

Walk To Remember - October 6, 2018



This year's Walk to Remember will take place on October 6, 2018, and we are adding a new way to remember and honor those touched by grief due to the loss of a child.

This year UNITE is offering the opportunity to dedicate a Luminaria in memory of a child; in honor of someone who has walked beside you on your grief journey; or in support of a loved one grieving the loss of a child.

The honoree's name will appear on the Luminaria as well as the name of the person who dedicated the Luminaria. The Luminaria will be placed for display at the walk.

If you attend the Walk, you are welcome to take all of your luminarias home with you so that you can participate in our Light Up the Night Event. Our Light Up the Night event will honor October as National Pregnancy and Infant Loss Awareness month. Please place the Luminaria in a window or in front of your home after the Walk and leave it lit until the next morning.

You can dedicate a Luminaria for a \$10 donation to UNITE by using the PayPal form on our newly designed website. Visit www.unitegriefsupport.org today to explore the new site & consider a Luminaria! If you would like to order more than one, remember to order separately to ensure each one has an individual dedication.

UNITE will send you an acknowledgment via email that you can forward to your honoree to let them know that you have remembered their child or honored their friendship in this special way.

Thank you for your support!

If you or your organization would like to sponsor an edition of *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

The Pain of Loss

The pain of losing a much loved and anticipated baby can be overwhelming. For many years, I have listened to the cries of parents with a compassionate heart, and with a heart that was yearning to learn more about the grieving process so that I could help others. I clearly remember two fathers, in particular, who described the physical hurt that comes from having a broken heart. One father told me that he had been in a motorcycle accident, and his body had been thrown off the cycle and scraped across the highway. He confessed that the emotional pain of holding his stillborn baby was worse than the physical pain that he endured in the accident. Another father described his profound grief as having a rusty sword stabbed into his stomach and twisted around and around. Recently, a mother said, "I feel like something is killing me, but I'm not dying." I assume that many of the moms and dads who are reading this can relate to these parents' accounts of intense sorrow and despair.

It hurts so much because you love your baby so much!

I'm often asked when the pain will stop, because the feeling is so strong and the hurt feels so intolerable. The pain will never stop, but it will change. Time does not heal all wounds. It is what you do with your time that determines how efficiently and effectively you will heal. The goal is not to "get over" your grief, but to integrate your loss into your life in a meaningful way, while acknowledging your painful feelings. If you keep your pain bottled

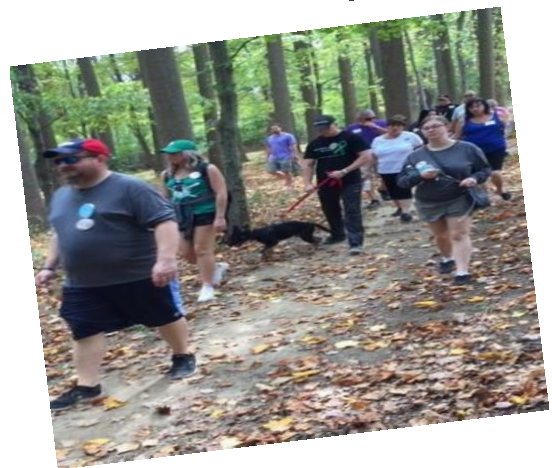
up inside, you will likely explode with emotion. Find a trusted friend, family member, counselor, or support group with whom you can express your thoughts. Share your deepest, darkest thoughts. Keep a journal and document how you are feeling. What I'm asking you to do sounds counter-intuitive, because bringing your feelings out in the open keeps you feeling sad and can even exacerbate the pain that you are already feeling. Trust me.

You must feel the pain in order to heal.

The parents that so viscerally described their pain did so because it was important for them to convey to me just how intense it was. The act of sharing and being heard is healing in itself, which is why it is vital to speak to people who will help to bear the burden of your pain. It was important for these parents to tell me how excruciating the pain of losing their baby was. It was healing for them to describe how much it hurt, despite that fact that it was emotional to do so. In listening, I honored their loss.

Do not suffer alone. Find someone who will listen with their ears and their heart. Tell them how much it hurts. Tell them that it hurts so much that you can't imagine living with this much pain. Describe the feelings to them. My hope is that they will say, "I hear you. I honor your pain, and I am here to help you carry your burden."

7th Annual Walk to Remember October 7, 2017



WE WALK TO REMEMBER

The Reveal

'It's a boy!' my cell phone chirped
My lunch buddy's daughter, who has two little girls, and at least one miscarriage, was having a boy – much to her husband's delight.

It's the latest phenomenon.
You get your ultrasound results in a sealed envelope.
Take them to a bakery or party store.
And they bake your pink or blue cupcakes.
Or stuff a box with pink or blue balloons or a balloon is stuffed with pink or blue confetti.

It's a fun way to get your family and friends involved in your pregnancy.

Many years ago, I had no idea if my baby was a boy or girl before the day she arrived.
Truthfully, I had an inkling the baby was a 'she'.
I remember my favorite maternity outfit was a pink dress with white polka dots.

Browsing in the toy store I lusted after the pretty pink baby stroller.

I wondered how my oldest, my only, a boy, would react to a baby sister.
Would our family be complete then – a boy and a girl?
Or would I go on to have at least one (or two) more children?

A neighbor who had three boys, gave birth to her fourth, and final child...
'A girl, just as we planned.'

If only I could control and 'plan' these things....
We struggled to conceive our son, and five years went flying by before she was conceived.

Not the plan – out of control.

The pregnancy was difficult, things were not good between us.

But once we're through this, I thought, once she arrives – we can get back in control.

Back to the plan.

I wonder now,
when she finally arrived, born still,
was the real me revealed?

-Linda R. Visconti
March 29, 2018



Grief

IS LIKE LIVING TWO LIVES

*ONE IS WHERE YOU PRETEND
THAT EVERYTHING IS ALRIGHT,*

*AND THE OTHER IS WHERE
YOUR HEART SILENTLY
SCREAMS IN PAIN*

*Posted on Facebook
By "Sharing Is Caring"*

A Loving Sister

Written by Theresa Fisher

While doing a spring cleaning in my 15 year old daughter's room, I came across a letter that she wrote to her brothers. I don't know how long ago she wrote it, but by the penmanship, I'm guessing it was several years ago. It's short and it's sweet and it simply says...

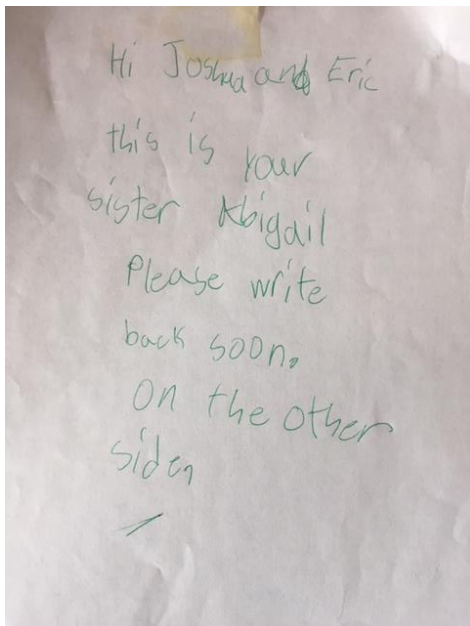
Hi Joshua and Eric

This is your sister Abigail.

Please write back soon.

On the other side

It's been my fear over the years that once my husband and I move on, there will be no one to keep Eric and Joshua's memory alive. For that reason, I've always made a point of talking to my girls about their brothers and taking them to visit their grave on all holidays and birthdays. After finding this note, I now know that my fears are unfounded. Abigail and Jessica will never forget their brothers. That gives me great comfort.



Surviving The Bad Times

David... "This is too much. How do I deal with it all?"

Dan... "I ain't no philosopher. But everyone knows that there is good and there's bad. Ok? Nobody thinks that the bad stuff's ever going to happen to them. And then one day, WHAM! All of a sudden it does. And you think there is no way you can go on."

"But, the day goes by. And another day goes by. Then a week. A month. A year. And you look back. Hey...I got through it. I don't know how. I made it."

Taken From an Episode of the TV Show 'Roseanne'

15 Things I Wish I'd Known About Grief

Lovingly Lifted from The Compassionate Friends of Delaware County, April 2018 Newsletter

1. You will feel like the world has ended. I promise, it hasn't. Life will go on, slowly. A new normal will come slowly.
2. No matter how bad a day feels. It is only a day. When you go to sleep crying, you will wake up to a new day.
3. Grief comes in waves. You might be okay one hour, not okay the next. Okay one day, not okay the next day. Okay one month, not okay the next. Learn to go with the flow of what your heart and mind are feeling.
4. It's okay to cry. Do it often. But it's okay to laugh, too. Don't feel guilty for feeling positive emotions even when dealing with loss.
5. Take care of yourself, even if you don't feel like it. Eat healthily. Work out. Do the things you love. Remember that you are still living.
6. Don't shut people out. Don't cut yourself off from relationships. You will hurt yourself and others.
7. No one will respond perfectly to your grief. Even people you love will let you down. Friends you thought would be there won't be there, and people you hardly know will reach out. Be prepared to give others space. Be prepared to work through hurt and forgiveness at others' reactions.
8. God will be there for you perfectly. He will never, ever let you down. He will let you scream, cry, and question. Throw all your emotions at Him. He is near to the brokenhearted.
9. Take time to truly remember the person you lost. Write about him or her, go back to all your memories with them, truly soak in all the good times you had with that person. It will help.
10. Facing the grief is better than running. Don't hide from the pain. If you do, it will fester and grow and consume you.
11. You will ask, "Why?" more times than you thought possible, but you may never get an answer. What helps is asking, "How can I embrace others, how can I change and grow because of this?"
12. You will try to escape grief by getting busy, busy, busy. You will think if you don't think about it, it'll just go away. This isn't really true. Take time to process and heal.
13. Liquor, sex, drugs, hobbies, work, relationships, etc., will not take the pain away. If you are using anything to try to numb the pain, it will make things worse in the long run. Seek help if you're dealing with the sorrow in unhealthy ways.
14. It's okay to ask for help. It's okay to need people. It's okay, it's okay, it's okay.
15. Grief can be beautiful and deep and profound. Don't be afraid of it. Walk alongside it. You may be surprised at what grief can teach you.

the truth about grief



The Tandem Bike

Written by Theresa Fisher



After Eric and Joshua died, I was lost. I didn't know where to turn or what to do to deal with my grief. I was always looking for something from my babies that told me they were okay. Over the years, I received many signs from them, too many to mention them all here. The very first sign I received from my babies was about a month after they died. I was strolling through the MacDade Mall when I came upon a twin angel figurine. It was two boy angels riding a tandem bike. When I saw it, it spoke to me, so I bought it. I brought it home and set it right up on a bookshelf in my living room for all to see. It gave me great comfort whenever I looked at my twin angels. A few weeks later, I saw another twin angel figurine and I bought that one. Soon after, another one jumped out at me. I wasn't haphazardly buying any and all angel figurines just for the sake of buying them. Each one had special meaning to me, especially the ones of my angel babies hugging my earthly babies. As the years went on, my husband and daughters also added to my collection by buying angels for me. I guess you can say it turned into a family affair. Eventually, I had to get a bigger display cabinet for my angels. I've been collecting angel figurines for twenty years and I have accumulated quite the collection. Every few months or so, I take all the figurines out of

their curio to dust and rearrange them. It is great therapy for me as I sit there dusting and thinking about my babies and all that might have been.



I think I'm Ready for a Second Curio

Spring 2017 Donations

We Are So Grateful for Donations Given Throughout the Year

Linda Nuccitelli in memory of David Anthony Nuccitelli on his 23rd birthday

Erin Hoffman in memory of Charlie Jane Soto

Sharon Fuhrman in memory of David Nuccitelli

Allison Lazarus in memory of Alexander & Alana Lazarus

Lisa Marsland in loving memory of Remington Everett Jones from your Philadelphia Sports Clubs at Highpoint family.

Laura DiTrapano

Warren & Sara Campbell in memory of Philip Andrew Campbell



News

New Mailing Address

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

Honoring Our Babies

How do you honor and celebrate your baby throughout the year? We'd love to know. If you would like to share your story in the newsletter, please send it to administrator@unitegriefsupport.org.

Save The Date

2018 UNITE Walk to Remember
Saturday, October 6, 2018
Ridley Creek State Park Picnic Area #17
(See Sponsor Form on Page 11)

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.

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. Note

that the newsletter is now being uploaded to the UNITE website which allows all who are searching for comfort and support due to the loss of their child(ren) to see your written story.

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 are continuously rising. If you or your organization would be interested in sponsoring UNITE's phone bill, please contact us. It would be greatly appreciated.

Fundraisers Wanted

We are looking for some fresh ideas in fund raising! Do you have an idea to share? We'd love to hear about it. Please contact UNITE at administrator@unitegriefsupport.org.

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 [*on as needed basis*] Contact 1-888-488-6483 (UNITE Voice Mail)

UNITE, Delaware County Memorial Hospital (DCMH)

Meets 2nd Wednesday, 7:00-8:30 PM at Delaware County Memorial Hospital, in Drexel Hill, PA
Contact: Kathy Macagnone, 610-394-4798 or 1-888-488-6483 (UNITE Voice Mail)

UNITE, Holy Redeemer Hospital

Meets 3rd Thursday at Holy Redeemer Hospital, 7:00-9 PM
Contact: Denise Paul, 1-888-488-6483 (UNITE Voice Mail)

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
Contact: 1-888-488-6483 (UNITE Voice Mail)

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 Voice Mail)

UNITE, Lankenau Hospital

Meets on the 3rd Tuesday, 7:30-9:00 PM [*on as needed basis*]
Contact: Paris Margaritis, 1-888-488-6483 (UNITE Voice Mail)

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 Voice Mail)

UNITE, Pennsylvania Hospital

Meets 1st Tuesday, 6:30-8:30 PM
Contact: Michelle Ferrant, 215-829-5040 (Voice Mail) or 1-888-488-6483 (UNITE Voice Mail)

UNITE, Riddle Hospital

Meets 1st Thursday, 7:00-8:30 PM at Riddle Memorial Hospital in Media, Delaware County
Contact: Carol Kealey, 1-888-488-6483 (UNITE Voice Mail)

UNITE, Thomas Jefferson University Hospital/Jefferson Physicians

Meets 1st Tuesday, 6-7:30 PM [*currently not meeting*]
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, Virtua at Voorhees (called Rainbow Babies)

Meets 2nd Tuesday, 7:00-8:30 PM at Barry D. Brown Health Education Center. *Contact: Ann Coyle, RN, 1-609-502-7552*

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.

Please support me as I participate in the 2018
UNITE, Inc. 8th Annual Walk to Remember



Participant's Name: _____

☒ **Yes!** I will make a contribution to help UNITE, Inc.

☐ **\$250 Donation** (\$250+) \$250 Donation

☐ **\$100 Donation** (\$100+) \$100 Donation

☐ **\$50 Donation** (\$50+) \$50 Donation

☐ **\$25 Donation** (\$25+) \$25 Donation

\$_____ Other

Please Make Your Checks Payable to: UNITE, Inc.

Name _____

Address _____

City_____ State/Province_____

Zip/Postal Code _____

Country_____

Donor Phone_____

Email _____

Thank You So Much For Your Contribution!

Mail this form and your check to:

UNITE, Inc.

P.O.Box 298

Oxford, PA 19363

or Deliver the form to the person you are sponsoring with your check.

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

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