The New Year

By Margaret Gerner


Happy New Year?

How can it ever be again?”

“How will I ever make it through a year of this torment?”...

When you are hurting and so terribly depressed it’s hard to see any good in the new year, but you must try.

First, hold tightly to the idea that you won’t always be this miserable; you will someday feel good again. This is almost impossible to believe, but even if you don’t believe it, tell yourself repeatedly that it is true—because it is. People whose loved one has died some years in the past will attest to this. Also, no one can suffer indefinitely as you are suffering right now.

Secondly, face the new year knowing that it offers a choice as to whether you will be on your way to healing at this time next year, or still in the pit of grief. If you choose to be on your way to healing, you must work to achieve it. That entails going through grief; crying, being angry, talking out guilt and doing whatever is necessary to move towards healing.

Thirdly, look for good in your life and find reasons to go on, accepting the fact that continued suffering will not bring your loved one back. Most of you have other family members for whom you must go on. Most importantly, you have your own life that must be lived. You know that your loved one would want you to go on.

No, the new year may not be a happy one, but it can be a constructive one. Through your grief you can grow and become more understanding, loving, compassionate and aware of the real values in life. Don’t waste this new year.

Read other helpful articles by Margaret at bpusastl.org/poems/articles
Thank you and Farewell

It is with mixed emotions that we say “Thank you and Farewell” to our Eastern Region Program Coordinator, Teresa Buehler.

Teresa has worked at SIDS Resources for over three years and has provided exemplary support to families in a compassionate and professional manner. We are sad to see her go, and also happy for Teresa as she is moving on to a new and interesting opportunity. We wish Teresa all the best in her new endeavors!

Internet Support Group for SIDS families

Are you a member of Facebook? If so, you can join other parents at the SIDS Resources’ Support Group on Facebook. Contact Sara Tamburrino at stamburrino@sidsresources.org and let her know you are interested in joining...she’ll add you to the group. This is a place where you can leave messages, receive and/or offer support from other parents who have also been through the experience of a baby dying either of SIDS, SUDI or other sudden unexpected causes of death. If you have questions, please contact Sara at the e-mail above or at 573-364-5900.
Brionna
granddaughter of Jeff and Kim Shelton
daughter of James and Savannah Shelton

It amazes me sometimes, just how quickly the years can go by... I know for us, it seems that life just takes flight, we can only just watch, as our time flies.

Maybe for you, the time moves slowly
As you watch us grow older and the challenges that we face, while you remain in your same time, Up in the Heavens, somewhere, in your same place.

I know at times you have to wonder, why we can’t be there with you. I know this, because at times, I wonder why you can’t be here with us too.

I feel your presence, sometimes I hear the flutter of wings, and I know that you are near. That’s when time stops, I think of how much I miss you, how much I want to see you again, and you know Brionna, that is a moment that will be precious to me, a moment, I still hold dear.

Save a place for us Brionna, and one by one, we will all come to see our little Angel, up in the Heavens, I know for you, you can’t wait for us to be.

It is then we will know the answers, to the wheres and all the whys. Until then Brionna, be still and know that He is the Light, be patient and keep watching,

For as you know, that for us, quickly, our time flies.

~written by Robin Dunlap

Monthly Infant Loss Groups

Listed below are regular meeting times in each region. Meeting dates and times are subject to change. Please call to confirm time and location. Family members and friends are encouraged and welcome to attend.

Eastern Region
St. Louis

3rd Monday of the month
at 7pm
SiDS Resources’ office
1120 S. 6th Street
St. Louis, MO 63104
Call Lori at 314-822-2323 or 1-800-421-3511

Western Region
Kansas City

4th Wednesday of the month
at 6pm
Call Donna at 816-569-6956 for group location

South Central/SWest Region – Springfield area

Call Sara at 573-364-5900

If you want to connect with others who have experienced the sudden death of a baby, please consider joining our Yahoo group. This internet support group is open only to families involved with SIDS Resources – no one else has access to this discussion board. You may share something about your child, your experience, or ask questions. Please email Sara at stamburrino@sidsresources.org and request to participate in the Yahoo group.
Privacy Policy

SIDS Resources’ Privacy Policy

SIDS Resources' staff respects the right to privacy of each individual/family served. No confidential information is shared with any other entity unless it is de-identified. Information that might be shared with another public health organization may include: number of deaths annually, percentage of deaths with a specific risk factor, etc. All information is shared in categorical terms and not linked to any specific case. This information is shared for the purpose of knowing how to direct public health risk reduction messages. Phone call content and support group content is kept confidential.

SIDS Resources' may also share information for the purposes of epidemiological research in order to find trends in the numbers. Again, this information will be de-identified. Information shared may include: age categories of infants at the time of death, how many deaths occurred at home or child care, etc. No specific information about any situation is ever shared by SIDS Resources without the permission of the baby's family.

Parents and family members are encouraged to share contact information with other families at support group. Sharing this information is optional for each family member.

Donations made to SIDS Resources in memory or in honor of a loved one may be listed in E newsletters, based upon the assumption of implied/inherent consent to honor or memorialize the loved one. If you want a donation to remain anonymous, it should be designated as such.

Anything you’d like to Share?
We’d love to hear from you...

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

We would also like to hear about any 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,
Eastern Region  
St. Louis

A big THANK YOU to Colleen and Bob Weber for organizing Party with a Purpose on January 14th! The event was a huge success, and a good time was had by all. The event raised $6,950 for SIDS Resources!

Sat. February 25th  
Racing for SIDS  
please visit www.racingforsids.com for more information on this FUN event.

SAVE the DATE:  
Sat. May 19th  
Strides for SIDS  
Carondelet Park, St. Louis, MO  
email Lori at lbehrens@sidsresources.org for more information or watch for details in the next bi-monthly update

Walter Knoll Florist’s  
Lend a Hand program  
If you order flowers from Walter Knoll, you may choose SIDS Resources as your charity of choice! $2.00 of your order will be donated to us. Details at www.wkf.com

Western Region  
Kansas City

SAVE the DATES:  
Sun. May 20th  
Tee it Up for SIDS Golf Tournament  
and  
Sat. July 28th  
Divine Run  
email Melissa at mmerriam@sidsresources.org for more information or watch for details in the next bi-monthly update

South Central/SWest Region  
Springfield

Please contact Sara Tamburrino if you have any event ideas at 573-364-5900 or stamburrino@sidsresources.org

North Central

Jefferson City/Columbia

SAVE the DATE:  
Sat. April 14th  
Ava Brown Memorial 5K  
Jefferson City, MO  
for more information, please contact Lori at lbehrens@sidsresources.org

Regional Activities

for SIDS Resources’ event information, visit http://sidsresources.org/News.HTM

Bi-Monthly Update  
January/February 2012
January/February 2012
Bi-Monthly Update

We hope 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 call 1-800-421-3511 or email Lori at lbehrens@sidsresources.org

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 contact your regional SIDS Resources’ office.

www.sidsresources.org

SIDS Resources Program Staff:

Eastern Region– St. Louis
314-822-2323
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