



SIDS

RESOURCES

Statewide Bi-Monthly Update

November/December 2010

Holiday Thoughts

*Reprinted from the TCF (St. Louis Chapter) newsletter, November – December 1988
Wabash Valley Chapter, The Compassionate Friends
Terre Haute, Indiana*

Beyond the trees, the angels and stars, and beloved carols...

Beyond the presents, the shopping, the baking and cooking...

Beyond all of these sights and sounds of the holidays, beyond all of these, there is hope.

Hope...for the bereaved parent, even during the holidays, one of the most, if not the most, painful times of the year; there is an essence of hope.

Hope is what sustains us through the days of grief and anger and frustration and loneliness. The hope is that someday the pain of the death of our children will be eased. The hope is that once again we will laugh and love and cry completely without fear and hollowness.

It is hope that someday we can remember our children with a tenderness merely tinged with sorrow and not overwhelmed with it.

So it is that for each of you I would hope...peace, compassion, love, sympathy, understanding, sharing and listening.

In the sharing of our grief with one another and in the emotional support we give to one another, we receive and understand all of these gifts.

The Real and Remembered

Somewhere between the light and the shadows

Somewhere mid the loss and the pain

Somehow the real and remembered are brought
to a wholeness again

Someone with words brings a knowing

Someone with silence brings calm

Someone with touch offers presence

Somehow in tears is love's balm

Somehow we're drawn into mystery

Somehow the past serves to heal

And in new ways the real do Remember

And in new ways the remembered are real.

D.E. Kerr in memory of Mark Romond
TCF Newsletter, Spring 1985

Bereavement Resource

We want to let you know about a great resource for bereaved parents, called **Faith's Lodge**. Families (just the parents or on some special weeks sometimes parents and their surviving children) can come stay at the lodge for up to a 5 nights (Tues. through Saturday) during which time they are involved in groups with others parents, nature, art therapy, etc. – involved in organized activities as much or as little as they desire during their stay. Families are asked to pay \$25 night if they can afford to do so. Bereaved families who have lost a baby 20 plus weeks gestation through 19 years and have experienced the death in the past 3 years are eligible to participate. Some weeks are designated as infant loss. There is an application process but it is a very quick process. Two families have recommended this as a very helpful experience. Please visit www.faithslodge.org for more information.

Internet Group for SIDS families

If you want to connect with others who have experienced the sudden death of a baby, please join our Yahoo Group. This internet support group is open only to families involved with

SIDS Resources. No one else has access to this board. You may share something about your child, your experience, or ask questions.

Please e-mail Sara at stamburrino@sidsresources.org and request to participate on the Yahoo message board.

Monthly Infant Loss Group Meetings

Listed below are usual meeting times, but they are subject to change. Please call to confirm time and location. Family members and friends are encouraged to attend.

Eastern Region - St. Louis, MO

3rd Monday of the month at 7:00 p.m.
SIDS Resources' office:
1120 South 6th Street
St. Louis, MO 63104
Call Teresa at 314-822-2323 or
1-800-421-3511

Western Region - Kansas City, MO

4th Wednesdays of the month at 6:00 p.m.
St. Paul's Episcopal Church
40th and Main, KCMO
Call Kelly at 816-569-6956

South Central/Southwest Region - Springfield, MO

Call Sara at 573-364-5900

NEWS AROUND THE REGIONS

See photos of recent events on SIDS Resources' facebook page

Eastern region - St. Louis area

- **Strike Out SIDS Bowl-a-Thon** – Saturday, December 4th, 7:00 – 11:00 p.m.
St. Charles Lanes, St. Charles, MO. Contact Sean at (314)-346-7056 or Marci at (314)-803-1288 for more info.
- **Angel of Hope Candle Lighting** – Monday December 6th , Blanchette Park in St. Charles, 7:00 p.m.; call Lori or Teresa for more information at 800-421-3511.
- **Holiday Candle Lighting** – Sunday December 12th from 4:00 – 6:00 p.m.
Washington University School of Social Work, in Brown Lounge. Call Lori or Teresa at 800-421-3511 for more info.

Baby Cakes

SIDS Resources is pleased to announce our Baby Cakes Program.

We ask that you support the bakeries listed below as they have donated to SIDS Resources. We know that first birthdays are very important to SIDS families who go on to have subsequent babies, so please patronize the Baby Cakes bakeries for the "first birthday" cake and your other bakery needs. Thank you!

Knodel's Bakery and Catering

2 locations:

North County, 6621 West Florissant in Jennings, MO (314-385-2000)

West County, 2127 Barrett Station Road, Manchester, MO (314-822-5151)

Stay tuned for future Baby Cakes Providers!

New Employee: The St. Louis office welcomes new staff member **Michelle McCoy**, Crib Program Coordinator. Michelle is part time. We are very happy to have her join the staff!"

Western Region - Kansas City area

- **Holiday Candle Lighting** – Thursday December 2nd at 7:00 p.m. at St. Thomas Episcopal Church in Overland Park. Contact Kelly for more information at kdemo@sidsresources.org or call 816-569-6956.

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NEWS AROUND THE REGIONS

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South Central/Southwest Region - Springfield area

In honor of Worldwide Candle Lighting on Sunday night, December 12, at 7 p.m., we will open the telephone support line for those who want to light candles while sharing the event with others. Each person can light a candle at home, as parents across the country and around the world will also be lighting candles in memory of their child(ren) who have died.

If you would like to participate, please call Sara at 573-364-5900 or leave a message at 1-800-421-3511 or e-mail Sara at STamburrino@sidsresources.org. Contact Sara Tamburrino if you are interested in attending a support group in the Springfield, Branson, or Joplin areas. Sara also organizes a **telephone support group**. Please contact her if you are interested. Call 1-800-421-3511 or email: stamburrino@sidsresources.org

North Central Region - Jefferson City area

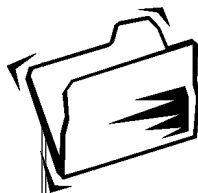
• **Holiday Candle Lighting** – Tuesday, December 7th in Jefferson City from 7:00 – 9:00 p.m. at the ABB Building. For more information, please call Lori at 1-800-421-3511.

*Congratulations to the Jones family on the birth
of Mattie Annalise; born July 31st, 2010!*

Mattie weighed 10 pounds and was 20.5 inches long.

Her proud parents are Karen and Bruce Jones.

We wish the Jones family all the best!



Anything you'd like to share?

Send us your personal story and we will include it in a future update. Remember to include your name, your baby's name, birth date, angel date, and a photo if you'd like.

We would also like to hear about the "NEWS" in your lives. Please let us know how we can spread "your" word. Contact us at 1-800-421-3511 or email Lori at lbehrens@sidsresources.org

LET US KNOW...subsequent baby news, new job, a special event, anything you'd like to share.

Call to action

Dress *Down* to fight SIDS!

Does your company have a "dress down for charity" program?

If so, SIDS Resources would love to be included on their list of recipients. We will be happy to supply informational material to all who participate.

Please contact Lori at 1-800-421-3511 for more information. *It will be helpful if you provide a contact name at your company so we can follow-up and initiate the process.*
Thank you for your support!

Do you shop at Schnucks?

Did you know that you can obtain an e Scrip card at the service counter? Just ask them to register yours for SIDS Resources, and then a percentage of your shopping dollars is donated to us!

The e Scrip code for SIDS Resources is 0154804925. Please contact Lori at 1-800-421-3511 for more information. We thank you in advance for your support!

the CUP

Calling all SIDS Resources, Inc. families and friends in the St. Louis area:

For every purchase you make at *The Cup* on Monday, December 13th, *The Cup* will donate 10% of the proceeds back to us! So stop by their Central West End location (directions and hours at www.cravethecup.com), to get a sweet treat or drink and please tell your friends. Thank you!

This newsletter is made possible by a generous grant from the Employee Community Fund of Boeing St. Louis.



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proud member of the
United Way of greater St. Louis



To access support services for bereaved families, or to schedule a SIDS training for professional and community groups, please call 1-800-421-3511 or your regional SIDS Resources office:

SIDS Resources Program Staff:

Eastern Region - St. Louis area

314-822-2323

Lori Behrens, LCSW, *Executive Director*
lbehrens@sidsresources.org

Teresa Buehler, MSW, LCSW, *Program Coordinator*
tbuehler@sidsresources.org

Michelle McCoy, *Crib Program Coordinator*
mmccoy@sidsresources.org

Western Region - Kansas City area

816-569-6956

Kelly Demo, M.Div., *Program Coordinator*
kdemo@sidsresources.org

Cheryl Herzog-Arneill, MSW, *Community Educator*
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South Central/Southwest Region - Springfield

573-364-5900

Sara Tamburrino, *Program Coordinator*
stamburrino@sidsresources.org

{ Nov./Dec. 2010 }
{ Bi-Monthly update }

***We hope that you benefit from
receiving this update...***

Please let us know your suggestions and ways we can continue to improve our services.

If you would like to add a family member or friend to this mailing, please contact us.

If for any reason you would like to be removed from this mailing, please contact us at 1-800-421-3511 or email lbehrens@sidsresources.org