



UNITE, Inc.

GRIEF SUPPORT AFTER MISCARRIAGE,  
STILLBIRTH AND INFANT DEATH

## *UNITE Notes*

Fall 2019  
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P.O. Box 298, Oxford, PA 19363  
[www.unitegriefsupport.org](http://www.unitegriefsupport.org), 1-484-758-0002



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please contact us at 1-484-758-0002 or via email at [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org).  
Thank you for your support.

## 2019 Walk to Remember We Walked to Honor







## We Walked to Gather



## We Walked and Won





**The Big Winner!!  
Thank You  
Riddle Support Group**



## We Ate Lunch, Snacks, and Blew Bubbles



## We Walked to Remember



## Why Did You Come to the Walk to Remember?

*In Remembrance of my Granddaughter/Niece/Cousin  
Your baby's name: Haley Joyce Powers, unnamed Power's babies, unnamed Healy/Cretice Baby Lynn Healy/Jack Healy, the David Family, Kelly Healy/Chris Cretice, Joclyn & Rob Zawatski, Karen & Glen Powers*

*For my sister and myself to remember  
Your baby's name: Haley/no name (miscarriage)  
Kelly Healy, Chris Cretice*

*We currently attend 3 UNITE Groups and feel a strong connection to the organization. We also wanted another way to honor our baby  
Baby: Maya Dylan Sklar Hali & Matt Sklar*

*We lost our daughter Harper at 34 weeks in April 2018  
Your baby's name: Harper  
Jessica & Dan Brandenburg*

*We are the family of Karen & Glen Powers. We are here to remember their daughter, Hailey, recognize their strength & walk with them on their grief journey  
Your baby's name: Hailey Powers  
Maggie Lamb; Healy & Lamb Family*

We'd like to thank everyone who participated in the 2019 Walk to Remember and all those involved in the planning, preparation and presentation of this wonderful event!



## Things Happen for a Reason

*Theresa Fisher*

After Eric and Joshua died, many well-wishers didn't know what to say to us. They didn't know how to offer us comfort. They often said, "Things happen for a reason." I have to say, these words really irritated me and made me so angry. Angry because I couldn't accept any reason that would justify why my precious little babies had to die. I was a very devout Catholic but I must admit that I was very angry at God for letting this happen and I blamed Him. What right did He have to give us these baby boys and then let them have a life full of pain and suffering for 21 days, only to take them away from us? Things happen for a reason...yeah right! It may have made the well-wisher feel better but it certainly did not make me feel any better about losing my babies. Well, it took 21 years but I've come to realize, things really do happen for a reason. And the person who made me realize this is my oldest daughter, Jessica.

Jessica is twenty years old and a junior in college. About two years ago, she mentioned that she wanted to get a tattoo. Of course, my husband Jeff's first and only response was, "You will not get a tattoo!" It was his turn to play the bad cop that day. So, the topic was dropped. A few weeks ago, she asked me if I could give her a picture of Eric and Joshua's footprints. When I asked why, she said to put into her tattoo. She said she wanted to put their footprints under the words, "Things Happen for a Reason". I must admit, when she said those words, the hair on the back of my neck immediately stood on end. I explained to her how angry that expression makes me feel and asked her why she would want to put it into a permanent tattoo. Her response? If Eric and Joshua didn't die, then she and Abigail wouldn't be here. That put it all into perspective. While I think of Eric and Joshua every single day and

wish they were here with us, I can't imagine my life without Jessica and Abigail. So, you see...even though we didn't know it at the time, sometimes things do happen for a reason.

As far as the tattoo goes...she did go through with it but only their footprints and not the words. She didn't want it to be too big. Even though Jeff and I were against her getting a tattoo, I think a tattoo that memorializes her older brothers and keeps their memories alive forever, is an excellent choice.



Eric's Footprint is on the Right  
Joshua's Footprint is on the Left

# *Professionally Speaking...*

## *by Denise M. Paul MA, CT, CPLC*

### **My Grief is My Friend**

The moment that your baby died you became a different person. Mothers have shared that they've become people that they don't even like because of the bitterness, anger, and desperation that they feel in the months and years after their baby's death. Their grief has been described as "a shadow darkening every interaction" and "an underlying sadness and bitterness that follows me everywhere." These feelings were so honestly shared on a Facebook page called *About the Baby – Philadelphia Pregnancy and Infant Loss Support*. By the way, everyone who is reading this article is welcome to join this group.

The pain is profound and unbearable, but it is an important part of the grieving process. Feeling the pain of the loss is one of the tasks of mourning, along with accepting the reality of the death, adjusting to a life without your baby, and keeping your baby's memory alive. It sounds counterintuitive to say that feeling the pain is a good and necessary component of healing because it makes you so sad. However, unless you honor your sadness, you will not grieve well.

*In order to live well and love well  
you must grieve well.*

Several years ago, I had a conversation with a woman who lost her 10 year old son from a tragic accident. I'll never forget what she said about her grief. "My grief is my friend" was the statement that she made a few years after his death. She explained that if she did not feel her grief, it would feel like she had forgotten her precious son. She learned to find a place within herself to hold her grief. She tucked the pain of her son's death right next to her side and carried it with her

wherever she went. The ache that she always felt became her friend; the pain was part of the fabric of her life. With every step that she took she carried her son. On the outside, she smiled and seemed to enjoy life. I would venture to say that she really did enjoy life, but she did so while holding her grief – her friend.

At first, the grief is very heavy and cumbersome to carry. It weighs you down and seems to interfere with everything that you try to do in a normal day. As the months and years go by you get more accustomed to navigating your life while still holding onto your grief.

In her book, *It's OK That You're Not OK*, author Megan Devine speaks about the difference between solving pain and tending to it. If we can change our frame of mind to realize that our grief will never be solved, but it must be tended to. We must learn to live with our pain. This author says, "Some things cannot be fixed. They can only be carried." We are moving forward as opposed to "moving on." You can move forward while carrying the very special pain of the loss of your precious baby. The goal is to integrate this loss into your life rather than overcome it.

Megan Devine says it perfectly:

*"Grief is not a problem to be solved:  
it's an experience to be carried. The  
work here is to find - and receive -  
support and comfort that helps you  
live with your reality."*



## Fall 2019 Donations

*We are so grateful for donations given throughout the year. Below are donations provided specifically for the Walk to Remember and general donations.*

From the bottom of our hearts...

UNITE wishes to thank Eli Wolfe of Cozen O'Connor. At the beginning of the year, the Board decided to undertake legal review of its bylaws, articles of incorporation, and operations as a nonprofit incorporated in the Commonwealth of Pennsylvania. Thank you, Eli, for providing countless hours of pro bono legal services to UNITE this past year. We would never have been able to accomplish this much needed project without you. We are eternally grateful. We also wish to thank Philly VIP for its free nonprofit legal clinics and referral services. Without Philly VIP pointing us in the right direction, we would not have known where to begin. Last but not least, thank you to Michelle Ferrant and Wendy Klein Keane, Esq. for introducing us to Eli and the staff at Philly VIP. Thank you for finding us such talented, generous people. UNITE was incorporated as a non-profit more than 40 years ago. Because of kind and generous people like you, it will continue to be here for grieving families for many more years to come. Thank you,  
Danielle Kennedy and All Members of UNITE

### Gifts Fall 2019

**Linda Nuccitelli** - In honor of my parent's 60<sup>th</sup> anniversary  
**Linda Nuccitelli** - In memory of David and in honor of my Mom and Dad  
**Michael & Hannah Campbell** - In memory of Marc Campbell  
**Mamie Purnell** – In memory of Musa Waheed Purnell  
**Michael & Joan Fink** – In memory of Michael L. McDevitt, Jr. on his 7<sup>th</sup> birthday

### Walk to Remember donations 2019

**Linda Nuccitelli** – Picnic Area #17 used for the 2019 UNITE Walk to Remember  
**Adam and Nina Yost** – The Rowland Company  
**Mary Anne Eaton**  
**Linda Nuccitelli**  
**Curtis Novak** – In Honor of our angel niece, love Aunt Catherine, Uncle Curtis and Brennan  
**Nancy Sklar**  
**Stephanie De Angelis** – In loving memory of Elita  
**Hali Sklar**  
**Debra Bernstein**  
**Kendra Clemons**  
**Steve Brandenburg**  
**Franco and Shannon Sciotto**  
**Barry and Jackie Pasternack** – In memory of Maya Dylan Sklar  
**Rena Cook** – In memory of Kayla Marie Cook

### Walk to Remember 2019 – Luminarias

**Nancy Sklar** – In memory of Maya Dylan Sklar  
**Vince Anastasi & Danielle** – In memory of Angel Hernandez  
**Stephanie De Angelis** – In memory of Elita De Angelis, Love mom, dad and baby sister  
**Steve and Joyce Brandenburg** – Harper Quinn Brandenburg  
**Danielle Kennedy** – In memory of Sam  
**Elaine Porter** – In Loving memory of my sister Sherri Maria Porter, Love Nick  
**Caitlin DePrinzio** – In honor of Danielle Theresa  
**Hali Sklar** – In memory of Maya Dylan Sklar  
**Karen Powers** – In memory of Haley Joyce Powers  
**Karen Powers** - In honor of Baby Cretice

### Gifts-Fall 2019 (cont)

#### Walk to Remember Lunimarias 2019 (cont)

**Debbie & Stephen Bernstein** – In memory of Maya Dylan Sklar

**Tobi Sullivan** - In honor of our twin sons Ryan and William, Love Mommy & Daddy

**Theresa Fisher**-In memory of my babies Eric and Joshua Fisher and my little sister Maryanne Filer

#### Butterfly Memorial Wall

**Jeffrey and Ilene Seidel** – In memory Maya Dylan Sklar

**Nancy Sklar** - In memory Maya Dylan Sklar

**Kelin Spina**

**Jamie Merves**

#### Grants

Your Cause – NRG Energy

Pfizer

#### In Kind Donations

**Danielle Kennedy**

**Linda Nuccitelli**

**Carol Kealey**

**Karen Powers**

**Rena Cook**

#### Donations

**Kelin Spina**

**Linda Nuccitelli** - In honor of my parent's 60<sup>th</sup> anniversary

**Linda Nuccitelli** - In memory of David and in honor of my Mom and Dad

**Michael & Hannah Campbell** - In memory of Marc Campbell

**Mamie Purnell** – In memory of Musa Waheed Purnell

#### Walk to Remember-Donations 2019

**Riddle UNITE Basket:** Firepit, snacks, wine, beer, cider, hot chocolate, mugs, bubbles, blanket, chairs, firewood and much more!!

**The Powers Family:** Kids Backpack overfilled with toys and games.

**Mike David:** Family Photo Session with Mike David from Harrison Patrick Photographers.

**Wegmans** donated a \$100 Gift Card

**Weis Markets** donated a \$50 Gift Card

**Wawa** donated a cooler towel, mug and vouchers for a hoagie, drinks

Also donated for the raffle: A beautiful wreath, a Color Light Bucket and several crates with toys and goodies.



*Thank You!*

## Corporate In-Kind Donations



# News

## New Mailing Address

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

## 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](mailto:administrator@unitegriefsupport.org).

## Home Page Info

### [www.unitegriefsupport.org](http://www.unitegriefsupport.org)

Virtual Snowflakes: 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 18 for details on submissions.

## Acknowledgments

If anyone has not received an acknowledgment for their donation, please contact the [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org), or call the UNITE tape at 484-758-0002. 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](http://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](http://www.unitegriefsupport.org) and click on the icon/banner, which will bring you to [smile.amazon.com](http://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.

## Support Groups

For information about the group nearest you, please contact UNITE, Inc. at 1-484-758-0002 (leave a message on the tape). Or write to UNITE Inc. at P.O. Box 298, Oxford, PA 19363. Or email [administrator@unitegriefsupport.org](mailto: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, Delaware County Memorial Hospital (DCMH)**

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

*Facilitators:*

Debi Rafferty, [Deboraha.Rafferty@crozer.org](mailto:Deboraha.Rafferty@crozer.org) 610-394-4798 or 1-484-758-0002

Michelle DePrince,  
Kathy Macagnone

#### **UNITE, Holy Redeemer Hospital (Huntingdon Valley)**

Meets 3<sup>rd</sup> Thursday, 7:00pm-9:00pm

*Facilitators:*

Denise Paul [denisepaul22@comcast.net](mailto:denisepaul22@comcast.net) 215-260-0389

Liz Steward [mommyofangels3@msn.com](mailto:mommyofangels3@msn.com) 215-368-4038

#### **UNITE, Jennersville Regional Hospital (Chester County)**

Meets 1<sup>st</sup> Tuesday, 7:30pm-9:00pm

*Facilitator:*

Karen Powers [Fundraising@unitegriefsupport.org](mailto:Fundraising@unitegriefsupport.org)  
484-620-9267

#### **UNITE, Lankenau Hospital (Wynnewood)**

Meets 3<sup>rd</sup> Tuesday, 7:30pm-9:00pm

*Facilitator:*

Paris Margaritis [pmargari@yahoo.com](mailto:pmargari@yahoo.com) 484-680-6531

#### **UNITE, Riddle Memorial Hospital (Media, Delaware County)**

Meets 1<sup>st</sup> Thursday, 7:00pm-8:30pm

*Facilitator:*

Carol Kealey [carolkealey@hotmail.com](mailto:carolkealey@hotmail.com) 610-220-9551

Regina Fazio [regwalker@gmail.com](mailto:regwalker@gmail.com)

Sheila McCabe [mccabes\\_02@mlhs.org](mailto:mccabes_02@mlhs.org) 610-742-3650

#### **UNITE, Pennsylvania Hospital**

Meets 1<sup>st</sup> Tuesday, 6:30pm-8:00pm

*Facilitator:*

Michelle Ferrant [michelleferrant@comcast.net](mailto:michelleferrant@comcast.net) 609-954-4767

Karen Donnelly

Kelly Colby

#### **UNITE, University of Pennsylvania Medical Center**

Meets 3<sup>rd</sup> Tuesday, 7:00pm-8:30pm

*Facilitators:*

Kelly Zapata [kelly.zapata@uphs.upenn.edu](mailto:kelly.zapata@uphs.upenn.edu) 215-300-7151

Vicki Kroesche [vkroesche@yahoo.com](mailto:vkroesche@yahoo.com)

#### **UNITE, Paoli (Paoli Pointe Medical Center, next to hospital)**

Meets 2<sup>nd</sup> Monday, 7:00pm-8:30pm

*Facilitators:*

Sue McAndrew [Mcandrews@MLHS.org](mailto:Mcandrews@MLHS.org) 484-883-2198

Gerri Donaher [geraldinedonaher@yahoo.com](mailto:geraldinedonaher@yahoo.com) 410-490-5893

### New Jersey:

#### **UNITE, Penn Medicine Princeton Health**

Meets 1<sup>st</sup> Wednesday, 7:00pm-9:00pm

*Facilitators:*

Contact: 609.897.8980

Director: Debra Millar RN

Facilitator: Bernadette Flynn Kelton BSN, RN

New Address: 1225 State Road, Princeton, New Jersey at the Princeton

Fitness and Wellness Center

#### **UNITE, Virtua at Voorhees**

Meets 1st and 3<sup>rd</sup> Mondays, 7:00pm-9:00pm

*Facilitator:* Ann Coyle [tacoyle91@aol.com](mailto:tacoyle91@aol.com) 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.

*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

1-484-758-0002

or email [administrator@unitegriefsupport.org](mailto:administrator@unitegriefsupport.org)

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