



UNITE, Inc.

GRIEF SUPPORT AFTER MISCARRIAGE,
STILLBIRTH AND INFANT DEATH

Holiday Special 2025

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UNITE Notes

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P.O. Box 21715, Philadelphia, PA 19346,

www.unitegriefsupport.org, 484-758-0002



Christmas In Heaven

Author Unknown

Christmas in Heaven,
what do they do?

They come down to earth
to spend it with you.

So save them a seat,
just one empty chair.

You may not see them,
but they will be there



PROFESSIONALLY SPEAKING

DENISE M. PAUL MA, CT, CPLC

The Holiday Dilemma

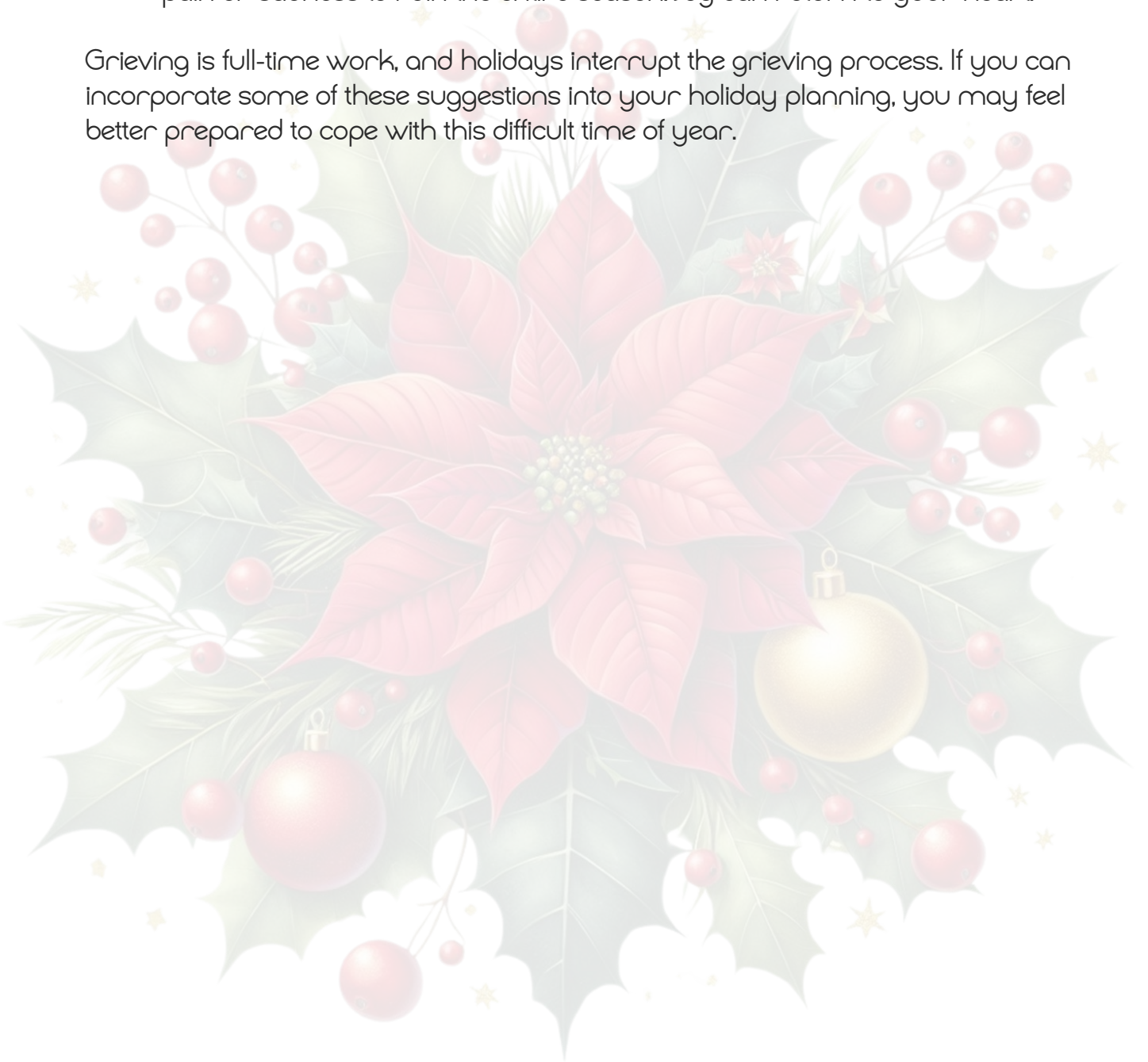
'Tis the season to be jolly ... but for parents grieving the loss of their precious baby, they certainly feel anything but jolly! Department stores are adorned with festive holiday décor, and cheerful music rings in the season with songs that sometimes bring tears to the eyes of those who are mourning. Babies are sitting on Santa's lap in the mall, while your dreams of visits with Santa are shattered. The dilemma is that the rest of the world wants to experience joy and celebrations, while you are grieving. Family and friends want everything back to normal, yet holidays "as usual" deny the loss and trivialize the life of your baby.

I'd like to offer some coping strategies as you approach the holidays:

- Be patient with yourself. Do what you can this season and let it be enough.
- Decide on a new way or a new place to spend the holidays.
- Be realistic and realize that hurting moments will come. Be ready for them and honor them, then let them go.
- Plan ahead. Prioritize what needs to be done, and decide what is really important.
- Be prepared for holiday well-wishers. Brace yourself and know that others do wish you well and their greetings are not intended to be hurtful reminders.
- Redefine your expectations. Make a holiday checklist of things you would usually do regarding cards, decorations, shopping and traditions. Be honest with what you expect to be able to do and don't feel guilty if you are not able to accomplish all that you had in previous years.
- Be flexible. Know that you are working through a challenging time and might have to make some changes.
- Take care of yourself physically. Eat right. Exercise. Rest.
- Screen all holiday activities and gatherings. Only attend the ones that you really want to. Have an escape plan ready. Give yourself permission to leave if you feel uncomfortable.

- Give yourself the gift of emotion. It is okay to cry, but it is also okay to laugh.
- Make shopping easier. Do what you feel you can handle. Shop on-line to avoid busy malls.
- Live through the hurt. Feel the pain – that’s how you will heal. Don’t allow the pain or sadness to ruin the entire season. Joy can return to your heart.

Grieving is full-time work, and holidays interrupt the grieving process. If you can incorporate some of these suggestions into your holiday planning, you may feel better prepared to cope with this difficult time of year.





A Day That's Supposed to Bring Such Joy

Liz Newman

A day that's supposed
To bring such joy
Is now so sprinkled with sorrow.
The plans we had and moments we shared,
Grief so painfully stole our tomorrow.

All these heavy milestones
Holidays with heartbroken undertones

But I'll do my best
To remember
That your love will always linger.
That the memories live in me
That the love endures for eternity.

That you're with me today,
And that no matter how I choose or
Do not choose to celebrate
Your love will always remain.
Our love will always remain
Even if holidays will never look the same
The love will always remain.

NEW YEAR

Author Unknown

The calendar turns,
a brand-new year has begun.
But a piece of my heart is still with my precious son/daughter.
The world moves forward, but my grief remains the same,
I still look for your face in every crowd,
and whisper your name.

The joy of the season is clouded with pain,
I can't help but wonder if you are sheltered from the rain.
This ache in my soul, a wound that will never quite heal,
I just want to know you're safe and that one day we'll meet, I know you're real.

Though seasons will change and years will fly by,
Our love for you, my darling, will never die.
Until that day we meet again, free from all pain,
I'll hold you in my heart and love you forever, my sweet, my sweet baby.

SUMMER 2025 DONATIONS

WE ARE SO GRATEFUL FOR DONATIONS GIVEN THROUGHOUT THE YEAR

Samantha Alston

Hannah Campbell

Dennis & Leslie Boyle – In loving memory of Anthony Manus Devenney

Bill & Andrea Devenney - In loving memory of Anthony Manus Devenney

Mary Cushing Doherty – In loving memory of Thomas Reed Doherty & his Father Jim

Alan Fefer

Ilene Seidel

Tristan Jones

Hilary Dingfelder

UNITE offers a number of services to grieving parents and their caregivers

including the following: Peer to Peer Grief Support Groups

- * Literature
- * Educational Programs
- * Training Workshops
- * Group Development Assistance

Without Your Most Generous Donations, UNITE Would Not Be Able To Continue These Services



News

Mailing Address and Phone Number

Please note our new mailing address:

P.O. Box 21715, Philadelphia, PA 19346

Phone Number

Please note our new phone number:

484-758-0002

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 newsletter@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* at

newsletter@unitegriefsupport.org or cedeprinzi0725@gmail.com. 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 boardchair@unitegriefsupport.org, or call the UNITE line at 484-758-0002. Please leave your name, phone number, and the best time to return your call.

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 boardchair@unitegriefsupport.org.

Support Groups

For information about the group nearest you, please contact UNITE, Inc. at 484-758-0002 (leave a message), write to UNITE Inc. at P.O. Box 21715, Philadelphia, PA 19346, or email boardchair@unitegriefsupport.org. New members must contact the group coordinator before attending their first meeting. **All UNITE Meetings, except for Riddle Memorial Hospital, are virtual and are by invitation only. Please call 484-758-0002 if you would like to attend a UNITE Support Group.** UNITE, Inc. does not discriminate on the basis of gender, age, marital status, religious belief, race, sexual orientation or economic status.

Pennsylvania

UNITE Redeemer Health- IN-PERSON (Formerly Holy Redeemer Hospital)

Huntingdon Valley, PA
Meets 3rd Thursday, 7:00 PM – 8:30 PM

Facilitators:

Denise Zukowski Thomas
Shannon Szrankowski Mumper

UNITE, Lankenau Hospital

Wynnewood, PA
Meets 3rd Tuesday, 8:00 PM - 9:30 PM

Facilitators:

Paris Margaritis
Michele Rafferty

UNITE, Riddle Memorial Hospital – IN-PERSON

Media, PA
Meets 2nd Thursday, 7:00 PM – 8:30 PM

Facilitators:

Regina Fazio
Sheila McCabe

UNITE, Paoli

Facilitators:
Sue McAndrew
Lisa Natalizio

UNITE, Pennsylvania Hospital

Philadelphia, PA
Meets 1st Tuesday, 7:00 PM - 8:00 PM

Facilitators:

Karen Donnelly
Kelly Colby

UNITE, Chester County Hospital

West Chester, PA
Meets 2nd Monday, 7:00 PM – 8:30 PM

Facilitator:

Ryan Oliver

New Jersey

UNITE, Penn Medicine Princeton Health

Meets 1st Wednesday, 7:00 PM - 8:00 PM

Facilitator:

Bernadette Flynn-Kelton BSN, RN

UNITE, Virtua at Voorhees

Barry D. Brown Health Education Center
Meets 1st & 3rd Monday 8:30 PM -10:00 PM

Facilitator:

Ann Coyle, RN

Specialty Groups

Subsequent Pregnancy Group

Meets 1st Monday 7:00 PM – 8:00 PM

Facilitators:

Denise Paul
Sandy Smith

Father's Group, Dads Only

Meets 2nd Tuesday, 7:00 PM – 8:30 PM

Facilitators:

Matthew Sklar
Simon Hindle

Grieving Grandparents Group

Meets 2nd Tuesday of Each Month, 7:00 PM – 8:00 PM

Facilitators:

Nancy and Steven Sklar

UNITE Parenting After Loss Group

Meets 2nd Wednesday, 7:30 PM – 9:00 PM

Facilitators:

Cathy Plaisted
Hali Sklar

UNITE, Loving Choices (Termination for Medical Reasons)

Meets 4th Monday, 8:00 PM – 9:30 PM

Facilitator:

Ann Coyle

UNITE Notes Staff

Editor: Caitlin DePrinzio

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 21715

Philadelphia, PA 19346

484-758-0002

or email cedeprinzio725@gmail.com

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