



UNITE, Inc.

GRIEF SUPPORT AFTER MISCARRIAGE,
STILLBIRTH AND INFANT DEATH

UNITE Notes

Summer 2018

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P.O. Box 298, Oxford, PA 19363

www.unitegriefsupport.org, 1-888-48 UNITE



WALK TO REMEMBER 2018

October 6th

In addition to walking to remember your children, you can honor them with a luminaria. The luminarias will be placed along the walking path. You can also honor and thank those that have walked with you through your grief journey. Family and friends can purchase a luminaria in memory of the child you lost or to honor those who are grieving the loss of their child.

Each luminaria will include the honoree's name as well as the person who dedicated the luminaria. Those who attend the walk are welcome to take all of your luminarias home with you. Later in the month, you can use the luminaria to light up the night during the international Wave of Light. October 15th is designated as one special night for parents, family, and friends to honor the babies no longer with us. They ask everyone to place a lit candle in their window at 7pm local time & leave it lit for at least an hour, thereby creating a "Wave of Light" around the world. What a wonderful way to use your luminaria. [Click here to visit the October the 15th site to learn more about this night.](#)

Contact UNITE via the website to dedicate a luminaria. Luminaria can be purchased for a \$10 donation. Go to the UNITE website [here](#). 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

Red Flag Days

Soon after the death of your baby you may begin to feel some anxiety and sadness in anticipation of special dates that loom in the future. One date that is very difficult for parents is the baby's due date, which is the date your baby was expected to be born. When a baby is born pre-term, then the due date will be full of disappointment for what should have been a joyful day. The first due date after your loss is the most difficult, so it is wise to plan an activity to honor the baby that was expected to come into this world on that date. Some parents choose to go to the shore or another vacation spot to find peace and solitude, while others may want to distract themselves from their sadness by doing something fun. It is up to you to do what comforts you the most.

Babies that are born at the cusp of viability (approximately 24 weeks), or those that have life limiting anomalies may only live for a few hours or days. Their date of death may be days or weeks after their birth date. In this case, you will have a separate birth date and death date. If you learn of your baby's death at a routine prenatal appointment when the doctor cannot find a heartbeat, you may not be certain of the exact date that your baby died. In this case, the date that the baby is born is considered to be his/her birth date, and no death date is noted. Some parents refer to this date as the "angelversary" of their baby – the day their baby became an angel.

Every birthday marks one more year that you are living without your baby. Each year marks a milestone in which your hopes and dreams for your child are unfulfilled. Seeing other children who are the same age that your child would

have been can be very hurtful. Parents have shared with me some helpful ways in which they honor these special dates. Doing something peaceful as a couple or family, such as going to the beach or a park is a way to respectfully remember your baby. To celebrate their baby's birthday, parents sometimes like to make a cake and share it with family members who support them in their grief. If there is a cemetery in which the baby is buried, bringing balloons, small toys, or cupcakes to the grave can be healing. Another idea is to create a memorial garden at your home and decorate it in a special way on that date. One of the moms in my support group bakes cupcakes and puts them in her memorial garden. She doesn't even seem to mind when the squirrels eat them! Parents may even feel sad on their own birthdays because their child is not with them to celebrate.

Mother's Day and Father's Day are two of the hardest days. It's difficult to wrap your head around the fact that you are still a parent, but your baby is in Heaven. On these holidays that celebrate parenthood, your arms are empty and it is especially painful. You are the parent of an Angel Baby.

Holidays such as Christmas and Thanksgiving always cause a lot of anticipatory grief, which can begin months before the holidays occur. While your family and friends are occupied with holiday festivities, your baby seems to be forgotten, causing even more grief for you. There are many ways that you can honor your baby during these times, such as lighting a

Red Flag Days (cont.)

candle or hanging a special ornament on your tree in their memory.

I've just mentioned the most common special days that will bring a grief reaction. However, until recently I did not know that parents had grief reactions to days that never occurred to me! One mother shared with me that her husband was crushed by the prospect of spending Superbowl Sunday without his baby. In his mind, his baby would be born in December and he was looking forward to sitting in front of the TV with his new baby on his lap, while watching the football game. His expectation of sharing that day with his new son was shattered. This is not a typical day that I would expect a parent to feel the pain of the loss, but it was for this particular dad. This revelation taught me a big lesson!

I began to imagine specific occasions that are part of the hopes and dreams of parents that begin as soon as you learn that you are pregnant. Think of all the visions that you have of being a parent. There may be hundreds of dreams that

are dashed when a baby dies, and those dreams are as individual as you are. I'd like to share an example with you.

Moms and dads imagine what fun it will be to bring their baby to family gatherings, only to feel like a failure when all of their siblings have children, and they don't. Family gatherings are now events to be dreaded. There are many big things and little things that you dream of doing with your child that are crushed when you have a loss. I've come to realize that it is not only the Hallmark holidays that are difficult.

Parents often tell me that the anticipation of the day is usually worse than the day itself. Nevertheless, it is important to recognize that even everyday events can tug at your heart strings if you had your heart set on enjoying them with your baby. It is important to recognize that the painful feelings surrounding these special dates are a normal and a healthy part of your grief journey. It hurts so much because you love your baby so much!



October is Pregnancy Loss Awareness Month

In 1988, President Ronald Reagan recognized the significant impact the loss of a baby can have on parents, friends and family. In a time when loss of a baby was not talked about, he stepped up to proclaim the month of October as Pregnancy and Infant Loss Awareness Month. This public recognition started the conversation. How will you honor your baby? Would you like to share your thoughts or photos with others via our newsletter? If you would like to submit stories and/or photos, please click [here](#). Your submission will be published in a future newsletter which can be accessed online by anyone seeking support as they grieve the loss of their baby.

Proclamation 5890 -- Pregnancy and Infant Loss Awareness Month, 1988

October 25, 1988

By the President of the United States of America

A Proclamation

Each year, approximately a million pregnancies in the United States end in miscarriage, stillbirth, or the death of the newborn child. National observance of Pregnancy and Infant Loss Awareness Month, 1988, offers us the opportunity to increase our understanding of the great tragedy involved in the deaths of unborn and newborn babies. It also enables us to consider how, as individuals and communities, we can meet the needs of bereaved parents and family members and work to prevent causes of these problems.

Health care professionals recognize that trends of recent years, such as smaller family size and the postponement of childbearing, adds another dimension of poignance to the grief of parents who have lost infants. More than 700 local, national, and international support groups are supplying programs and strategies designed to help parents cope with their loss. Parents who have suffered their own losses, health care professionals, and specially trained hospital staff members are helping newly bereaved parents deal constructively with loss.

Compassionate Americans are also assisting women who suffer bereavement, guilt, and emotional and physical trauma that accompany post-abortion syndrome. We can and must do a much better job of encouraging adoption as an alternative to abortion; of helping the single parents who wish to raise their babies; and of offering friendship and temporal support to the courageous women and girls who give their children the gifts of life and loving adoptive parents. We can be truly grateful for the devotion and concern provided by all of these citizens, and we should offer them our cooperation and support as well.

The Congress, by Senate Joint Resolution 314, has designated the month of October 1988 as "Pregnancy and Infant Loss Awareness Month" and authorized and requested the President to issue a proclamation in observance of this month.

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim the month of October 1988 as Pregnancy and Infant Loss Awareness Month. I call upon the people of the United States to observe this month with appropriate programs, ceremonies, and activities.

In Witness Whereof, I have hereunto set my hand this twenty-fifth day of October, in the year of our Lord nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundred and thirteenth.

Ronald Reagan

<https://www.reaganlibrary.gov/research/speeches/102588b>

For My angel Clancy Rieser

By Jenny Gibson Rieser

Carried for 10 weeks

May 28,2018 day he spread his wings

I saw you in my mind.
I held you in my heart, my body, my soul.
If only for a short while, you are loved my dear child.
And you were ours.
I was picked to be your mother, to nurture you a short while
But I've come to know, you were meant to be held in God's arms.
I wasn't ready for the sadness, the sheer pain of losing you.
I wasn't ready to let go so soon.
I wasn't ready for your wings to fly.

But I have come to realize that being an angel mother requires a lot of strength.
It calls for power from within, an understanding of the unknown and faith in a bigger plan.
Fairness seems incomprehensible to an angel mother. Your search for reason only to be lost in the
winds.
You cry, you yell. You grieve.
You cry again.

They say time heal all wounds, but this will stay with you, engraved in your mind, your heart.
This is the new you.
I will remember this child, this angel, this life.
I will carry you in my heart.
I will look for you in the everyday miracles of life.
I will talk to you and I will honor you.
And I will always love you, my darling.





Hello, this is Jen Anderson, the owner of Once Upon a Time Creation. Thank you for the opportunity to partner with UNITE and share a little about the service we provide. I understand how important UNITE's mission is because I lost my third child, Margaret, late in my pregnancy. The time after her loss was very difficult for our family and I wish I had known about this organization back then.

At Once Upon a Time Creation, we transform sentimental clothing into beautiful, lasting keepsakes. Our mission is to help you honor and celebrate your loved ones and memories in a new way. Everyone saves clothes for a reason, they hold special memories. They are not meant to be stuck in storage. They are meant to be loved and enjoyed every day in a meaningful way.

One of the keepsakes we create is to turn a receiving blanket into a memory bear. I just learned that for families that have lost a child, the receiving blanket may be the only physical connection they have to their child. Knowing this leaves me speechless and heartbroken for every one of those families. So the Receiving

Blanket Bear is where our paths cross and the perfect way for us to help the organization. Once Upon a Time Creation plans to make a donation to UNITE for every Receiving Blanket Bear ordered. Our hope is that we can help UNITE guide families to find a bit of peace through the pain.

When it comes to creating special keepsake gifts, the possibilities are endless. We love the whole process...getting to know you, designing each piece, and sharing your memories. To learn more about Once Upon a Time Creation, please visit www.onceuponatimecreation.com.

*Jen Anderson, Owner and Designer
Once Upon a Time Creation
610-202-7850*

Transform your treasured clothing into lasting keepsakes.



Summer 2018 Donations

We Are So Grateful for Donations Given Throughout the Year

Donations

Judith & Harold Woolf in memory of their grandson Scott Nolan Woolf

Christina DiMarco

Allen & Wendy Bond in memory Reagan Leigh Criado

Susan Asher in memory of Lindsey Nicole and Rush Ashbaker

Rena Reihl in memory of Kayla Marie Cook, we love you always

Walk to Remember Donations 2018

Adam & Nina Yost

Walk to Remember Donations in Memory of Addison, Blaize and Carlee Moury

Mr. & Mrs. Thomas Neale
Mr. & Mrs. Kenneth A. Bond
Mrs. Edythe Mitchell
Mr. & Mrs. David Flynn
Mrs. Carole Clydesdale
Ms. Deb Clark
Mr. & Mrs. Sam Severance

Ms. Sandra Dobbs
Ms. Sandi Hampton
Sr. Theresa Cappelli
Mr. Lloyd Shetron
Ms. Ellen Steele
Dr. Elizabeth Bond & Mr. Jeremy Eicher
Mr. & Mrs. Charles Carsten
Ms. Kathy Pope
Kenneth & Naomi Bond
Mr. Chuck VonFange
Allen & Wendy Bond
Timothy & Tracey Sommers
Charles & May Carsten
Mr. & Mrs. G Clark
Mr. & Mrs. R. Schwalm
Mrs. Lois Bond

Grants

St. James United Church of Christ
The Allstate Foundation
AT&T
Fidelity Charitable – James Doherty Family
Charitable Fund – In Memory of Thomas Reid Doherty and his dad



News

New Mailing Address

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

Save The Date

2018 UNITE Walk to Remember
Saturday, October 6, 2018
Ridley Creek State Park Picnic Area #17
(See Sponsor Form on Page 9)

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
[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, 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: Paris Margaritis, 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: Don Porreca, 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.

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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