



UNITE Notes

Fall 2017
Vol. 36, no. 3

© UNITE Notes is a quarterly publication of UNITE, Inc.
P.O. Box 298, Oxford, PA 19363,
www.unitegriefsupport.org, 1-888-48 UNITE

Your Gift To Me

What can you give me this holiday season?

Your greatest gift to me is your listening.

I don't need answers, lectures, sermons, or judgments.

All I need is your acceptance of me and my feelings.

You give me so much every time you listen to me and allow me to talk about my child whom I am missing so badly.

Your loving reassurance that what I am feeling is normal frees me from the crippling fear that I am losing my mind.

Thank you for not playing God or trying to make it all better.

Thank you for just being there...and listening.

Janis Keyser
UNITE Notes, Winter 1982/83



#BEINGTHERE

Only August

I sit perched on the edge of the pool
While the sun is hot and the day is bright
The air is cool

No swimming today
Despite the calendar saying it's the end of August

A tiny leaf floats from above
Its edges tinged in red and orange
Too soon I think
It's still August

It lands softly
And floats gently
And casts a huge shadow on the bottom of the deep
pool

She arrived
Too soon
On a bright & sunny day in August
She still floats gently
And has cast a huge shadow over my heart
Still

Linda R. Visconti
In memory of Serena Mary, born still 8/29/1991

This issue of *UNITE Notes* is sponsored by the Bond and Moury Families in honor of Addison, Blaize, and Carlee Moury.

If you or your organization would like to sponsor *UNITE Notes*, please contact us at 1-888-488-6483 or via email at administrator@unitegriefsupport.org. Thank you for your support.

Professionally Speaking...

by Denise M. Paul MA, CT, CPLC

I Lost My Baby – But I Lost More Than That

From the moment that you learned you were pregnant, your mind started formulating a future with that precious baby. Your identity as a parent started to form. When your baby died, you were forced to figure out what it means to be the parent of a child that is no longer with you. You lost your baby, but you also lost your identity. If this was your first child, you may wonder if you can still identify yourself as a parent. The answer is “yes.” You are the parent of an Angel Baby.

Your role as a friend and family member may change, as you may find it difficult to interact normally with parents who have children to share their life with. You may no longer want to attend baby showers, christenings, and holiday gatherings because the pain of seeing others with babies tugs at your heartstrings too much. You may lose friends following your loss because some friends do not have the capacity to support you in your grief in a compassionate way. Unfortunately, many friends and relatives do not recognize the depth of your pain, and it is difficult for them to imagine your grief. Their lack of empathy can be very painful, and when you realize that they are on a different path, your friendship may be challenged.

Your sense of security and predictability may be lost. A perfectly normal pregnancy can be shattered in a moment when a fetal heartbeat is not detected at a routine doctor visit. Your baby’s death undermines your sense of being masterful, in control, and able to solve any problem. Everything that you thought was safe is challenged and you feel open to other problems. When you realize that you don’t always have the power to prevent bad things from happening, a sense of vulnerability is triggered.

When your baby dies before birth, you lose a part of your future. You grieve not only for your baby, but also for your visions of parenthood. You already have hopes and dreams for this baby. You have already begun planning a life with this baby. Now you realize that you will not be watching this little someone playing ball, singing at kindergarten graduation, or graduating from high school. You will not be taking them fishing, watching them start a career, get married, and have children of their own. You will not be a grandparent to that baby’s children. The loss lasts a lifetime.

Your faith in God may be challenged temporarily or permanently following a loss if you blame God for taking your baby. I often hear, “Why would God bless me with a baby, if He was only going to take him/her away?” Parents often feel very angry with God and sometimes refrain from attending church services for weeks or months following the death of their baby. On the other hand, spirituality or religion can play an important role in your transformation and healing.

Your entire personality may have changed following the death of your baby. You may lose your sense of joy. The rest of the world seems to be having fun and going on as usual, while you are learning to cope with a “new normal.” You may suffer from Anhedonia, a psychological condition characterized by an inability to experience pleasure in normally pleasurable acts. You may feel incapable of recapturing the happy, carefree person that you once were, and this can be very frustrating and painful.

Perhaps most painful of all, you lose some measure of hope for the future. Your baby’s death makes you feel vulnerable to tragedy and reluctant to count

on your plans coming to fruition. This feeling can be magnified if you have had more than one loss.

While recognizing what you have lost, it is also important to acknowledge what you have gained since your baby died. You can live in honor of your baby by acquiring a new or renewed sense of purpose and meaning in your life, which becomes part of your baby's legacy. Surviving the death of your baby may teach you about life and reveal new strengths. You may feel more in touch with your feelings and understand the value of mindfully observing them, acknowledging them, and letting them flow through you. Perhaps you have come to experience the grace of new friends who have supported you in your grief. You may become more assertive and stand up for yourself instead of trusting fate to others. Self-compassion may be a gift that you are more likely to give to yourself and you may feel a heightened appreciation for what you have. Parents often comment that they value life and family more following the loss of a baby. You may focus on what you really want out of life, realizing that life is too short. With all these lessons learned, skills acquired, and relationships made stronger, you will hopefully feel better equipped to process the joys and challenges that life has to offer.



© Can Stock Photo - csp6235436



*It has been said
that time heals all
wounds. I do not
agree. The wounds
remain. In time,
the mind,
protecting its
sanity, covers them
with scar tissue,
and the pain
lessens, but is
never gone.*

Rose Kennedy

The New Administrator to the Rescue!

Barbara Bond-Moury

When I accepted the position of the UNITE Administrator, I never knew I would have to find a way to make the Fall Fundraiser meeting happen when all the volunteers were unavailable to attend the August stuffer meeting. When I learned that there would not be enough people to gather to work on the Fall Fundraiser, I stepped into action. This fundraiser meeting is a yearly gathering of UNITE members who label, fold, nest, stuff, and affix stamps to the UNITE fundraiser letter that is sent to you annually in the Fall. The work generally takes 2 to 4 hours with about 10 to 15 people assisting. This fundraiser is vital to UNITE's mission. UNITE counts on the funds raised through this program to continue its mission to support grieving families.

I spoke to an employee that I know at Jennersville Regional Hospital in West Grove, PA. UNITE hosts a support group at this hospital, so she knows

who we are, and what UNITE is all about. Through this employee, and a group of women who are part of a group at the Jennersville Hospital, I was able to communicate the number of people that I needed to help and what needed to be accomplished. I organized a date when we could all meet, then worked with the hospital employee to secure a location within the hospital. We all met at the hospital and went to work.

A huge thank you to the Jennersville Regional Hospital for hosting the UNITE Fall Fundraiser stuffer meeting, the women of the Jennersville Hospital, and several children who also assisted with the tasks to complete the Fall Fundraiser Stuffing! Awesome team work to get the job done!



Pregnancy and Infant Loss Awareness Month

Shannon Sciotto

I belong to a special club, but it's a club that you don't sign up for. In fact, it's a club that you don't want to be a member of, ever. Nevertheless, I am a member. I am a parent who has lost a child, a baby, who will be forever missed, whose presence will always be wished for, to be sitting next to me, to hold my hand, to say the word 'mommy' to me. Losing a child is a heartache that is beyond measure, a longing that will never, ever go away. You are you after your loss, and now have a 'new normal' way of life, of doing anything, and everything.

A shimmer of hope for us parents, families and friends, who know this grief—our babies are recognized, and celebrated. October is Pregnancy and Infant Loss Awareness Month, and a special time for families who grieve—whether silently or openly, we all are grieving. And in the middle of the month is a special day, October 15—for on this day, celebrations across the country are had to remember and honor our babies who were taken way too soon. I'm proud to say I was part of a group that did just that—celebrated our babies, talked about them (of course we do that all the time anyway!), cried, held hands, and hugged. Through loss, we have come together to not only honor our children but to be with those who know our pain way too well, who 'get it'.

And on October 15, 2017, a tremendously large group gathered at Saints Peter and Paul Cemetery where angel babies are to share a moment and to release balloons to the sky with special messages on them for our children. Some of us have met through UNITE, and some have met by chance. It was a beautiful day, with tears but also messages of hope to our babies and our hopes that those messages reach our babies in heaven.

Following the balloon release, most attended Main Line Health's Service of Remembrance that is held every October for families of loss – no matter where they experienced their loss, all are welcome. It's a service not only of remembrance, but of reflection where we are all given the opportunity to share their stories and talk about their child or children. As a beautiful harp played softly in the background, all who attended were welcomed with open arms.

I am a parent of loss, am a grieving mother, and part of this awful undeniably horrendous club. But in this club are other parents who offer support, hugs, shoulders to cry on and sometimes yes, even laughs. I thank all of my friends who now I am forever linked to by our wonderful, special babies who will never be forgotten.



Actress Melissa Rauch Announces Her Pregnancy and Reflects on the Heartache of Miscarriage

By

[Melissa Rauch](#)

July 11, 2017

Excerpt taken from the site Glamour.com

Actress Melissa Rauch and her husband, Winston, are expecting their first child in the fall of 2017. In her own words, here is Melissa's emotional and heartfelt story of the long road to parenthood.



Here is the only statement regarding my pregnancy that doesn't make me feel like a complete fraud: "Melissa is expecting her first child. She is extremely overjoyed, but if she's being honest, due to the fact that she had a miscarriage the last time she was pregnant, she's pretty much terrified at the moment that it will happen again. She feels weird even announcing this at all, and would rather wait until her child heads off to college to tell anyone, but she figures she should probably share this news before someone sees her waddling around with her mid-section protruding and announces it first."

During the time when I was grieving over my pregnancy loss or struggling with fertility issues, every joyful, expectant baby announcement felt like a tiny stab in the heart. It's not that I wasn't happy for these people, but I would think, "Why are these shiny, carefree, fertile women so easily able to do what I cannot?" And then I'd immediately feel guilt and shame for harboring that jealousy—one might call this "the circle of strife." (A song I imagine is somewhere deep in the extended director's cut of *The Lion King*.) I've always been one to keep my eyes on my own paper, but when it came to having a baby, that proved to be a challenge. So when I thought about having to share the news about expecting this baby, all I could think about was another woman mourning over her loss as I did, worried she would never get pregnant again, and reading about my little bundle on the way. It felt a bit disingenuous to not also share the struggle it took for me to get here.

Grief, Guilt, Hormones and Hardcore Sobbing to HGTV

The miscarriage I experienced was one of the most profound sorrows I have ever felt in my life. It kick started a primal depression that lingered in me. The image of our baby on the ultrasound monitor—without movement, without a heartbeat—after we had seen that same little heart healthy and flickering just two weeks prior completely blindsided us and haunts me to this day. I kept waiting for the sadness to lift...but it *didn't*. Sure, I had happy moments and life went on, but the heartbreak was always lurking. Inescapable reminders, like the unfulfilled due date, came around like a heavy cloud. A day I had once marked on my calendar with such excitement was now a memorial of a crushed dream. I was constantly wishing that the feeling of being desperately lonely in my own body would dissipate. It didn't help that I was also fighting against these feelings with thoughts like, "You should be over this by now," and "People go through a heck of a lot worse, you miserable sad-sack!" (Can you tell that I am awesome at self-compassion?) What I realized, though, is that because this kind of loss is not openly talked about nearly as much as it should be, there really is no template for how to process these emotions. You're not necessarily going to a funeral or taking time off from work to mourn, but that doesn't change the fact that something precious has been unexpectedly taken from your life.

Then there's the guilt. As a Jewish mother-to-be, this was something I was expecting to be instinctually good at. But I was supposed to be harnessing this power to guilt my future child, not using it on myself! I knew in my heart there wasn't anything I could have done to prevent what happened, but that didn't stop me from the futile exercise of mentally replaying every day of the pregnancy up until that point over and

over again, wondering if there was something I did that could've caused the miscarriage.

Miscarriage, by the way, deserves to be ranked as one of the worst, most blame-inducing medical terms ever. To me, it immediately conjures up an implication that it was the woman's fault, like she somehow "mishandled the carrying of this baby." It's not that a better name would make it less awful to go through. But for a while, my husband and I just started saying to each other—without any judgment or acrimony to the baby, of course—that the baby "bailed" instead.

When even the perversely stupid medical term involved felt like an endorsement for the blame game, it was hard for me not to take the bait. If you're doing that to yourself, please take these words in (as I also reminded myself many times): You did *nothing* wrong. Babies are born in all sorts of extreme conditions. If it was a viable pregnancy, it would have made it. Due to reasons beyond anyone's control, miscarriage is estimated to occur in anywhere from 15 to 20 percent of recognized pregnancies. There was nothing you could've done to change the situation. Most importantly, please be kind to yourself. As much as I wanted to "move on" and gain some sense of control over what happened by beating myself up, I came to understand that thoughts like that have no productive place in grief. Our pain is something to be worked through until it isn't anymore. So on my better days, rather than being a big jerk to myself, I just started saying: It is OK to not be OK right now.

During this time, I was continually surprised by the constant assault of emotions—and how severely unlike myself I felt. In addition to the intense grief, the hormonal drop-off is something I was not prepared for in the least. I wish I had known that this physiological response is an extremely prevalent and real component of pregnancy loss. In retrospect, it would've helped me to be aware that many women essentially go through a form of

postpartum depression after a miscarriage, without a baby to show for it.

In My Heart Until It's In My Arms

Many times in my life I've been able to get through difficult situations by reminding myself of the classic adage: "Everything happens for a reason." But as it turns out—for me, anyway—miscarriage was more of a "this straight-up sucks" situation. Some things just are. The simple acceptance of this reality actually proved to be the most helpful course of action for me. This was a below sea-level moment amongst the proverbial peaks and valleys of life. There was something very healing about simply acknowledging where I was, rather than trying to completely make sense of it or wrap my head around some cookie-cutter rationale. We all process grief differently. If you are dealing with prenatal loss, I hope you find something, anything, to bring you comfort (whether it's planting a tree, having a small ceremony, or giving a big double middle finger to the universe). The unknown is a scary place, but it's also where hope and possibility live. I'm trying as much as I can to embrace the reality of that uncertainty.

All I really know for sure is that this experience has changed me forever. I know it's made me grateful for every moment of my current pregnancy, and I hope it will make me a better mother in some capacity when I can finally hold the child that has been in my heart in my arms. Although I can't categorize these lessons of humble appreciation and gratitude as "reasons for this happening," I will consider them a silver lining. (But to be honest, I would've much preferred to learn said lessons from either a fortune cookie or by watching a few heartfelt reruns of *Full House*.) So, to all the women out there who are dealing with fertility issues, have gone through a miscarriage or are going through the pain of it currently, allow me to leave you with this message: You are not alone. And, it is perfectly OK to not be OK right now.

To Read Ms. Rauch's Complete Article on Glamour.com, Click on the Following Link:
<https://www.glamour.com/story/actress-melissa-rauch-announces-pregnancy-and-reflects-on-miscarriage>

How Do I Say Goodbye (In Loving Memory of T.J.)

How do I say goodbye...
to you, my child I hold so dear!

How do I say goodbye...
to the dreams I had for you,
the years I hoped we'd share!

How do I say goodbye...
when I barely said hello!

How do I say goodbye...
and go on living,
yet never let you go!

If you let me tuck you deep inside a special place,
one that's safe and warm...

A place where I can visit and be with you again,
where pain and suffering do not enter
Yet tears are safely shed.

This special place I have for you is deep inside my
heart, and if you can come and live with me there,
then I never have to say goodbye...
and life can carry on.

Lee Ann Gordon
UNITE Notes, Fall 1993



I Know That I Am Still Healing

Lovingly Lifted from Empty Arms Newsletter

Combining resolution with determination can help with your healing. With healing comes renewed life. It's worth the struggle. Here are some resolutions to reflect on:

I resolve to try to:

- Put the pieces back together
- Take care of myself physically
- Accept invitations
- Keep my marriage intact
- Give the kids back their mother/father
- Cook dinner
- Smile
- Understand someone's good intention even though they used the wrong words
- Put some normalcy back into life
- Try to understand that everyone approaches life differently and so, also, grieves differently
- Ride out the low periods
- Enjoy laughing without feeling guilty
- Understand that grief is unexplainable and therefore not understandable
- Not accept any point in healing, reach for more...let go more
- Learn how to deal with those tough questions like 'how many children I have' and 'aren't I over it yet?'
- Look at other children without feeling pain
- Keep from being a recluse
- Rebuild friendships
- Continue when I falter
- Seek help

You and Your Grief During The Holidays

Do what is right for you during the holidays.

Well meaning friends and family may try to prescribe to you what you should do during the holiday season, or more specifically, on the holiday itself. Discuss your plans with a trusted friend who won't judge the decisions you make about how and with whom you will spend your time. As you become aware of your needs, share them with your friends and family.

Include in your conversation the name of the person who has died.

If others sense you are able to talk about your loved one, it may help them recognize your need to remember the joy of having loved the person who was an important part of your life.

Be with people you find supportive and comforting.

Identify those people around you who understand that holiday times heighten your feeling of loss and who will allow you to talk about your experience.

Embrace your treasure of memories.

Perhaps one of the best legacies that exist after the death of a loved one is memories. Holidays always stimulate us to think of times past. If your memories bring laughter, let yourself smile; if your memories bring sadness, let yourself cry.

Be tolerant of your inability to function at optimum level.

Your feelings of loss will probably leave you feeling fatigued and your energy level will naturally slow down – respect what your body and mind are telling you as you work to lower your expectations of operating at high levels of efficiency.

Do plan ahead.

Decide what family traditions you want to maintain and what new ones you may want to start. Knowing how you will structure your time tends to help you anticipate schedules rather than just letting things happen.

Taken From, "You and Your Grief During the Holiday Season" by Alan D. Wolfelt, Ph.D.

"You never come to terms with the death of a child, the pain is very real and turns into anger. At the same time, there's a frustration that you couldn't really have done anything about it, which makes it even worse."

Dr. Donald "Ducky" Mallard, NCIS



*Care for your
grief as you would
care for a hurting friend.*

News

New Mailing Address

Please note our new mailing address:
P.O. Box 298, Oxford, PA 19363

Annual Fall Fundraiser

UNITE's Fall Fundraiser letter was sent out in early September. If you have not received it, we may have an incorrect address for you. Please send an email to administrator@unitegriefsupport.org with the subject line "Missing FFL" and provide a current address so we can send you out a letter.

Safe Arrivals

We would love to hear about your safe arrival so we all can celebrate in your joy. So we can put it in the newsletter, please send information on your new bundle of joy to administrator@unitegriefsupport.org.

New UNITE Group

Dora Eaton, who previously facilitated the Chestnut Hill UNITE Group, has started a new group in NE Philadelphia. Contact Dora at 1-888-488-6483 if interested in attending.

Home Page Info www.unitegriefsupport.org

Virtual Butterflies: The donation cost for placing one of these virtual items on the page is \$25 and will be in memory of your baby. You may donate through PayPal by clicking on the Buy Now icon. Note: On the PayPal page, where it states, "Instructions to the Merchant," type in your baby's name, etc.

Newsletter Submissions

Please send your original poetry, short stories, articles, and letters to *UNITE Notes*. The beautiful writings that we receive from UNITE's bereaved parents are what make our newsletter so special. If you have written poems,

articles, etc. that you would like to share with other parents, please send them soon. See page 14 for details on submissions.

If you have not renewed your subscription, please consider doing so. Please remember to update your email address so that you may continue to receive the newsletter.

Acknowledgments

If anyone has not received an acknowledgment for their donation, please contact the administrator@unitegriefsupport.org, or call the UNITE tape at 1-888-488-6483. Please leave your name, phone number, and the best time to return your call.

AmazonSmile Foundation

The Foundation runs a program in which Amazon donates 0.5% of the purchase price of eligible products to charitable organizations. To shop go to smile.amazon.com from your web browser on your computer or mobile device and choose UNITE, Inc. Products will be marked "Eligible for AmazonSmile donation" on their product detail pages. You may also go to our web page: www.unitegriefsupport.org and click on the icon/banner, which will bring you to smile.amazon.com. You should bookmark this page so that you go directly to your Amazon Account and start shopping. Purchase of digital content, such as Kindle e-books or MP3's, is not included.

Toll-Free Phone Bill

Our monthly costs have gone up to \$80. If you or your organization would be interested in sponsoring this amount, please contact us. It would be greatly appreciated.

Gifts

Timothy & Patricia Lucas in memory of Chloe Lucas 4/6/2012

Ruth Ann & Stan Bruno in memory of Owen Eric Bruno

Kenneth & Naomi Bond in memory of Addison, Blaize & Carlee Moury

Stephen Rodriguez

Marie Samson in memory of Harrison Samson

Elaine Shields in memory of Mikey (Michael Francis Shields) for his 18th birthday on July 8th

Amanda Nivault & Stephane Boyer in memory of Maxime Ronnie Boyer

Mr. & Mrs. Ben Itri in memory of Vivienne Itri Miller

Mary Cushing Doherty in memory of Thomas Reid Doherty and his dad – Fidelity Charitable Grant

Your Cause Corporate Employee Giving Program

Walk to Remember Sponsor – Kolakowski Family Paul & Deborah Schmid



Support Groups

For information about the group nearest you, please contact UNITE, Inc. at 1-888-48 UNITE or 1-888-488-6483 (leave a message on the tape). Or write to UNITE Inc. at P.O. Box 298, Oxford, PA 19363. Or email administrator@unitegriefsupport.org. New members must contact the group coordinator before attending their first meeting. UNITE, Inc. does not discriminate on the basis of gender, age, marital status, religious belief, race, sexual orientation or economic status

Pennsylvania:

UNITE, Bucks County

Meets 2nd Sunday at St. Mary's Hospital, 7-9:00 PM [*currently not meeting, as there is no facilitator*]

UNITE, Delaware County Memorial Hospital (DCMH)

Meets 2nd Wednesday, 7:00-8:30 PM at Delaware County Memorial Hospital, in Drexel Hill, PA

Contact: Debi Rafferty, 610-394-4798 or UNITE Tape

UNITE, Holy Redeemer Hospital

Meets 3rd Thursday at Holy Redeemer Hospital, 7:00-9 PM

Contact: Denise Paul, 1-888-488-6483 (UNITE Tape)

UNITE, Hospital of the University of Pennsylvania Medical Center

Meets 3rd Tuesday, 7-8:30 PM

Contact: Kelly Zapata, 215-662-2616 (Voice Mail)

UNITE, Jeanes Hospital

Meets 1st Thursday (on as needed basis) at Jeanes Hospital in NE Philadelphia [*currently, not meeting*]

Contact: Rita Daley, 1-888-488-6483 (UNITE Tape)

UNITE, Jennersville Regional Hospital

Meets 1st Tuesday, 7:30-9:00 PM in Jennersville, Chester Co., PA

Contact: Karen or Glen Powers, 1-888-488-6483

UNITE, Lankenau Hospital

Meets on the 3rd Tuesday, 7:30-9:00 PM

Contact: Gerri Wismer, 1-888-488-6483 (UNITE Tape)

UNITE, Mayfair (NE Philadelphia)

St. John's Lutheran Church

Meets 1st Saturday of the month 3:30pm to 5:00pm

Contact Dora Eaton 1-888-488-6483

UNITE, Pennsylvania Hospital

Meets 1st Tuesday, 6:30-8:30 PM

Contact: Michelle Ferrant, 215-829-5040 or 1-888-488-6483 (UNITE Tape)

UNITE, Riddle Hospital

Meets 1st Thursday, 7:00-8:30 PM

Riddle Memorial Hospital, Media, Delaware Co.

Contact: Carol Kealey, 1-888-488-6483 (UNITE Tape).

UNITE, Thomas Jefferson University Hospital/Jefferson Physicians

Meets 1st Tuesday, 6-7:30 PM [on as needed basis]

Contact: Andrea M. Braverman, Ph.D., 215-955-9216

New Jersey:

UNITE, Princeton Health Care System

Meets 1st Monday, 7-9:00 PM

Contact: Debbie Millar, RN, Community Education 1-609-897-8980

Facilitator: Bernadette Flynn-Kelton

UNITE, Virtua at Voorhees

Meets 1st and 3rd Monday, 7-9:00 PM at Barry D. Brown Health Education Center

Contact: Ann Coyle, RN, 1-609-502-7552

Subsequent Pregnancy

UNITE, Lankenau Subsequent Pregnancy Support

Meets 4th Tuesday, 7:30-9:00 PM [on as needed basis]

Contact: Gerri Wismer, 1-888-488-6483 (UNITE Tape)

UNITE, Virtua at Voorhees (called Rainbow Babies)

Meets 4th Tuesday, 7:00-8:30 PM at Barry D. Brown Health Education Center. Call 1-888-VIRTUA 3 to register

UNITE's services include:

- Support Group meetings in Pennsylvania and New Jersey.
- Hospital In-service Programs and community education.
- Conferences for bereaved parents, professionals and the community.
- Literature and newsletter.
- UNITE group development assistance and training programs for group facilitators and support counselors.
- Referral assistance.



Membership

We invite you to become a member of UNITE, Inc. Membership is a way of supporting the ongoing work of UNITE. UNITE, Inc.'s work involves developing new UNITE groups and supporting existing ones, training group facilitators and parent support counselors, educating the community on issues of perinatal death and grieving, as well as many other important projects.

UNITE, Inc. is funded by your membership support and your tax-deductible donations. A one-year membership is \$25 per individual/couple/caregiver. Membership includes a newsletter subscription for one year-four issues. Tax-deductible donations in any amount may be made in memory of your baby or a friend's baby, or in honor of someone who has helped you along the way.

UNITE Notes Fall 2017

UNITE Inc, Membership Form

(When your newsletter expires, you will receive an email notification. Please remember to update your email; if you do not have an email, you will receive a black and white hardcopy.)

NAME: _____ DATE: _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

Do not have an e-mail

_____ Enclosed is \$25.00 for a one-year membership to **UNITE, Inc.**, which includes a one-year subscription to *UNITE Notes*. *(I do not wish to receive a copy of UNITE Notes. ____)*

_____ new membership

_____ renewal

____ I would like to make a tax-deductible donation to UNITE Inc.:

Enclosed is \$____, in memory of _____.
(or in honor of _____).

(Your gift will be acknowledged in UNITE Notes. If donation is in memory of a friend or family member's baby, please provide their address and we will send an acknowledgement.)

Please mail to:

UNITE, Inc.

P.O. Box 298

Oxford, PA 19363

Email: administrator@unitegriefsupport.org

UNITE, Inc. is registered as a charitable organization. A copy of the official registration may be obtained from the Pennsylvania

Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

UNITE Notes staff

Editors: Theresa Fisher and Kathy Macagnone

Administrator: Barbara Bond-Moury

Submissions: We welcome your original poetry and articles. Your contributions are important to UNITE's work of reaching out to bereaved parents. We reserve the right to edit and select from submissions. Please send all submissions to:

UNITE Inc.

P.O. Box 298

Oxford, PA 19363

1-888-48 UNITE or 1-888-488-6483

or email administrator@unitegriefsupport.org

UNITE Notes is published quarterly by UNITE, Inc., a non-profit corporation. All Rights Reserved.

Please correspond with UNITE, Inc. before reprinting any material from *UNITE Notes*. In most cases reprinting permission is extended, but only with proper credit noted, including author, "Used with permission from *UNITE Notes*," date of publication, and UNITE's complete address and phone number.

The views expressed in *UNITE Notes* are those of the authors, and are not necessarily shared by UNITE, Inc.

UNITE, Inc. does not discriminate on the basis of gender, age, marital status, religious belief, race, sexual orientation, or economic status.

© UNITE, Inc., 2017



UNITE, Inc.

P.O. Box 298

Oxford, PA 19363

www.unitegriefsupport.org