



Forget-Me-Not



Volume V, Issue IV

November 2008—February 2009

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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
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Millard Fillmore Suburban Hospital
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Niagara Falls Memorial Hospital

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NYS Center for S.I.D.S.

The editors reserve the right to grammatically edit or reject 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

Save the Dates!!

December 4, 2008 **7:00 PM**
Hellenic Orthodox Church of the Annunciation in Buffalo

A Service of Remembrance...
sponsored by Women's and Children's Hospital of Buffalo

December 14, 2008 **7:00 PM**

St. Gregory the Great Church in Williamsville
Caring Arms Support Circle's Holiday Memorial Candlelight Service

January 8, 2009 **7:00 PM**

Sisters of Charity Hospital Chapel
Footprints on the Heart Holiday Memorial Service

I wish you all peace and serenity during the up-coming holiday season. It is a tough time on all of us. I was unable to fit a "grief during the holidays" article in this issue (thanks to all of the wonderful submissions!!). So, here's my shot at it: be kind to yourself as you grieve during the holidays. Do not feel forced into celebrations where you don't feel comfortable, don't go to parties you can't handle, and don't perform any traditions if they are too hard for you. People will eventually understand. Do what you can, and forget the rest... in layman's terms.

My thanks to all who participated in this year's Walk to Remember. It was a

lovely day and a beautiful ceremony. I was proud to be a part of the whole experience and heard a lot of wonderful feed-back that agrees with me.

One last comment: some of the Forget You Not memorials are out of alphabetical order. I apologize about that. There was a sign-up sheet at the Walk and I ended up with more than I thought I would. If you submitted one, keep looking: it's there!

I do hope you all can make it to one or more of the Memorial Services for the holidays. They are always beautiful.

Peace

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The mission of the Western New York Perinatal Bereavement Network (WNY Perinatal Bereavement Network) 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 WNY Perinatal Bereavement Network is a program of Life Transitions Center, Inc., an affiliate of The Center for Hospice & Palliative Care.

A Service of Remembrance

sponsored by Women & Children's
Hospital of Buffalo

You are invited to A Candlelight
Service of Remembrance to honor
children who have died.

Please join us for an evening of
compassion, music, reflection, and
friendship.

**Thursday, December 4, 2008
7:00 PM**

**Hellenic Orthodox Church of
the Annunciation**

146 W. Utica St.
(corner of Delaware)
Buffalo, New York 14222

In case of inclement weather call
878-7773 for further information.

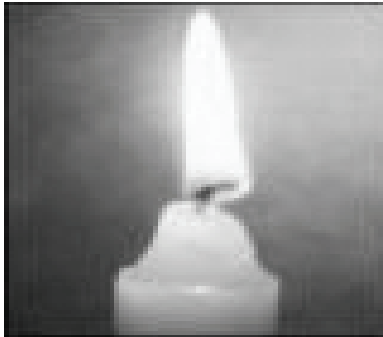
In order to begin promptly at 7
PM, we ask that you arrive twenty
minutes early.

Please park behind the church
and enter through the front doors
facing Delaware.

(A reception by the Women's Philop-
tochos Committee will follow the ser-
vice)

We look forward to seeing you.

KALEIDA'S Millard Fillmore Sub-
urban Hospital invites you to:

**Caring Arms Support Circle's
Annual Memorial
Candlelight Service**

**Sunday, December 14, 2008
7:00 PM**

St. Gregory the Great Church

100 St. Gregory Court.
Williamsville, New York

Please join us during a Service of
Remembrance, as we celebrate

our Sons and Daughters during
this season of love. Parents,
grandparents, friends, relatives,
caregivers, and Clergy, are
warmly welcome.

Reception Immediately Following
the Service... please bring a sim-
ple snack to share during Fellow-
ship Time.

Questions may be directed to:
Elizabeth Stevens at 568-6653

Sisters of Charity Hospital

Invites you to the

**Footprints
on the Heart
Annual Candlelight
Memorial Service**

**January 8, 2009
7:00 PM**

**Sisters Hospital Chapel,
2nd floor**

2157 Main Street
Buffalo, NY 14214

Please join us for an evening of
music, reflection and lighting of
candles in memory of our babies

who have died through miscar-
riage, stillbirth or early infant
death.

A reception of light refreshment
will follow the service.

Due to the solemn nature of this
service, we request attendance by
adults only.



**Wings of Love
Memorial Fund**
is a program be-
ing offered to par-
ents in our eight
county region of

Western New York, under the
WNYPBN. This Memorial Fund
was created by one of the be-
reaved 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 be-
reaved parents who can't afford
these unexpected expenses.

"My son, Jacob Wesley Scott, was
born still on May 27th, 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 com-
munity who experience the loss of
their child."

Anyone interested in making a do-
nation during this season of giving
to help this fund assist families in
need are asked to please make
checks payable to:

Wings of Love Memorial Fund

Donations can be sent to:

The Hospice Foundation of WNY
c/o WNY Perinatal
Bereavement Network,
225 Como Park Blvd.,
Cheektowaga, NY 14227

Any questions?

Feel free to contact:

Jan Walkden or *Christine Scott* at
the Life Transitions Center
(716) 837-5189.

Thank you!

Christine Scott

16th Annual

Walk to Remember



We couldn't have asked for a more beautiful day to memorialize our babies lost to miscarriage, ectopic pregnancy, stillbirth, or early infant death. Some would say our sunny warm weather was a result of "Mother Nature" but we know better: it was all of our angels making sure the day was perfect.

Over 600 family members and friends walked to pay tribute to our babies.

We would like to thank the dedication of several walk committee members whose time, talent and dedication made this day possible: Lisa & Peter Jerebko, Phil, Thomas & Mandy Scott, Mark Kim, Lisa Roy, Lucy Smith, Lisa Wolff, Michelle Morgan, Nina Leskiw, Lisa Capage, Lesley Jordans, Martha Rothkopf, Frank Enders, Karen Schneider, Fran & Tom Kane, Sarah Noonan, Debi Zmuda (and Geri!), Kelly Anderson, Brad-

ley Hornung, Vickie Michalowski, Mary Burns, Jenine T, Jennifer Kolb, Jillian Willoughby, Tim Mott, Abby Unger and Tom Stahl, Margaret Depowski, Jan Walkden and Sara Montz. We also would like to send a warm thank you for our "day of" volunteers and corporate sponsors. Our walk brought in over \$13,000 that will benefit the programs of the WNY-PBN.

From the bottom of our hearts, we thank you!

Sincerely,
Christine Scott & Dawn Both-Kim,
Co-chairs

This year, the **16th Annual Walk to Remember** collected sponsorship funds to help the many programs of the WNY Perinatal Bereavement Network. Thank you to all the families that participated in this endeavor!

Below is a list of corporate sponsors that assisted us in achieving our goal of \$10,000. Please give these associations your support as a "thank you" for their generosity!

Dove Sponsor- Hyde Foundation

Butterfly Sponsors

Adpro Sports,
Sisters of Charity Hospital
St. Matthew's Cemetery

Supporting Sponsors

Northeast Diversification, Inc.
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Caring Arms Support Group
Cheshire AV
Forest Lawn Cemetery & Crematory
The Mentholatum Company

Wagner Monuments
Women's and Children's Hospital of Buffalo
Tops Markets, LLC
Diocesan Cemeteries of Buffalo
Elmlawn Cemetery
ENSURE-A-SEAL
Lane Funeral Home, inc.
Miller & Schiumo, D.D.S.
The Notable Corporation
RYERSON
Buffalo Prenatal-Perinatal Network
James E. Grace Funeral Home, Inc.

My Hero, Margaret

By: Sarah Noonan

It never fails to amaze me how one life has such a huge impact on so many others. In the tradition of "It's a Wonderful Life," one really has no idea the many lives he or she affects.

I just completed an interview with students from the University at Buffalo Medical School on grieving and spirituality, with the hope that these students will carry with them the knowledge that a grieving person needs to be treated with love, care and respect. In telling my story of grieving the loss of my nephew Benjamin, I realized the number of lives he has changed in the short 9 months and 10 ½ hours of his life.

My sister, Margaret, gave birth to

Benjamin Thomas Swedene on April 8, 2006. He lived for ten and a half precious hours. Little did I know at that time the number of lives he would have an affect upon. My family, for one, or 62 if you count everyone! The doctors and nurses who helped Margaret care for him, the countless friends who still remember his precious life two years later. The list goes on. But there is one group of people I would never have guessed would be touched by his life, and it is through the courageous strength of Margaret that they know Ben's story.

Margaret lives in the Upper Peninsula in Michigan. She came home to Buffalo to give birth to Ben. While here, she received so much help from her doctors and nurses, the Footprints on the

Heart program, and the many mothers who support each other so lovingly here in Buffalo. Upon returning to Michigan, Margaret found herself quite alone with her husband, Jason, having no support groups or network of bereavement there to help her. Now, Margaret is changing that. One year ago, Margaret and Melanie, a mother who suffered a loss at the same time as Margaret, had a candlelight service in their town at Christmastime: the first one ever. Today, Margaret is working with the area Hospice to fill a need there. She began the first support group for grieving parents, is working on putting together care packages for bereaved parents in the hospital, she is creating a training program for doctors and nurses to help

Continued on page 4 →

My Hero, Margaret **(continued from page 3)**

them better understand the needs of grieving families, and this year she is coordinating the first Walk to Remember in Michigan. She is having such a big impact on that area, that doctors from Lower Michigan are sending mothers to

Margaret for help.

I told Margaret that she is my hero: indeed, that is true. In every small thing, and big thing, she does to help the families grieving in Michigan, she is passing on Ben's story and leaving his legacy on the world today. I am filled with awe and pride that



my little sister has the strength and courage to take something so devastating and turn it into a prolific memorial for her son. For each person who knows his story carries with them a little piece of Benjamin. And so his life goes on in the hearts of those who are changed by his story. Good job, Margaret. I love you.

Hope, Love and Dreams **Live On**

By Christine Scott

Love is everywhere you turn: in the face of a new mother, the innocence of a child, the eyes of a groom watching his bride walk down the aisle. Love, hope and dreams are what were given the moment we are born. Mine were given to me on October 3, 1970.

As a little girl, I had always dreamed of the "Big Wedding", and the house full of children I was destined to have. In my dreams there weren't hardships, struggles, and heartache. As a little girl, teenager, and now as an adult I have always shown much love, never have lost hope and continue to dream. This is my story.

Year 2000 was filled with many emotions, struggles and broken dreams, when it should have been filled with happiness, laughter, and good health. The first week of January, I received great news: I was pregnant with my second child

after many years of trying. Things were going well until the end of March when I started to become very ill. Tests results confirmed my kidneys were failing and some of my other organs were not functioning properly. Late April my kidneys could no longer do their work of ridding my body's toxins for my unborn son, so I was placed on dialysis. The next 5 weeks I went to dialysis three times a week and was hooked up to a machine 3-4 hours a day to keep my baby and me alive. Exhausted physically and emotionally, I went home and tried to keep a "normal" home for my husband and 5 year old son, Thomas. My tragedy occurred on a sunny Friday afternoon with those soft spoken words after a "routine" ultrasound. "I'm sorry there is no heartbeat." On May 27, 2000, I delivered a 26 week, 10 inch, 13 ½ ounce baby boy: Jacob Wesley Scott. My beautiful boy who I was destined to have came into this world still. I gave him love, but no hope and no dreams, just wings.

Throughout those several months dialysis continued for me and test results revealed a kidney transplant or a life of dialysis was my future. On September 19, 2000, 3 ½ months after I buried my son, I received a second chance at life with my mother's kidney. During those months, I really struggled with love, hope and dreams. But every time I looked into the eyes of my 5 year old son, Thomas, and the one Polaroid picture of my son Jacob, I knew I had to live on.

Even though it has been over 8 years since he has 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 wanted to share the love and strength that my little boy has given me with all of the parents in our community who experience a tragic loss. That is how "Wings of Love" came to be in September 2007, proving Hope, Love and Dreams Live On.



By Mary Anderson

Nana of Michael Anthony Anderson

April 5, 2005: I held my precious first born grandson, Michael Anthony, for the first and last time. The love and grief I experienced at that moment will live with me forever. As a parent and grandparent going through the loss is heart breaking. You go through the years of nurturing and raising your child. You protect and help them through all the obstacles along the way. All of a sudden,

they are grown and off to start their own family.

Watching my son and daughter go through all of this was heart-wrenching. For the first time in my life, I couldn't help to make it better. I just had to be supportive and hold them and tell them how much I loved them.

I know that my grandson is one of God's angels. I pray and talk to him all the time. I know he listened to my prayers and he gave

his Mommy and Daddy the courage to try again. Throughout Mommy's long pregnancy, he somehow gave her the courage to go on. April 8, 2006 he sent us our miracle, his sister Mia Rose.

My grandson lives on in my heart. Every kiss or hug I give to Mia Rose, I double it for him.

I hope my thoughts have helped some of the grandparents out there who have also experienced such a heart breaking loss.

Our Story

By Heather Maroney

On May 17, 2007, I found out I would be having a baby in January. We were so excited to be adding to our family. On January 15, 2008, Addilynn Rose was born. I knew at that moment I was so blessed. We were blessed each and every day we held her.

I would watch the news and hear of parents losing children and I would always feel for them. I would wonder how someone gets over that. I now know that it isn't something you get over, just something you learn to get through. What happened to us is every parent's worst nightmare. We had a perfectly happy baby. The night she passed, she was cooing and smiling in my lap... she was healthy. That night she went to bed and never woke up again. She looked so perfect except she wasn't breathing.

For a while afterwards, I lived in a state of shock. I didn't want to believe it had happened. I knew she wasn't here but I couldn't bring myself to accept it. It has only been five months and the loss still

weighs heavy on our hearts.

There is not a day we don't think of her and most days we still cry for her. Our arms are empty and our hearts are broken.

There are many things I miss. I miss her fuzzy head and the way it felt against my cheek. I miss Addie crying when her mobile went off in her crib. I miss her kicking in her play gym. I miss her sweet cooing that sounded like an owl. I miss her smell and how she would hold our fingers when we fed her. Sometimes I wonder if she held our hands every time we fed her just so we would have enough hugs because she wouldn't be here long. I miss her big brown eyes and her tiny little feet. I miss her sweet gummy smile. The diaper isle in the store draws me in just so I can inhale the smell of pampers. I will always remember holding Addilynn long after she had fallen asleep just because I knew these times would not last forever. Those memories are the ones I will cherish.

There is no magic solution on how to get over the loss of a child. There are very few things that

make it better. I don't know if time really can heal all wounds, but I have to honestly say that it does help. We will never really heal from our loss, but we can begin to mend and live again. I think you have to look at the good things in life. The question of why did this happen can never be answered. We were able to donate Addie's heart valves and this helps knowing that her death will help someone else. Because of her, someone else will not feel the loss we do.

Talking about the loss definitely helps. We have also made a memorial rose garden in memory of her. I have learned that keeping in your feelings only makes them worse. We are blessed with another daughter who is 4. Her middle name is Grace and I often refer to her as my saving Grace. Most importantly, I have found other people who share the same or a similar loss. So as the days go on, we heal a little more. Addilynn Rose will forever be in our hearts. Every night before bed I whisper, "Goodnight Addilynn Rose, I love you and I miss you so very much."

In Memoriam

With heavy hearts, Darren and Sharon MacDougall announce the birth and death of their precious daughter, Skye Barre MacDougall, stillborn on August 19, 2008. In her short life Skye accomplished what so many strive for: to be loved and to not suffer. In this, her life was a tremendous success: a brilliant if all too brief light of love. Skye's spirit and memory are held in heart by her parents; her sisters, Hannah and Kayla; grandparents, Joe and Judy McDougall, Cecil and Anna Bunnell; her great-grandmother, Dorothy Holmes and her many aunts, uncles and cousins.

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 or forgetmenotnewsletter@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.



The Newsletter Committee is looking for submissions of 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



"Forget-You-Not"s



In Loving Memory of:

Michael Anthony Anderson

April 5, 2005

We love & miss you so much!

Love, mommy, daddy & Mia

You will always be our precious Pumpkin Boy!!

Love, XXOO Nana & Papa

Parents: *Michael & Kelly Anderson*

Blake Anthony Bauer Sep 12, 2007–Sep 14, 2008

We love you forever and always. Keep looking after your big brother & sister please! Happy Birthday!

Love you and never forget you.

Parent: *Yvonne M. Bauer*

Jordyn Belling

December 18, 2006

We love and miss you!

Love, mommy, daddy, Kathy & Aric

Jackson Belling

January 1, 2008

We miss our baby boy!

Love, mommy, daddy, Kathy & Aric

Parents: *Mike & Krista Belling*

Joshua Burke

January 12, 2003

Justin Burke

We miss you!

Calib Burke

September 27, 2005

We miss you!

Parents: *Sean & Lynn Burke*

Isabel Ann Burtis

May 18-19, 2008

Our Little Rosebud: may you forever bloom in heaven

Parents: *Hugh & Andrea Burtis*

Jeremiah Cabrera

May 21, 2006

Julissa Cabrera

To my angels: love you and miss you! Thank you for your li'l brother Jeremiah Daniel.

Parent: *Elenaida Cabrera*

Zakkai Tyrone Cole

July 30, 2008

Zaki Tyrone Cole

Parent: *Zakeria Cole*

Isabella Moon Comins

April 28, 2008

We love you forever and always

Parents: *Eric & Vivian Comins*

Grace Curr

November 2, 2004

Jack Matthew Curr

October 6, 2005

For our Gracie & Jack Matthew: you are both the wind beneath our wings! All our love, mom, dad, Johnny, Joseph and Hannah

Parents: *John & Noreen Curr*

Cindy Nevaeh Collins

August 16, 2008

Parents: *Quintella Wilson & Emmanuel Collins*

Hunter Charles DeLude

April 4 2008

Mommy and daddy love you and miss you. We will never forget you.

Hunter, I know you never saw me or got to know me but I know that you still loved me. I spent time with you while you were in mommy's stomach. We let you listen to music on my ipod. Even though you weren't born yet,

me, mommy and daddy all loved you. So never forget that or me. Love your big sister, Savannah

Parents: *Susan Woodin & Dan DeLude*

Marisa Audrey Endres

August 31, 2004

Our precious Angel! We love and miss you every minute of every day!

Parents: *Fred & Cynthia Endres*

Kaitlyn Andrea Gilmore

April 23, 2004

Our little Angel!

Parent: *Tom Gilmore*

Nathaniel Thomas Gram

January 30, 2008

You are our little Angel! We love you!

Parents: *Daryl & Amy Gram*

Tyler W. Hoffman

December 10, 2003

Mommy & daddy miss you more each day. Watch over your new sister.

Parents: *Alicia Calvert-Hiller & Jim Hoffman*

Jackson Theodore Holden

December 8, 2005

We will always love you!

Parents: *William & Janine Holden*

Brigid Nicole Kennedy

October 19, 2007

Parents: *Tim and Katie Kennedy*

Marrina Kim

August 3-4, 2005

Ella Grace Kim

June 8, 2007

Look after baby Trent's homecoming from Korea! We love you and will always hold you in our hearts!

Love, mommy & daddy

Parents: *Mark and Dawn Kim*

Za'Nay Alissia Malone

August 17, 2008

Parents: *Alesia Gamble & John Malone*

Edward Neuhauser Jr.

November 12, 2007

Still thinking of you. We miss you and love you. Happy Birthday!

Parents: *Janet Shimburski & Edward Neuhauser*



“Forget-You-Not”s



In Loving Memory of:

Summer Mayfield

March 2005

The memory of you hangs over ours heads like a halo. The thought of your brother, Shiloh, joining your side comforts us. We loved both of you from the beginning and you both will always have a place in our hearts.

Shiloh Mayfield

August 15, 2008

Shiloh means “to whom it belongs” and our hearts will forever belong to you. We love, miss and will always remember you. Love, mommy, daddy, Anthony, Dionna, CJ and twins
Parents: Anthony and Andrea Mayfield

John Christian Jude Mulderig

May 28, 2004

We miss you so much and think of you every day. We know you are watching over all of us at the Holidays and always. We love you! Love Mommy, Daddy and your little sisters, Molly, Meghan, and Kate
Parents: Chris and Peggy Mulderig

Noah John Piorkowski

August 12, 2006

Caleb Morris Piorkowski

August 31, 2006

Baby Piorkowski

December 2007

We will always love and miss you! Love, mommy, daddy & Isaac XOXO
Parents: Walter & Shannon Piorkowski

Gabriella Lynne Pirrone

September 10, 2006

Parents: Jeffrey & Nicole Pirrone

Hazel Noel Powell

2007

I love you!

Parent: Nicole E. Powell

Nicholas Christian Reiter

1999

I love you!

Parents: Darren & Lisa Reiter

Allison Robbins

January 24, 2008

Happy Birthday! We love you! Love, mom and dad
Parents: Curtis & Kate Robbins

Morgan Grace Rokitka

July 26, 2008

We love you and miss you each day.

Parents: Andrew & Denise Rokitka

Vanessa Marie Roy

October 29, 2003

You are loved and thought of often! God Bless all babies in heaven.

Parents: Pierre & Lisa Roy

Michael James Schrlau

September 9, 2006

Happy second birthday! We love you and miss you very much! Love, mommy, daddy, Matthew & Kristina

Parents: Frank & Teri Schrlau

Steven Serrano

March 16, 2006

You will always be loved and remembered! Mommy loves you forever

Parents: Lisa Salgot & Dave Serrano

Liljana Meghan Sidor

November 15, 2000

You will live in our hearts forever!

Parents: Chris & Missy Sidor

Jashaad Tylon Tre’von Smith

July 31, 2008

Parent: Jamie Carter

Jhaziere Jacob Snell

August 29, 2008

Parents: Latoya Cooper & Jeremiah Snell II

Misti Rose Snyder

July 6, 2008

Watch over your big brother! We love you so much! Bless all the babies up there with you!

Parents: David Snyder & Jennifer Wegner

Kimberly Louise Sperandeo

May 6, 2007

We love you! You will always be in our hearts. Your little sister Charlotte says “hi!”

Parents: Benjamin & Cassandra Sperandeo

Jack Charles Su

July 17, 2008

You are forever in our hearts. We love you!

Parents: Jack & Jennifer Su

Robert Michael Sullivan

October 20, 2004

Happy 4th Birthday! You are never far from our thoughts and oh, how Izik loves that Dragonfly song!

Love, Your Family

Parents: Tamara & Jim Sullivan

Charles Vincent Wesley

November 12, 2006

You are our little angel! We love you and wanted so much for you! Love, mommy, daddy, & Kelsey

Parent: Lisa Stroh

Adam James Withey

June 9, 2008

Born still to parents and siblings Alissa, Anthony, Amber, and Ariel (in heaven). We love you. Rest with Jesus until we see you again.

Parents: Chris & Tara Withey

Raven Thomas Zagara

November 24, 2005

Mommy & Daddy miss you so much! Know that Joaquin will always know of his older brother! Love, mommy We will always remember you. You are loved and missed! Love, Aunt Monika

Parents: Thomas and Angel Zagara

Poetry



To my Angel Baby

Caleb Robert Newell May 26, 2006
I love you angel baby. Love, Mommy

Every time a summer breeze blows across my face,
I think of you.
Every time I feel soft rain on my cheeks, I think of you.
Every time I smell a rose, I think of you.
Every time I see small puffy clouds in the sky,
I think of you.
Every time I see a wide field of wild flowers, I think of you.
Every time I feel the earth beneath my feet and the grass
between my toes, I think of you.
Every time I feel waves of water from the beach wash
over my feet I think of you.

These are heavenly things.
I wanted you before I had you,
I loved you before I knew you,
and I'll miss you while you're gone.



You are my first thought in the morning and my last
thought at night.

I'll never feel your breath on my cheeks.
I'll never see your smile.
But you'll only be gone for a little while.

So while you're resting, regain your strength.
I'll be waiting to hold you again.

My arms are empty. It's where you should be.
My heart has a lock, and you have the key.

I'll see you soon, just when I don't know.
But when you come back, I can watch you grow.

I love you angel baby.
You are stronger than me and smarter than I'll ever be.
You have taught me so much already,
and you have more lessons to teach.

You are the most heavenly thing of all.



DEAR HUNTER

This song is for my baby brother, Hunter
by: Savannah DeLude

Dear Hunter you were just a baby.
Dear Hunter you were so cute.
Dear Hunter we miss you terribly.
Dear Hunter we loved you the moment you were born.
But dear Hunter we never wanted to mourn.

But we knew you were born to be an angel...
we knew you were sent up above with our love
to watch over every one it was your destiny.
to be our little angel.

Dear Hunter were sorry you had to leave.
Dear Hunter know your not forgotten.
Dear Hunter we think of you every day.
Dear Hunter there is a hole in our soul.
We miss you in every way.

But we knew you were born to be an angel...
we knew you were sent up above with our love
to watch over every one it was your destiny.
to be our little angel.

God's gonna meet you at that gate.
He's gonna shake your hand and say "well done."
You will watch us for the rest of our days until
we meet you again,
when we see you we're gonna hold you in our arms
and never let you go.
cause losing you was just to hard so dear Hunter,
remember we love you.

THE END

Hunter died on 4/4/08

I miss him very much and just wanted to let my feelings
out.



Tiny Angel

Author Unknown

Tiny Angel rest your wings
Sit with me for a while.
How I long to hold your hand
And see your tender smile.

Tiny Angel, look at me
I want this image clear...
That I will forget your precious face
Is my biggest fear.

Tiny Angel can you tell me
Why you have gone away?
You weren't here for very long –
Why is it you couldn't stay?

Tiny Angel shook his head,
"These things I do not know...
But I do know that you love me,
And that I love you so!"





Safe Arrivals



Treasure Aiken was welcomed into this world on May 28, 2008 at 6 lbs 15.6 oz by Steven, Lakita and Trinity Aiken. The family remembers the heavenly twins Serenity and Savannah (June 10, 2007).

Elenaida Cabrera is proud to announce the arrival of her son **Jeremiah Daniel Cabrera**, born October 7, 2008. He was 7.5 lbs and 19.5 inches long. Together with his siblings Yudemis, Tyrese and Shaylyn, he will always remember his heavenly brother and sister Jeremiah A and Julissa R (May 21, 2006).

Andrew Scott Christian Cooper was born September 21, 2008 at 5 lbs 6 oz and 18.5 inches long. Together with his parents, Loucaire and Steven Cooper, he will always remember his heavenly siblings McKenzie Simone (February 14, 2005), Emmanuel Priest (June 13, 2006) and Adam Christian (March 15, 2007).

A'Saun Jakai Johnson, born on August 1, 2008, was 4 lbs 4 oz and 18 inches long. His parents, Ashanti Phillips and Marlon Johnson Sr., will always teach him about his heavenly sister, Sienna (April 23, 2007)

Eireann Bridie Kennedy was born to Tim and Katie Kennedy on September 17, 2008. She was 7 lbs 1 oz and 19.5 inches long. The family remembers Brigid Nicole Kennedy (10/19/07).

Landon Eric Kostusiak was born to Scott and Erica Kostusiak on July 10, 2008. He was 6 lbs 4.5 oz and was 19 inches long. Together with his brother Braedon, he will always remember Adriana Joanne (December 5-8, 2003)

Melissa and Robert Metzger welcomed **Nathan Robert Metzger** on July 21, 2008 at 9 lbs 2 oz and 22 ¾ inches long. Together with his siblings Andrew, James and Tessa, he will always remember his heavenly brother Adam Robert (August 16, 2007).

Diane and Steven Moore are the proud parents of **Jessica Elizabeth and Jacob Ezekiel Moore**, born on August 6, 2008. They are also parents of Faith Abigail Moore (December 20, 2003) and Joshua Caleb Moore (June 29-30, 2007) in heaven. Jessica was 5 lbs 10 oz and 18 in long, while Jacob was 6 lbs 4 oz at 19 in long. Their big sister at home is Savannah.

Our two "JEMS" are an answer to our prayers.
From the Father above because He really cares.
God restored what the enemy had taken.
We persevered and our faith was not shaken.
God is good ALL the time - it's true.
He even gave His son Jesus to me and to you.
Thank you, Lord.

Sirbrina Christina Neffke was born August 6th 2008 to Christopher and Mary Neffke. She weighed in at 8 lbs 4 oz and was 21 inches long. Her big sister Santina Elizabeth just had her 1st Birthday on July 26th 2008. Both girls are now being watched over by our Angel in heaven, Baby Neffke (May 8, 2005).

Isaac James Piorkowski was born to Shannon and Walter Piorkowski on July 4, 2008. He was 6 lbs 12 oz and 20.5 inches long. The family remembers Noah John (August 12, 2006), Caleb Morris (August 31, 2006) and Baby Piorkowski (December 2007).

Rhiannon L Quinn was born to David and Crystal Quinn on June 3, 2008 at 6 lbs 10 oz and was 18 ¾ inches long. Sarah, Ethan, Evan and Andrew will teach their new sister about April Quinn (October 2003).

The Miracle twins **Keira Isabella and Nolan Peter Schregel** were born at 24 5/7 weeks gestation, on April 20, 2008. Each weighing just over one pound each! Monique and Mark Schregel will always teach them about their heavenly big brothers Joshua and Peter (March 8, 2007). Both came home from the hospital in August!

Beaonca and Antonio Shine welcomed their new arrival **Ni'Khye Shine** on June 11, 2008 at 7 lbs 10 oz. The family remembers Nyekia Shine (April 28, 2007).

Charlotte Elizabeth Sperandeo was born July 10, 2008 to Cassandra and Benjamin Sperandeo. She weighed 6 lbs 7.1 oz and was 19 inches long. The family remembers Charlotte's heavenly older sister Kimberly Louise Sperandeo (May 6, 2007)

Raymond Robert Sullivan was born at home on March 5th, 2008. Raymond was 7 lbs 10 oz, 19 inches long. Tamara and Jim Sullivan, along with their family and friends, remember Robert Michael born still on October 20, 2004. Raymond joins his brother Izik (3 in January) as Robert's second little brother.

Ken and Lisa are proud to announce the long awaited arrival of their son, **Kyle Anthony Wesley**, born September 6th 2008. Kyle was 5 lbs 8 oz and 19 inches long. We remember Kyle's heavenly brother Charles Vincent Wesley (November 12, 2006). Kyle has one sister, Kelsey, and two brothers, Dylan and Kenny.

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



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

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 or

2186 Liberty Drive, Niagara Falls

Contact:

Outreach Department 280-0777

Death of a Child

Discovering New Life: After the Death of a Child

When: 1st and 3rd Tuesday

at 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

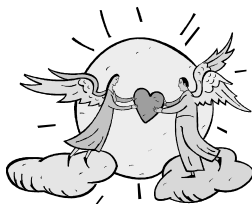
5:00 pm

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 Jordans, 878-7773

Footprints on the Heart

Miscarriage, ectopic pregnancy, stillbirth, 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

Young Sibling (5-16 yrs)

Adult Sibling (17 yrs-adult)

When: 2nd Wednesday of each month
6:30 pm

1st Trinity Lutheran Church

1570 Niagara Falls Blvd, Tonawanda

Contact:

Lesley Jordans, 878-7773

Storm Clouds & Rainbows

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

"Tiniest Angels" Parent

Bereavement Support

Miscarriage, ectopic pregnancy, stillbirth, and early infant death

When: 3rd Wednesday of each month
7:00 pm

Baby's Sweet Beginnings Lactation &

Wellness Center

231 Aurora Street, Lancaster

Contact:

Christine Scott, 681-8100

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

WNY Rainbow Connection

Children after a loss

Contact:

Nicole Pirrone, 716-566-6587

716-799-4183

nicole_pirrone@hotmail.com

Internet Support and Keepsake Resources

Angel Babies Forever Loved

www.angels4ever.com

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

Angel Lady

www.angelady.net

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

Angels in Heaven Ministries

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

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

Born Angels Pregnancy Loss Support

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

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

Creating Memories

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

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

A Heartbreaking Choice

www.aheartbreakingchoice.com

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

Hygeia.org

www.hygeia.org

An online journal for pregnancy and neonatal loss.

Journey of the Hearts

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

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

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.myheartsmissinglink.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

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

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

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

Offers custom engravings that decorate, commemorate and motivate.

Sara's Smile

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

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 Christine Scott, 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 **forgetmenotnewsletter@hotmail.com**

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 Honored Dates: _____

If you would like any poems/stories/letters/etc published, please email to: forgetmenotnewsletter@hotmail.com

If you would like your name removed from the mailing list please send your request to:

Forget-Me-Not
C/O Christine Scott
Life Transitions Center
150 Bennett Road
Cheektowaga, NY 14227

Email: forgetmenotnewsletter@hotmail.com Subject: mailing list

If you would be interested in having the newsletter emailed directly to you in .pdf format as opposed to getting a paper version, please contact the email address above.

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523 Cornwall Ave., Buffalo, NY 14215*

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Forget-Me-Not
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