



Florida

SIDS



ALLIANCE

sidsfla.org

1-800-SIDS-FLA

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## President's Letter

The experience of life is just so complex, that no matter how many people try to describe it, there is always another way to look at it. Most would agree that life is an experience that involves the ability of one's brain to interpret the memories, feelings, and emotions as they are stimulated by an event, sound, smell, touch, feel, taste, or other sense that sends information to one's brain.

I have always been overwhelmed with the power of music and song as a stimulus. It may be because memory allows most of our senses to respond to the piece. I often find myself reacting with tears, laughter, fear, joy, love, peace, contentment, sadness, excitement, and many more emotions.

One song that just stops me cold and requires my full attention is, "Bright Eyes," written by British song writer, Mike Batt. It was a 1979 number one hit in the UK when released by Art Garfunkel on his album "Fate for Breakfast." Interestingly, when released in the U.S. the song was not included on the US album but the copy I had (didn't have the title on the label) did include the recording. We had always referred to Lisa as "bright eyes" so the song took on extra meaning for us when she died.

For those of you familiar with the story of the song "Silent Night," please understand I only use the best reference I could find and this might not be

completely accurate. The carol was first performed in the Nikolaus-Kirche (Church of St. Nicholas) in Oberndorf, Austria on December 24, 1818. Mohr had composed the words much earlier, in 1816, but on Christmas Eve brought them to Gruber and asked him to compose a melody and guitar accompaniment for the church service.

The organ was broken at the time and the guitar was used to create the unique lyrics of the carol. Another interesting story suggests that the carol was forgotten until an organ repairman found the manuscript in the organ bench in 1825 and revived it.

Ever since our daughter Lisa died I have always thought about the phrase "silent night" as a reminder that Lisa's life was silenced by Sudden Infant Death Syndrome. This just adds more emotion to my experience when I hear this carol. When my wife and I, accompanied by friends, attended the twenty-second Christmas concert by the Windham Chamber Singers, a local award-winning high school chorus last Saturday we were overjoyed to see that a significant friend of our daughter's (Karen) was a special guest performer. As fate would have it one of her numbers was a song titled, "I Need A Silent Night," a song we had never heard. Imagine the emotions going on as we listened to her perform this song.

death of a child and are so often forced to deal with grief related with this loss during this time of year might be able to hear our own angels voice singing "Silent Night" to bring Peace and Joy to your complicated life.

Wishing each of you the Peace and Joy you deserve and pray that you are able to reflect on those lives lived and cherish the memories that remain in your heart.

*In the belief every child should live...*

**Roy Bagley**

### What is a Daddy to Do?

Tom Crouthamel  
TCF Sarasota, FL

What is a Daddy to do?  
At Christmas time.  
It's only a daughter that's missing -  
At Christmas time.  
Be strong! Be macho!  
Act as if everything was "normal"?!  
It's only a daughter that's missing -  
At Christmas time.  
Go on with life! Go on with giving!  
Remember, it's the time of good cheer!  
It's only a daughter that's missing -  
At Christmas time.  
Don't weep. Don't cry.  
You'll spoil the fun,  
And that's simply not done.  
It's only a daughter that's missing -  
At Christmas time.  
You want to smash! You want to roar!  
You want to scream and curse.  
But not now for  
it's only your daughter that's missing -  
At Christmas time.  
What is a Daddy to do -  
it's only his daughter that's missing -  
At Christmas time.

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*The Chorus:*

I need a silent night  
A holy night  
To hear an angel voice  
through the chaos  
and the noise  
I need a midnight clear  
A little peace right here  
To end this crazy day

I share this experience and these thoughts with you because, just maybe, those of us who have experienced the

# Christmas Thoughts

Adapted from TCF - Terre Haute, IN

Beyond the holidays, the angels and stars and beloved songs ... Beyond the presents, the shipping, the baking and cooking ... Beyond all the sights and sounds of the holidays ...

beyond all of these .. there is hope.

Hope ... For the bereaved parent, even at holiday time, on of the most, if not THE most painful times of the year, there is an essence of hope.

Hope ... It is the hope that someday the pain of the death of our child will be eased. The hope is that once again we will laugh and love and cry completely without fear and hollowness.

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

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

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

# Holiday Suggestions



Here are several suggestions for getting the most out of the upcoming holidays. We suggest that you use these to spark some other ideas that will be personal and meaningful to you. Even though there may be some emotional pain connected with doing activities like these, we believe there will also be a special kind of healing in them.

1. Give a **SPECIAL GIFT** in memory of your loved one. Join the gift-giving emphasis of the holidays by giving a gift of some kind, e.g. a flowering plant to a favorite institution like a nursing home or church or temple.

2. Give a **GIFT OF MONEY**, if you can afford it, to others who are disadvantaged and having a hard time of it. Make it clear that the gift is in memory of your loved one. You might choose a cause that was important to your loved one.

3. **ENGAGE IN AN ACTIVITY** that you and your loved one especially enjoyed. You might choose to do this alone, or with other family or friends. An example of this would be going to a play or taking a little trip.

4. Have a **SPECIAL GATHERING** with family or friends during the holiday season. During the time together have a "sharing of memories" about your loved one. Some of you might speak of the gifts they received from the loved one in times past, with emphasis on gifts of the mind and heart - things your loved one said or did that meant a lot to you.

5. During the holidays, begin some kind of **NEW TRADITION** or **RITUAL** that is meaningful to you. An example of this is going to a restaurant on Thanksgiving Day rather than preparing a big meal at home. Another example: light a special candle for part of the holiday season. The candle could symbolize both the one you lost and light for the path ahead of you into the future.

6. To rephrase an old saying, "It is just as blessed (and appropriate!) to receive as to give." In that spirit **GIVE YOURSELF SOME KIND OF SPECIAL GIFT** during the holidays. You might try to imagine something which your loved one would have given you or done for you if he or she were here, and do that for yourself.

7. **HAVE SOME PHOTO ALBUMS OUT**, including pictures of holidays past. Talk with others about the past, and about what you are going through now. This will bring healing, and help you to become free to move into the future.



## REGIONAL QUILT PROJECTS Coming to Your Area Soon!

As many of you may have read, either in the newsletter, via email or on Facebook, the Florida SIDS Alliance has launched a series of quilt workshops around the state. We have already completed one quilt for the Northeast Florida area and are busy creating and collecting squares for the Central Florida quilt. We have had one workshop in the Lake Mary area already, and, although the holidays have intervened with our schedule, we plan to do another around the first of the year.

Each quilt will have 9 to 15 squares in it, each representing a different baby from the area. Some of the squares will come from the original quilt, created several years ago. These will be recognized as "legacy squares." In our effort to reach out to families who have experienced the tragedy of infant death, our model of support has been based on families who have experienced this tragedy reaching out to newer families facing this tragedy, handing on the legacy of survival to others. In this way, families can always know they are not alone. We hope that including these legacy squares will reflect that philosophy, and will provide healing to those who participate.

We will be reaching out to many areas of the state this year. As we schedule new events we will post them in the newsletter, through postal and electronic mail, and on Facebook. Also, check our website frequently, as updates will also be posted there. Anyone is welcome to join us at any of the workshops, even if it is not in your area. Let us know and we will be glad to include you. We have a gifted and experienced teacher who is also a SIDS parent, Amy Krewson, to help you make a square, even if you have not even threaded a needle.

If you would like to do a square on your own, you are also welcome to do so. Please call us at 800 SIDS FLA, or you can email Amy directly at [wpquilts@bellsouth.com](mailto:wpquilts@bellsouth.com) for quilt requirements and assistance. We will also be glad to send you the requirements by postal mail if you wish. Please feel free to call us or contact us if you have questions about the quilt.

*In the belief that every child should live,*  
**Lisa Sculley**

# Chanukah Is Here

Chanukah is here.  
I see candles glow,  
red, pink, and blue.  
But you're not here to  
see their pretty shadows.  
I shop for gifts.  
And this year, again,  
once more,  
I won't be in a quandary  
of what to buy.

I give you my love,  
My precious child  
for that is eternal.

And once again  
it will have to do.

**Ginette Kravet,**  
TCF - Central Jersey  
*(my precious son changed to  
my precious child)*



# I Resolve:

I resolve: That I will grieve as much and for as long as I feel like grieving, and that I will not let others put a time table on my grief.

That I will grieve in whatever way I feel like grieving, and I will ignore those who try to tell me what I should or should not be feeling and how I should or should not be behaving. That I will cry whenever and wherever I feel like crying, and that I will not hold back my tears just because someone else feels I should be "brave" or "getting better" or "healing by now".

That I will talk about my child as often as I want to and that I will not let others turn me off just because they can't deal with their own feelings.

That I will not expect family and friends to know how I feel, understanding that one who has not lost a child cannot possibly know how I feel.

That I will not blame myself for my child's death, and I will constantly remind myself that I did the best job of parenting I could possibly have done. But when feelings of guilt are

overwhelming, I will remind myself that this is a normal part of the grief process and it will pass.

That I will not be afraid or ashamed to seek professional help if I feel it is necessary.

That I will commune with my child at least once a day in whatever way feels comfortable and natural to me, and that I won't feel compelled to explain this communion to others or to justify or even discuss it with them.

That I will try to eat, sleep, and exercise every day in order to give my body the strength it will need to help me cope with my grief.

To know that I am not losing my mind and I will remind myself that loss of memory, feelings of disorientation, lack of energy, and a sense of vulnerability are all normal parts of the grief process.

To know that I will heal, even though it will take a long time.

To let myself heal and not feel guilty about feeling better.

To remind myself that the grief process is circuitous — that is, I will not make steady upward progress. And when I find myself slipping back into the old moods of despair and depression, I will tell myself that "slipping backward" is also a normal part of the grief process and these moods, too, will pass.

To try to be happy about something for some part of every day, knowing that at first, I may have to force myself to think cheerful thoughts so eventually they can become a habit.

That I will reach out at times and try to help someone else, knowing that helping others will help me to get over my depression.

That even though my child is dead, I will opt for life, knowing that is what my child would want me to do.

# We Remember These...



## DECEMBER MEMORIALS

### DECEMBER BIRTHDAYS

Danon Anthony	12/04/1994
Jacob Neil Boger	12/16/2005
Samuel Brannon	12/22/2008
Alexandra Carby	12/30/1990
Adina Dorrell	12/22/1988
Connor Rea Gallagher	12/24/1995
Rian Paige Goldberg	12/22/1988
Brennen Neal Johnson	12/01/1999
Magdalena Moore	12/18/1995
Trevor Austin Morrison	12/21/1993
Shayne Lesley Nummela	12/06/1985
Ashley Nicole Winslow	12/11/1992
Heidi Marie Zamora	12/05/1983

Annie Lois Wilson  
Dr. Greg and Lisa Boger  
Nicole Brannon & Joey  
Tracy Morales RN  
Angela Dorrell  
John & Maria Gallagher  
Lee Nossen  
Rachel Christian  
John & Nancy Moore  
Rick & Lisa Pelletier  
David Nummela  
Gregg & Renee Winslow  
Mario & Coral Zamora

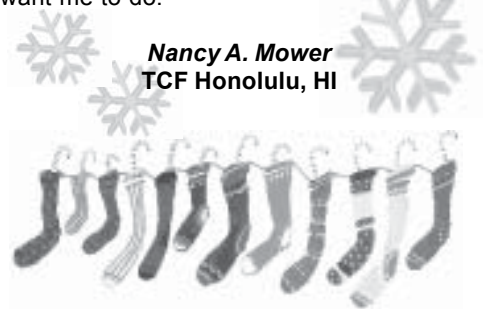
### DECEMBER ANNIVERSARIES

Cody Ledon Albritton	12/01/1995
Thomas Devon Banar	12/18/1995
Alex Clauss	12/04/1999
Kevin P. Conover	12/01/1991
Caroline Elizabeth Dugas	12/23/1999
Grace Olivia Fields	12/18/2001
Amaria Gelsey	12/07/2000
Brendan Johnson	12/07/2003
Liam Harry Koenig	12/17/2008
Anthony Dominic Leone-Ramos	12/16/2002
Nicholas Lunsford	12/06/2002

Matthew & Tammy Albritton,  
Gary & Britt Albritton  
Doug & Sathia Banar  
Norman & Sarah Clauss,  
Wayne & Joan Hoover  
Debbie Wolfe  
Jeff & Dorothy Dugas  
Tracy Fields  
Aundrea Gelsey, Doris Jordan  
Sabranda Adkins  
Jaime Ross  
Elizabeth Leone  
William & Sharon Lunsford,  
Chrissy Lunsford, Wanda Qualls,  
Scott & Hope Lunsford

Joshua Marsh	12/14/1995
Rachel Grace Morrison	12/12/1990
Cody Tyler Norris	12/18/1996
Martin O'Dell	12/01/1994
Matthew Aaron Overman, Jr.	12/04/1998
Erik Howard Peterson	12/12/2000
Michael Reedy	12/02/1979
Cesar Manuel Riera	12/07/1998
Timothy Simon	12/25/1989
Laura Spottswood	12/22/1974
Lisette Valdovinos	12/24/1989
Summer Marie Wood	12/27/1992

Kathy McAlister  
Nancie Morrison-Evans  
Mark & Stephanie Norris  
Carla Dennis  
Matt Overman  
Kate Peterson  
Michael Moody  
Juana Acosta  
Willie & Sonya Simon, Margie Simon  
Curran & Diahann Spottswood  
Antonio Valdovinos  
Matt & Mary Wood,  
Michelle Jones, Dorothy Burger



**Nancy A. Mower**  
TCF Honolulu, HI

**March 19th, 2010**  
**3rd Annual Memorial Golf**  
**Tournament**  
Alaqua Country Club - Lake Mary

**March 20th, 2010**  
**2nd Annual Kiara Dawn Walkathon**  
Jupiter Riverwalk - Jupiter

For more information on either event,  
contact us at 800-SIDS-FLA  
or email [sidsfla@yahoo.com](mailto:sidsfla@yahoo.com).  
Information will also be posted  
soon on our website,  
[www.sidsfla.org](http://www.sidsfla.org).

***I want to help the Florida SIDS Alliance  
win the fight against SIDS!***

**Here's my gift to help save our babies:**

\$15    \$25    \$50    \$\_\_\_\_\_

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501(c)(3) status granted by the IRS.  
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Please add my name to the electronic newsletter.

I would like to volunteer in my area to help the fight against SIDS.

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Please provide information about support of the Florida SIDS Alliance by payroll deduction through the United Way Contributor Choice / Donor Option.

*Please acknowledge my gift in memory of:*

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Date of Death \_\_\_\_\_

In Honor of \_\_\_\_\_

*Send separate note of acknowledgement to:*

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City \_\_\_\_\_

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**Florida SIDS Alliance**  
**4044 W. Lake Mary Blvd Unit #104-209**  
**Lake Mary, FL 32746**

**December 2009**

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