent is a very hard job. But with a strong relationship with God, anything is possible.

## The Unlikely Thank You

By: Dawn Both-Kim

We were devastated when we lost Marrina in August of 2005. Devastated hardly seems to describe what we were feeling. We had tried for 3 years to get pregnant. We underwent fertility treatments that were both uncomfortable and frustrating: "I" didn't even like being around me, with the crazy emotional outbursts and snappish attitude. But we had finally achieved what we were so hopeful and dedicated to do! We were pregnant! Then, I became sick with the severe early on-set pre-eclampsia and HELLP syndrome. At 26 weeks, when they told us that Marrina needed to be delivered, I was so devastated that I couldn't bend my mind around what was going on.

I'm pretty sure that most mothers who experience a loss feel similarly to what I felt: the loss of comprehension of simple words. Words that tell us that the dreams we had, plans we made and hopes we hoped were utterly and completely destroyed. We don't get it. We hear you and recognize the words... but we don't understand. Is that devastation? It seems like there should be a word that better describes that inexplicable feeling we experience when the medical staff tell us our baby has died. But until Merriam-Webster figures out what the word is, devastation was what my husband and I experienced.

Our families were wonderful

and supportive. The hospital staff was all that they could be. The funeral home was horrible, but likely hadn't done too many baby funerals... and we will never give them a chance to do another one from our family. People said stupid things to us that made us feel like they were discounting the short 62 minute life-span of our beautiful Marrina. But I understood that they were just trying to be helpful and wanted me to stop hurting. I also had a number of amazing friends that took people aside and told them to stop telling me that I was so young and could have other babies.

I made it through the pain and devastation of losing my first born. I was changed: less naïve, more cynical, less happy. When people would ask me about children, I never hesitated to tell them about Marrina. "Yes, we have a daughter in heaven," I told countless strangers and newly acquired acquaintances. I was sad but was enduring the grief. It seemed like the world was spinning past me and I just let it. And just when I found that I was catching up with the world, we were able to become pregnant again.

From the moment we saw the "+" sign on the EPT stick, I was terrified. I was thrilled and happy... but in absolute terror that we may lose another child. We did. This time things were different. I didn't really feel the whole devastation like the first time. I felt abandoned by God and by science. I was so angry about the loss. I saw the heart

on the sonogram... I saw the beautifully formed four-chambered heart that was beating just hours before, lit up on the screen still as a summer's day. We thought of everything, except this. I was just plain MAD.

This time, there were virtually no hurtful words of wisdom. No one telling me that there was likely something wrong with Ella and it was best she died. This time the doctors begged me to never become pregnant again, so there could be no more, "you are so young, you can have more children." We went to a better-suited funeral home and had a beautiful service for Ella. Things were going peacefully into the log books, until SHE came to me at the wake.

This woman from work approached me at the wake. She is from China, and doesn't necessarily know the customs and appropriate interpersonal relations of us "crazy Americans." She was so happy for me that we were having a baby, and I am sure was desperately trying to be helpful when she came to me. She grabbed a hold of either side of my head, came very close to my face and said, "you just need to forget about all of this."

I pulled my face free and told her to not say that to me. I pushed her away, and then experienced for the first time during this loss, devastation: complete and utter devastation.

*(Continued on page 5)*



("Thank You" continued)

My brother was across the room, and saw the horrified look on my face. He asked me about it later. The more times I recounted the story, the more angry and hateful I became. I was mad before, but this pushed me to a plane I had never experienced in my whole life. I felt that at any moment I could physically explode from the emotion I had bottled up inside. I could not explain the anger I had toward this woman. I had dozens and dozens of conversations with her, all by myself, while in the shower. I told her what a failure she was as a human being for not having the least amount of compassion for me and my situation. I told her how she especially was a failure as a woman for not being able to comprehend my loss as a woman. I directed all my anger and hatred and abandonment feelings at her. In my imagination, I was able to make someone else feel as horrible about themselves as I felt about los-

ing another daughter.

The hatred and anger toward her didn't make any sense... not to me, not to my husband, not to anyone with whom I spoke. But I had anger and resentment about losing a child, and this stupid statement allowed me to channel every bad emotion I had to a distant focal point. She was a distant focal point because we weren't really friends to begin with, she did say something pretty awful, and I didn't actually say all the hurtful things I so very much wanted to say. It actually worked out very well for me.

I told some close friends at work about what had happened, and they made sure to explain to the woman that she needed to stay clear of me when I eventually came back. I did go back to work once I was physically well enough. And the woman did stay away and spoke to me only when it was necessary. I recounted the story to more people at work. But I didn't seem to have nearly

the amount of anger I had just a few months before. Then, I started speaking to the woman with a few random "hellos" or "have a good weekend." Time passed and was actually healing some of these wounds.

Just the other day, I was speaking with another friend of mine at work, and she said to me, "It's nice that you're sort of getting along with her now. You're not such a hateful person, and I'm glad to see that you're getting along."

Wow. What a wake up call. I am not a hateful person. Having such hatred in my soul for someone who was just trying to help is just not healthy... and it's just not me. I know now that she was a means to an end. I needed a place to direct my anger. She gave me that direction. So, now that I've used up all of my anger, it is only right that I state an unlikely thank you. Thank you for letting me hate you... I don't anymore.



The 3rd Annual  
**"Evening to Remember"**  
 Basket Raffle  
**Saturday, March 8, 2008**  
 at the  
**Lily of the**  
**Valley Banquet Hall**  
 (Masonic Community Center)  
 2379 Union Road,  
 Cheektowaga  
 from 7:00pm –10:00pm

Admission: \$3/person,  
 \$5/couple



Adults Only Event



Sharon Goldyn started a basket raffle in 2000 at the Walk to Remember in remembrance of her daughter, Cassandra. The first year at the Walk there were 13 baskets. In 2001, more families wanted to donate baskets, so there ended up being 25. The next year 45 baskets were donated, and at 2003 Walk there were 85 baskets! That is when Sharon, along with a group of moms, decided to hold a separate event. Not only allowing families to get together to remember their child/children once again, but to raise money

for other families for the Western New York Perinatal Bereavement Network.

Part of this year's proceeds will benefit the Wings of Love program (see page 2), as well as support endeavors by the Perinatal Bereavement Network to assist newly bereaved families.

If anyone wishes to donate a basket or an item for silent auction in memory of their child/children, please call

Lisa Jerebko  
 (716) 474-1024.

Thank you!

### Thoughts...

Author Unknown

A group of graduates, well established in their careers, were talking at a reunion and decided to go visit their old university professor, now retired. During their visit, the conversation turned to complaints about stress in their work and lives. Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups: porcelain, glass, crystal, some plain looking, some expensive, some exquisite. He told them to help themselves to the hot chocolate.

When they all had a cup of hot chocolate in hand, the professor said: "Notice that all the nice looking, expensive cups were taken, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress. The cup that you're drinking from adds nothing to the quality of the chocolate. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was hot chocolate, not the cup; but you consciously went for the best cups. And then you began eyeing each other's cups."

Now consider this: Life is the hot chocolate; your job, money and position in society are the cups. They are just tools to hold and contain life. The cup you have does not define, nor change the quality of life you have. Sometimes, by concentrating only on the cup, we fail to enjoy the hot chocolate God has provided us. God makes the hot chocolate, man chooses the cups. The happiest people don't have the best of everything. They just make the best of everything that they have. Live simply. Love generously. Care deeply. Speak kindly. And enjoy your hot chocolate.



The Western New York Perinatal Bereavement Network holds an annual memorial Walk for babies lost to miscarriage, ectopic pregnancy, stillbirth or early infant death. A Walk to Remember is always a beautiful yet solemn event. There was a sign-up

sheet at the Walk this year for those interested in helping for the 2008 Walk. Many parents, families and friends signed their names to the list in order to give a hand next year. However, the list went missing by the end of the Walk. If anyone accidentally picked it up, please contact Dawn Both-Kim at 984-

9820.

For those interested in helping next year, call Dawn or please send your name, email address and/or phone number where you will be able to be reached as of spring 2008, to:



[forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)



Many people ask what happens to their donations to the Western New York Perinatal Bereavement Network (WNY-PBN). The Network helps other newly bereaved families in the eight county region of Western New York in many ways.

- Educate area hospitals in the care of families who have experienced a loss.

- Distribute bereavement books and literature to area hospitals for their lending libraries.
- Help in the creation of memory boxes and mementos for bereaved families.
- Awareness and support programs, such as support groups and A Walk to Remember.
- Wings of Love Memorial Fund to assist families in paying for funeral expenses.

If you are interested in making a donation to the WNY-PBN, please send check payable to the WNY Perinatal Bereavement Network, to Jan Walkden, c/o Life Transitions Center, 150 Bennett Road, Cheektowaga, NY 14227.

Please indicate if you would prefer your monies to be used specifically for Wings of Love Memorial Fund or for the general funding use.

Thank you so much for your support!

## Poetry

### A Baby's Secret

I'm just a little person;  
 And I didn't quite make it there;  
 I went straight to be with Jesus;  
 And I'm waiting for you here;  
 Don't fret about me, Mommy,  
 I'm of all God's lambs most blest;  
 I'd have loved to stay there with you,  
 But Our Shepherd knows what's best.  
 Many dwelling here where I live  
 Waited years to enter in;  
 Struggled through a world of sorrow,  
 And their lives were marred with sin.  
 Chase the gloom and wipe the tears;  
 I went straight to Jesus's bosom  
 May your heartache disappear.  
 Daddy gave me something for you,  
 It's our secret, Mommy dear;  
 Pressed it tight against my forehead,  
 Whispered in my tiny ear.  
 I'll be waiting for you Mommy-  
 You and Daddy, all the rest.  
 I'll be with you then forever  
 And I'll give you Daddy's kiss.



*Author Unknown*

### Untitled

There is a grief that ages the face  
 and hardens the heart,  
 Yet softens the spirit.  
 A grief that casts shadows on the eyes,  
 Yet broadens the mind.  
 A grief that keeps the pain and has no words,  
 But increases the understanding.  
 There is a grief that breaks the heart  
 and wounds the soul,  
 That lasts and lasts,  
 and can shatter in a minute,  
 But will inspire for a lifetime.

*By: Laura*

### Strength

In the early days of my grief,  
 A tear would well up in my eyes,  
 A lump would form in my throat,  
 But you would not know -  
 I would hide it,  
 And I am strong.

In the middle days of my grief,  
 I would look ahead and see that wall  
 That I had attempted to go around  
 As an ever-present reminder of  
 a wall yet unscaled.  
 Yet I did not attempt to scale it  
 For the strong will survive -  
 And I am strong.

In the later days of my grief,  
 I learned to climb over that wall - step by step -  
 Remembering, crying, grieving  
 And the tears flowed steadily  
 As I painstakingly went over.  
 The way was long, but I did make it,  
 For I am strong.

Near the resolution of my grief,  
 A tear will well up in my eyes,  
 A lump will form in my throat,  
 But I will let the tear fall - and you will see it.  
 Through it you will see that  
 I still hurt and I care,  
 For I am strong.



*By: Terry Jago*

### In Remembrance of Someone Very Special

In the beauty of a flower...  
 In the gentle light of morning...  
 In the quiet moments of remembrance  
 That remain forever in the heart...  
 The treasured gift of memory  
 Touches each of our tomorrows.

*Author Unknown*



## Community Announcements



**The Newsletter Committee** is looking for people interested in submitting articles, poems, stories, memorials, etc. Submissions may be emailed to: forgetmenotnewsletter@hotmail.com or addressed to Dawn Both-Kim, 1 Montclair Ln., Orchard Park, NY 14127

### Local Internet Support Group

If you are interested in Footprints on My Heart, a local Internet support group with a private listing, please send an email to melissasidor@hotmail.com. You'll need to have a Yahoo ID to access this private group. Missy Sidor created this wonderful site in memory of her daughter, Liljana, who was born prematurely at 24 weeks. She has also created Hopeful Hearts, a local internet private support group for those pregnant after a loss, or those considering trying again after a previous loss. These groups are not affiliated with any area hospitals and although Missy is the founder of both, she is not responsible for any information or messages posted on the group pages.

### Millard Suburban Medical Staff Library

search for any information on medical diseases, birth defects, etc. that you might be interested in finding out more about. If you are interested you may call Millard Fillmore Suburban Hospital and ask for the Medical Library. It is not only for parents who have delivered at Millard Fillmore Suburban Hospital.



Various birth defects, medical complications, etc. can be looked up and the information can then be given to the parents. There is a link at: <http://library.kaleidahealth.org>.

Click on "Health Information". It will prompt you if you want to see the online version, or it can be delivered to the WCHOB librarian where the parents can then pick it up. Then the screen will prompt the parents to enter their information and what they would like to have searched for them. If there are any questions, Elaine Mosher, M.L.S. Medical Librarian can be reached at (716)878-7614. Parents do not have to have delivered at WCHOB to be eligible to use this service. It is open to the public.



### The Circle of Love... a Healing Garden

Designed by Dean Gowan, the garden is a means to recognize babies who will always be in our hearts. The Garden is located at Millard Fillmore Suburban Hospital. Bricks may be purchased with the baby's name inscribed on it. This garden is also available for a memorial service for your baby. It is not only for parents who have delivered at MFSH. For information you may call Liz Stevens @ 568-6653.

Millard Fillmore Suburban Hospital is located at 1540 Maple Road, Williamsville, NY.



### Safe Arrivals



**Matthew Charles Capage** was born to Chuck and Lisa Capage on Tuesday, December 11<sup>th</sup>, at 5:02 PM. He was 8 lbs. 2.4 oz., and 21 ½ inches tall! The family remembers Angela Marie (August 28, 2003) and Baby Capage (January 24, 2007).

**Hunter David Hayes** was born on Nov 6, 2007, and was 7 pounds 6 ounces, 20 inches long. Hunter has 2 angel siblings: one miscarriage on December 24<sup>th</sup>, 2004, and his big brother Brennan Mark Hayes, stillborn April 15, 2006. The proud parents are Laurie and Wayne Hayes.

Jennifer and Kevin Merkel are very proud to welcome **Arabella Grace Merkel**, born on January 5, 2008. Arabella was 6 lbs, 14 oz and 18 ¾ inches long. The family remembers Angelina Love Merkel (December 21, 1999).

**Madison Annette Treece** was born on December 14, 2007. Together with her big brother, Jason Jr., and parents, Michelle and Jason Treece, Madison will always remember Alexis April Treece (February 28, 2005).

Please send your new baby's name, birthday, size and weight to us, along with the new baby's heavenly big brothers' and sisters' names and honored dates to: forgetmenotnewsletter@hotmail.com Subject: Safe Arrivals



# "Forget-You-Not"s

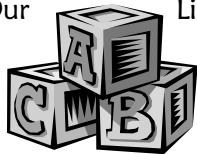


*In Loving Memory of:*

**Angela Marie Capage** Aug 28, 2003  
**Baby Capage** Jan 24, 2007  
 Love you and think of you everyday!!  
 Parents: Chuck & Lisa Capage



**Matthew Mark Czech** Apr 19, 2004  
 Our Little Angel  
 Loved Forever  
 Parents: Brian and Sue Czech



**James Anthony Giambra** Feb 8, 2003  
 "Happy 5th Birthday"  
 Love, Mommy & Daddy  
 Parents: Bob & Donna Giambra



**Brennan Mark Hayes** Apr 15, 2006  
 I miss you so much and love you forever. Keep watch over Hunter!  
 Love, Mommy  
 Parents: Wayne and Laurie Hayes



**Patrick Hemphill** Mar 17, 2006  
 Love from "Aunt Laurie" and "Aunt Erin".  
 Parents: Tamara and Mark Hemphill



**John Paul Jerebko** Nov 18, 1999  
 Parents: Lisa & Peter Jerebko



**Brigid Nicole Kennedy** Oct 19, 2007  
 Parents: Tim and Katie Kennedy



**Marrina Kim** Aug 3-4, 2005  
**Ella Grace Kim** June 8, 2007  
 We miss you both so much! Please look after us, and intercede for us. Love, Mommy, Daddy and your puppy Jake  
 Parents: Mark and Dawn Kim



**Ashley Moser** Aug 18, 2005  
 Parents: Vickie & Michael Moser

Our Precious Angel Twins:  
**Bud Charles Mott** Sept 12, 2005  
**Theresa Marie Mott**  
 We miss you. You are always in our hearts.  
 Love, Mommy, Daddy & Alison  
 Parents: Timothy & Beth Mott

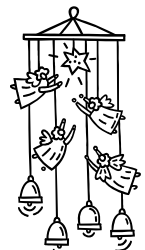


**John Christian Jude Mulderig** May 28, 2004  
 Merry Christmas honey! Please continue to watch over us and your baby sisters!  
 Love, Mommy, Daddy, Molly and Meghan  
 Parents: Christian and Peggy Mulderig

**Jacob Wesley Scott** May 27, 2000  
 We love & miss you!  
 Hugs & Kisses,  
 Mommy, Daddy, Thomas & Mandy  
 Parents: Christine & Phillip Scott



**Alexis April Treece** Feb 28, 2005  
 Loved and missed by her Mommy, daddy Jason Jr. and Madison  
 Parents: Michelle and Jason Treece





# Area Support Groups



## Bereaved Parents of USA

Death of a Child  
When: 2nd Friday @ 7:30 pm.  
Life Transitions Center  
150 Bennett Rd., Cheektowaga  
**Contact:**  
**Tony & Bernie Misita, 675-3844**

## Caring Arms Support Circle

Stillbirth or Early Infant Death  
When: 2nd Tuesday @ 7:30 pm  
Ministry Center, Rm #4  
100 St. Gregory Court, Williamsville  
Next to Millard Fillmore Suburban  
**Contact:**  
**Liz Stevens, 568-6653**

## Caring Arms Support Circle

Miscarriage or ectopic pregnancy  
When: 2nd Tuesday @ 7:00 pm  
Ambulatory Waiting Room  
Millard Fillmore Hospital  
1540 Maple Rd. Williamsville  
**Contact:**  
**Darcy Searer, 568-6622**

## Circle of Hope

Death and/or Serious  
Illness-Niagara Hospice  
4675 Sunset Drive, Lockport  
**Contact:**  
**Kimberly Lauter or Betsy Higgins,  
439-4417**



## Death of a Child

Discovering New Life:  
After the Death of a Child  
When: 1st and 3rd Tuesday @  
9:30 am  
United Methodist Church  
5681 Main St., Williamsville  
**Contact:**  
**Lesley Jordans, 878-7773**

## Death of an Only Child

When: 4th Wednesday of each month  
5:00 pm  
United Methodist Church  
5681 Main St., Williamsville  
**Contact:**  
**Lesley Jordans, 878-7773**

## Families Growing Through Grief

Parent/Grandparent & Sibling Grief  
(4-16) (Separate Rooms)  
When: 2nd Wednesday @ 6:30 p.m.  
1st Trinity Lutheran Church  
1570 Niagara Falls Blvd., Tonawanda  
**Contact:**

**Lesley Jordens, 878-7773**

## Footprints on the Heart

Miscarriage, ectopic pregnancy, still-  
birth, and early infant death  
When: 4th Thursday @  
7:00 p.m.

Life Transitions Center  
150 Bennett Rd.,  
Cheektowaga

**Contact:**

**Fran Kane, 862-1678**



## Hopeful Hearts/Subsequent Pregnancy

Pregnancy after a loss  
**Contact:**

**Fran Kane, 862-1678**

## Pat's Place

When: 1st Wednesday of each month  
6:30 pm

Ken-Ton Family YMCA  
Community Room  
535 Belmont Avenue, Kenmore

**Contact:**

**Lesley Jordans, 878-7773**

## SIDS Family Support Group

SIDS and Infant Death  
Life Transitions Center  
150 Bennett Rd., Cheektowaga

**Contact:**

**Jan Walkden, 837-5189**

## Sibling Grief

When: 2nd Wednesday of each  
month 6:30 pm  
Young Sibling (5-16 yrs)  
Adult Sibling (17 yrs-adult)  
1st Trinity Lutheran Church  
1570 Niagara Falls Blvd, Tonawanda  
**Contact:**

**Lesley Jordans, 878-7773**

## Storm Clouds & Rainbows

Child/Adolescent Grief Support Group  
When: Mondays 6:30 p.m. - 8:00 p.m.  
Life Transitions Center  
150 Bennett Rd., Cheektowaga  
**Contact:**  
**Jim Grande, 836-6460**

## Subsequent Pregnancy

Pregnancy after a loss  
When: 4th Tuesday @ 7:00 p.m.  
Millard Fillmore Suburban  
1540 Maple Road, Williamsville  
**Contact:**  
**Liz Stevens, 568-6653**

## The Compassionate Friends

Death of a Child

Buffalo Area:

When: 1st Friday @ 7:30 pm  
Life Transitions Center  
150 Bennett Rd., Cheektowaga  
**Contact:**

**Andy Thomasula, 626-9463**

Hamburg

**Contact:**

**Candie Young, 627-5472  
mytintoddrobin@aol.com**

Rochester

When: 2nd & 4th Tuesday @ 7:00 pm  
Genesee Region Hospice Homecare  
70 Metro Park  
**Contact:**

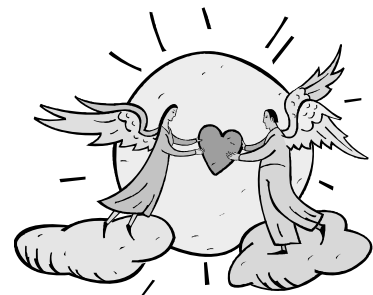
**Kathy Spodo, 585-214-1000**

## Transitioning Parents

Further along the Journey of Grief  
When: 3rd Wednesday of each month  
6:30 pm

Ken-Ton Family YMCA  
535 Belmont Avenue, Kenmore  
**Contact:**

**Lesley Jordans, 878-7773**



# *Internet Support and Keepsake Resources*

## **Angel Babies Forever Loved**

[www.angels4ever.com](http://www.angels4ever.com)

Provides support to grieving parents of infants whether from miscarriage, stillbirth, neonatal loss or SIDS.

## **Angel Lady**

[www.angelady.net](http://www.angelady.net)

Artist Ethel Pontsler offers custom artwork of deceased loved ones based on photographs.

## **Angels in Heaven Ministries**

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

Offers framed poems, cards, and audio tapes relating to infant loss.

## **Ashwood Artisans**

726 Main St. in East Aurora (716) 652-7333

Engrave footprints onto charms for necklaces, tie tacks, etc. Diane Lehman will work with you to get what YOU want.

## **Baby Photo Retouching Service**

[www.babyphotoretouch.com](http://www.babyphotoretouch.com)

Transforms your precious baby photos through digital technology to correct some of the damaged image.

## **Born Angels Pregnancy Loss Support**

[www.bornangels.com](http://www.bornangels.com)

Provides links to many wonderful sites, pregnancy loss support, infertility support, neonatal loss support, and adoption resources.

## **Breathless Tears of Silence**

<http://members.tripod.com/~abier/breathless.htm>

Site dedicated to those who lost through stillbirth.

## **Celebration Forest**

[www.celebrationforest.com](http://www.celebrationforest.com)

Allows you to plant a tree in honor of your deceased beloved one

## **Creating Memories**

[www.anencephalie-info.org/e/memories.htm](http://www.anencephalie-info.org/e/memories.htm)

## **Facts About Miscarriage**

<http://www.pregnancyloss.info>

## **The Grief Recovery Institute**

<http://www.grief-recovery.com>

The action program for moving beyond loss

## **H.A.N.D.**

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

Helping cope with the loss of a baby before, during, or after birth

## **A Heartbreaking Choice**

[www.aheartbreakingchoice.com](http://www.aheartbreakingchoice.com)

For parents who have interrupted their pregnancies after poor prenatal diagnosis.

## **Hygeia.org**

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

An online journal for pregnancy and neonatal loss.

## **Journey of the Hearts**

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

An online healing place for anyone grieving a loss.

## **Links to sites for Loss and Grief**

<http://www.trisomyonline.org/grieflinks.htm>

## **M.E.N.D.**

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

To reach out to those who have lost a child due to miscarriage, stillbirth or early infant death and offer a way to share experiences and information through support groups, a quarterly newsletter and an internet web site.

## **M.I.S.S. Foundation**

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

Provides immediate and ongoing support to grieving families, empowerment through community volunteerism opportunities, public policy and legislative education, and programs to reduce infant and toddler death through research and education.

## **My Heart's Missing Link**

[www.myheartsmisissinglink.com](http://www.myheartsmisissinglink.com)

Offers beautifully designed heart-shaped pendants with a birthstone and a "missing link" to help remember loved ones who now live in heaven and your heart.

## **National Share Office**

[www.nationalshareoffice.com](http://www.nationalshareoffice.com)

For those who are interested in an infant loss support group. Also the site has good information regarding parents' rights and grief education.

## **A Place to Remember**

[www.aplacetoremember.com](http://www.aplacetoremember.com)

Uplifting support materials and resources for those who have been touched by a crisis in pregnancy or the death of a baby.

## **Rainbow Maker**

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

To provide comfort, peace, and informative resources to bereaved parents. To promote healing through poetry and writings. To help families rebuild.

## **Remembering Our Babies**

<http://www.october15th.com/>

The official site of pregnancy and infant loss remembrance day—October 15th.

## **Rich Remembrances**

[www.richremembrances.com](http://www.richremembrances.com)

Offers custom engravings that decorate, commemorate and motivate.

## **Sara's Smile**

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

Operates to fill the arms of grieving mothers with a Sare © Bear giving them something to fill that empty space as they grieve for their child.

## **Star Foundation**

[www.starfoundation.net](http://www.starfoundation.net)

Gives you the opportunity to Name a Star in the sky after a friend or loved one.

**Subscription Renewal**

We would like to inform you of a change in our policy regarding sending out this newsletter. We will send this newsletter, **free of charge, for 4 issues (1 year's time) after your loss.** After this time, if you would like to remain on our mailing list, we are asking for a \$5.00 contribution to help defray the publishing costs. Following this mailing, any labels not current will be removed from our mailing list. If your free subscription is no longer valid, and you wish to continue receiving our newsletter, please fill out the renewal form and forward a check for \$5.00 payable to **WNY Perinatal Bereavement Network**, c/o Jan Walkden, Life Transitions Center, 150 Bennett Road, Cheektowaga, NY 14227. Please note on the check it is for the Forget Me Not Newsletter. This fee will cover a one year period, or 4 newsletters. Thank you very much for your cooperation as we update our mailings. If you are receiving duplicate mailings please let us know by either email or US mail. If there are any financial concerns that prohibit you from subscribing, please notify us by email or US mail, and we'll be happy to continue your subscription. If you have received this newsletter through your bereavement packet at the hospital and have not signed a release at the hospital to receive this newsletter, and you wish to assure you will receive it in the mail, please forward your name, address, baby's name, baby's date of birth/death, and hospital where loss occurred to the same address, or email to **JWalkden@Palliativecare.org**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Hospital loss occurred:** \_\_\_\_\_

(Please include the following if you would like your baby's name(s) listed in the memorial section of the newsletter)

**Parents Names', Baby's Name(s) and Date of loss:** \_\_\_\_\_

\_\_\_\_\_

**If you would like any poems/stories/letters/etc published, please email to: [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com)**

If you would like your name removed from the mailing list please send your request with the name of the hospital that the loss occurred to:  
Forget-Me-Not  
C/O Jan Walkden  
Life Transitions Center  
150 Bennett Road  
Cheektowaga, NY 14227  
Email: [forgetmenotnewsletter@hotmail.com](mailto:forgetmenotnewsletter@hotmail.com) Subject: mailing list

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Volume V Issue 1, 2008

