I once heard a story about a man who discovered a cocoon on the sidewalk during his daily walk. The man was curious as he noticed movement and stopped for a moment to look closer. Upon further inspection, he realized the butterfly inside was in the process of emerging from the cocoon. Feeling some impatience (the man had never witnessed the process before), the man decided he would “help” the emerging butterfly. He proceeded to pick up the cocoon, and using his pocketknife, the man gently clipped the shell of the cocoon so that the butterfly could emerge more easily. To this man’s surprise and dismay, what emerged from the cocoon was not a healthy butterfly but a disabled moth-like creature. The length of time necessary for the process of emergence had been cut short, and the “moth” had neither the strength nor the beauty it would have developed while inside the cocoon.

It is sometimes like this with grief. Others who are very well intentioned try to encourage the bereaved to “speed up” the length of time necessary to emerge from the cloud of initial, intense grief. Although time itself does not heal one’s grief; time and patience is necessary for a bereaved person to work through their own grief. Unfortunately, no one can speed up the process or grieve for someone else. Please remember that a grieving person does need support, which often is best accomplished through listening. Unlike the butterfly, the emergence from grief is a process which is often more gradual, and each person’s process may look different. However, it is a process through which each individual must chart his/her own course.
Workplace Giving

A convenient way to support SIDS Resources!

**Kansas City area**
SIDS Resources’ receives donations through United Way and Community Health Charities. Other counties in Missouri are also a part of Community Health Charities. You may choose SIDS Resources to receive your charitable contributions. Donor choice # is 8250. *Please call the St. Louis office for more information.*

**St. Louis area**
SIDS Resources is a proud member of the Greater St. Louis United Way; please support your workplace campaign. If your workplace does not have a campaign, call the St. Louis office to find out how to begin one!

**Combined Federal Campaign**
If you work for the federal government, you may designate SIDS Resources as your workplace giving charity.

#53435 in Columbia, Ft. Leonard Wood, Kansas City, St. Joseph, Springfield, & St. Louis
#8087 Kansas City, MO/Jackson County Charity Campaign
#8250 Missouri State Employees Charitable Campaign
About Being Strong
~By Sascha

Many people are convinced that being strong and brave means trying to think and talk about "something else."

But we know that being strong and brave means thinking and talking about our child until our grief begins to be bearable.

That is strength. That is courage.

And only thus can "being strong and brave" help us to heal

Reprinted from the Bereaved Parents USA, St. Louis Chapter
www.bpusastl.org

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
SIDFS Resources’ office
1120 S. 6th Street
St. Louis, MO 63104
Call Ellen at 314-822-2323 or 1-800-421-3511

**Western Region**
**Kansas City**

4th Wednesday of the month
at 6pm
Call Pete 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.

Bi-Monthly Update  September/October 2012
New Staff

We welcome our SIDS Resources’ staff

Family Support
Welcome to Ellen Reynolds, Eastern Region Program Coordinator! Ellen began working out of the St. Louis office in July and coordinates Family Support Services for the Eastern Region. Ellen brings a wealth of experience to the position and we are fortunate to have her on board!

Welcome to Pete Potts, Western Region Program Coordinator! Pete begins on September 11th and also brings a wealth of experience to the position. Pete is looking forward to her new role of providing support for Kansas City area families!

Outreach and Education
We welcome two new staff to our Outreach and Education program. Shante Duncan will serve as the Eastern Region Outreach Coordinator and Lisa Arconati will serve as the Eastern Region Crib Program Coordinator. We are happy to have Shante and Lisa working with us!

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, new job, a special event, anything you’d like to share. Thank you!
**Regional Activities**

for SIDS Resources’ event information, visit [www.sidsresources.org](http://www.sidsresources.org)

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**Eastern Region**  
St. Louis

*Blast it out of Busch*  
Postponed until March, stay tuned for details!

*7th Annual Olivia M. Schultz Memorial Golf Classic*  
Woodlands Golf Course  
Alton, IL  
Proceeds benefit the Olivia M. Schultz Memorial Fund

Questions? email Lori at lbehrens@sidsresources.org

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**Western Region**  
Kansas City

*Swing Away SIDS*  
Softball Tournament  
Saturday, Sept 15th, 2012  
Olathe, KS

*Strike Out SIDS*  
a Family Fun event  
Friday, Sept. 21st, 2012  
T-Bones Community Ballpark, Kansas City, KS  

*1st Annual Madd Sacc 5K*  
for Pregnancy & Infant Loss  
Monday, Oct. 15th, 2012  
Grandview High School, Grandview, MO

*Harvesting Hope*  
Dinner, Silent & Live Auction and Entertainment  
Friday, Oct. 19, 2012  
Drexel Hall, Kansas City, MO  
Register Now: [http://harvestinghope.charityhappenings.org/](http://harvestinghope.charityhappenings.org/)

Questions? email Melissa at mmerriam@sidsresources.org

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**South Central/SWest Region**  
– Springfield

Please contact Sara Tamburrino if you have any event ideas or want to schedule a SIDS training– stamburrino@sidsresources.org

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**North Central Region**  
Jefferson City/Columbia

*Annual SIDS Memorial Tree Ribbon Tying Ceremony*  
Sunday, Oct. 21st, 2012  
Memorial Park at 4pm, Jefferson City, MO  
Questions? email Kim Atnip or Sarah Brown at email below:  
kimberlyatnip@yahoo.com OR Seb81002@gmail.com

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Remember:  
find event details at [www.sidsresources.org](http://www.sidsresources.org)  
Click on the event banners on the home page;  
or go to Get Involved and select Upcoming Events

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Bi-Monthly Update  
September/October 2012
Address Service Requested

SIDS Resources Program Staff:
Eastern Region – St. Louis
314-822-2323
Lori Behrens, LCSW, Executive Director
lbehrens@sidsresources.org
Ellen Reynolds, MA, LPC, CCW, Program Coordinator
ereynolds@sidsresources.org
Shante Duncan, Outreach Coordinator
sduncan@sidsresources.org
Lisa Arconati, MA, Crib Program Coordinator
larconati@sidsresources.org

Western Region – Kansas City
816-569-6956
Cheryl Herzog Arneill, MSW, Community Educator
carneill@sidsresources.org
Pete Potts, Program Coordinator
ppotts@sidsresources.org
Melissa Merriam, Development Coordinator
mmerriam@sidsresources.org

South Central/SWest Region – Springfield
573-364-5900
Sara Tamburino, Program Coordinator
stamburino@sidsresources.org

September/October 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