

**Special points of interest:**

- Regional News
- Upcoming events
- Infant/Loss Group Schedule

**November-  
December  
2009**

**Are Holidays Worse Than Sundays?**

**By Donna Kruger, RN**

Dread, fear, anxiety...could these possibly be words you might use to describe the accompanying nightmares that have replaced the dreams of a White Christmas, once merry and bright? Is there an aching inside of you that intensifies each time you are reminded of turkeys and mistletoe and presents under trees? Maybe all you want for Christmas is for January to quickly follow October this year. If these thoughts and feelings are a part of your life as the holidays approach, then join the others in your special fraternity; for you have all lived to survive.

Survive, you say. If this is survival, who can endure it? You thought you were through the worst of your grief when the radio announcer mentioned Christmas shopping. How can you possibly care about gift giving when the person you most enjoyed giving to is no longer here to receive it? The pain of all that you are forced to bear is certainly brought home for the holidays.

How can one get through these holidays? You thought Sundays were unbearable, but the hurt you are feeling and anticipating over the thoughts of Christmas and the New Year can not be put into words. If only you could express it, cough it out, flush yourself with your tears. Maybe it would soothe the pain and wash it away. But you know it can't be that simple. Or maybe you could just block out the memory of the one you lost as though they had never existed. NO, of course that is not a solution. You are a survivor experiencing normal, real loss and seeking grief relief.

The greatest gifts between you and the one you are now missing can never be worn out, weathered, exchanged, or returned. For you gave each other something that can never be taken from you—a treasure of memories—and how they hurt to think of them! Fond, beautiful memories made in love. What if they had never been made at all? How much worse to have lived without them... you take and keep those memories. Reminisce over them. Let them hurt. They'll probably always hurt. But it does get less painful. They will become more valuable with time, as will the fondness you hold for those holiday memories you have made.

Give yourself a gift this holiday season, PEACE. As much as you possibly can. Then share it with those you love. No one can ever take away the good times you have experienced. As priceless treasures of art become more valuable with time, so will the holiday memories you have made. Reprinted from The Compassionate Friends Newsletter, Nov.—Dec. 1993

### **There is a Gift**

By Sarah Kye Price

In the scrapbooks and memory pages of the mind  
Thoughts of you have formed a cherished and unforgettable image...

In remembering you, there is a gift

The tears fall at times we least expect  
No amount of time, space or new experience  
will ever replace you; In shedding tears, there is a gift

Glimpses of you are caught in waking mind, moments before  
the dreams melt into daily reality

In cherished connection, there is a gift

The deepest longings of the heart  
Escape into the night air, acknowledged by a gleaming star  
In quiet reflection, there is a gift

Other eyes are moist with tears, other arms reach out to help and other  
voices encourage us...

In sharing grief, there is a gift

Life has challenging lessons, love is stronger than anything, love is  
stronger than death...In learning this, there is a gift

We gather under the star-light, each candle spreading light, each light  
Honoring a life— In your life, in our own living, there is a gift

### **Monthly Infant Loss Group Meetings**

**The times listed below are  
usual meeting times, but  
may be changed according  
to the needs of the group.  
Please call before attending  
to confirm meeting time.**

#### **Eastern Region Meeting**

3rd Monday of the month at  
7:00 pm– 1120 South 6th  
Street, St. Louis, MO 63104.  
Call 314-822-2323 or 800-  
421-3511; ask for Teresa or  
Velma.

#### **Western Region Meeting**

The 4th Wednesday of the  
month; Call Lori for more  
information: 800-421-3511

#### **Central Region Meeting**

Call Sara at 573-364-5900  
for details.

*Family members and  
friends are encouraged to  
come. Please call first in  
case of inclement weather.*



## Ideas for Creating Your Own Memorials

The holiday season is a time when you may want to create memorial opportunities for you and your family in order to keep your babies' memory alive.

Here are a few suggestions:

- ◆ Create jewelry using your baby's birthstone. Wear a locket with your baby's picture or a charm with your baby's name engraved.
- ◆ Create a wreath or shadow box decorated with mementos of your baby's life. You may want to allow family members to select certain items.
- ◆ Prepare a photo album or photo ornament and have copies made for each member of the family. Take time to share memories with each other.
- ◆ Continue to include your baby in some way when you send cards from the family; use a "symbol" for your baby (angel, star, rainbow, heart, flower, dove, sun, etc.).
- ◆ Hang a stocking with your baby's name on it and ask family members and friends to write notes of their favorite memories of your baby to place in the stocking.
- ◆ Create a memory quilt using pieces of the baby's clothing. Have different members of the family design panels that signify events meaningful to them, or special times with the baby.
- ◆ Make a donation to charity in memory of your baby or donate toys and/or books to a hospital or children's home in memory of your baby.

## News Around the Regions

### Eastern Region—St. Louis Area

**Eastern Region Candle Lighting— Sunday December 13th;** from 4-6 p.m.; Brown Lounge, Washington University— call Lori, Teresa or Velma for more information

**Angel of Hope - Sunday December 6th; 7:00 p.m.;** Blanchette Park in St. Charles, Mo.

### Save the date for 2010

Feb. 19th- Racing for SIDS - (mouse races) in O'Fallon, Mo.

March 19th - Trivia Night at Hazelwood Civic Center

April- Jump, Jive and Wail for a Cause (date to be determined) in St. Peters, Mo.

May 22nd Strides for SIDS—Carondelet Park

### South Central-Springfield and surrounding counties

**Sara Tamburrino will be organizing a candle lighting holiday service in the Joplin area;** if you are interested, please contact Sara.

Please call or email Sara Tamburrino if you are interested in attending a support group in the Springfield, Branson, or Joplin areas (800-421-3511 or [stamburrino@sidsresources.org](mailto:stamburrino@sidsresources.org)).

### North Central Missouri Region

**Candle Light Service - December 1st ; ABB Building in Jefferson City from 7-9 p.m.**

If you would like information about support group meetings in the area, please call Lori at 800-421-3511. If you are interested in being trained as a peer counselor for the Columbia area, please call Lori at the above number

### Western Region—Kansas City Area

**Farewell to Kara!** We are sad to announce that Kara Rechterman will be leaving her position as Western Region Program Coordinator in order to embark on a new adventure in Denver, Colorado! While we will miss Kara dearly, we are very happy for her in that the move will bring her many new opportunities, both personal and professional. We are very thankful for Kara's compassionate service delivery to families.

### Upcoming Events— Save the Date:

**Andrea's Songs for SIDS** – Sunday, January 17, 2010, 2 pm – 10 pm at Trouser Mouse in Blue Springs, MO

**Blues Bash** – Saturday, January 31, 2010 at Tavern on the Green in Lee's Summit, MO

**Lillie's Strike Out SIDS Bowl a Thon;** Saturday February 27th, 1-3 p.m., Skyway Lanes, Leavenworth, KS

**Trivia Night**—tentatively set for April, stay tuned for more information.

**Tee it Up for SIDS Golf Tournament**—Sunday May 23rd

**For more information, Call Melissa at 816-569-6956.**

SIDS Resources is proud to partner with **Children's Trust Fund** in order to provide safe cribs to families in need. A purchase of CTF license plates will help us in this endeavor. For more information on how to purchase the plates (only \$25); please visit:

[http://ctf.typepad.com/missouri\\_childrens\\_trust\\_/license\\_plates.html](http://ctf.typepad.com/missouri_childrens_trust_/license_plates.html)

Or call 800-421-3511. Thank you!



**Please note:** Anyone who is interested in internet communication with other family members who have experienced the sudden death of a baby can come to Yahoo Groups. Here we have an **internet support group** open only to families involved with SIDS Resources. No one else will have access to this board. You can share something about your child, your experience or ask a question of others. Please e-mail [STamburrino@sidsresources.org](mailto:STamburrino@sidsresources.org) and she will get you set up in order to participate on the message board.

Not sure what to buy for those on your list this holiday season?

SIDS Resources would like to help!

For a 10.00 donation, we will send a unique ornament to your family member, friend or loved one; with a note acknowledging that a gift was made in their honor. Details will be forthcoming via email, so if you want to be included on this email list, please call the administrative office at 800-421-3511 or contact Lori at [lbehrens@sidsresources.org](mailto:lbehrens@sidsresources.org). The email distribution will include a picture of the ornament.

*Our wish for you this holiday season:*

*P—persistence as you take things one day at a time*

*E—energy to keep going when you feel emotionally exhausted*

*A—acceptance; of the feelings you have and how others try to help you*

*C—cherished memories*

*E—enhanced ability to find new and creative ways of coping*

**Statewide  
Monthly Update**

SIDS Resources, Inc.  
1120 South 6th Street, Suite 100  
St. Louis, Mo. 63104  
Phone: 800-421-3511  
Fax: 314-822-2098  
www.sidsresources.org

Non-profit Org.  
U.S. Postage PAID  
St. Louis, MO.  
Permit No. 5611

**Address Service Requested**



*First Candle/SIDS Alliance  
Charter member*

Proud member of  
the United Way of  
Greater St. Louis

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To access support services for bereaved families, to schedule in-service training and presentations for professional and community groups or to find out how you can help, please call 1-800-421-3511 or the local SIDS Resources office listed below.

**SIDS Resources, Inc.**

**Program Staff**

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**Sara Tamburrino**-SW-South Central Region Program Coordinator  
800-421-3511 or 573-364-5900; stamburrino@sidsresources.org

**SHARE YOUR STORY!**

Send us your favorite story, poem, original work, or 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 picture (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.

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

**November-  
December**

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, for any reason, you would like to be removed from this mailing, please contact us at 800-421-3511. If you would like to add a family member or friend to this mailing, we can do this as well.