



University of Medicine and Dentistry of New Jersey
Robert Wood Johnson Medical School
One Robert Wood Johnson Place
MEB Third Floor #312
New Brunswick, NJ 08901

*Spring and Summer
A Time of Growth and Healing*



SCNJ Staff



UMDNJ-Robert Wood Johnson Medical School
One Robert Wood Johnson Place
MEB #312,
New Brunswick, NJ 08901
800-545-7437

The Joseph M. Sanzari Children's Hospital at
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The SIDS Center of New Jersey is a program of UMDNJ - Robert Wood Johnson Medical School, New Brunswick, NJ and the Joseph M. Sanzari Children's Hospital at Hackensack University Medical Center, Hackensack, NJ. The program is funded in part by a grant from the New Jersey State Department of Health and Senior Services to UMDNJ-Robert Wood Johnson Medical School and a grant from the CJ Foundation for SIDS to the Joseph M. Sanzari Children's Hospital at Hackensack University Medical Center.

SCNJ AND SIDS FAMILY SERVICE EVENTS
SAVE THE DATE!!!

June 19, 2012

7pm – 9pm
Journey of Grief Workshop
Hackensack University Medical Center
Hackensack, NJ
RSVP 1-800-704-7437

August 6, 2012

Jenkinson's Boardwalk
Point Pleasant, NJ
RSVP Jacqueline Nemeth, MSW, LSW
@ 800-704-7437 or
E-mail Jnnemeth@hackensackUMC.org

September 12, 2012

6pm – 8pm
Journey of Grief Workshop
University of Medicine and Dentistry of
NJ/Robert Wood Johnson Medical School,
Medical Education Building
New Brunswick, NJ
RSVP 1-800-545-7437

November 7, 2012

6pm-8pm
Journey of Grief Workshop
Location TBA
RSVP 1-800-545-7437

WE INVITE YOU TO JOIN ONE OF OUR BEREAVEMENT GROUP MEETINGS

Parents want to talk about their baby. They need to talk about the events of his/her life and death, feelings related to their own grieving process, reactions of others and concerns about subsequent or surviving siblings. Please contact the SCNJ at 1 (800) 545-7437 or (732) 249-2160 or (800) 704-7437 to confirm support group meeting times and locations. A RSVP is requested. If the following locations are not convenient for you, please call the SCNJ so we may locate a bereavement group near you.

First Thursday of the Month:

Pregnancy and Newborn Loss Support Group.

Facilitator: Alissa Sandler, MSW, LCSW

The Joseph M. Sanzari Children's Hospital; Hackensack University Medical Center, 30 Prospect Avenue, Hackensack, NJ. Meditation Room, 1st Floor, 7- 8:30 P.M. For information call: (201) 996-5131

Third Tuesday of the Month:

SIDS/Infant Loss Support Group. (English)

Facilitator: Anna Irizarry-Wood, MSW, LCSW; for information call: 1 (800) 704-7437; The Joseph M. Sanzari Children's Hospital, at Hackensack University Medical Center, Hackensack, NJ. Room PC241, 7- 8:30 P.M.

Fourth Tuesday of the Month:

SIDS/Infant Loss Support Group. (Spanish)

Facilitator: Anna Irizarry-Wood, MSW, LCSW; for information call: 1 (800) 704-7437; The Joseph M. Sanzari Children's Hospital, at Hackensack University Medical Center, Hackensack, NJ. Room PC241, 7- 8:30 P.M.

SIDS/Infant Loss Support Group

Facilitator: Linda Esposito, Ph.D., MPH, APRN-BC, Newark, NJ (call 1-800-545-7437 for more information)

OTHER SUPPORT GROUPS IN THE STATE

Third Thursday of the Month:

The SUDC Program's Monthly Support Group Held in North Jersey. For Information Call: 800-620-SUDC or go online at www.sudc.org

LETTER FROM THE PROGRAM DIRECTOR



Dear Friends:

For many years a dear friend of mine feared that the memory of her son would fade from family history. Then, one Mother's Day her fears evaporated. Her youngest child, who was born long after her son had died, presented her with a family portrait, one she drew in crayon, the preferred tool of five-year-olds. My friend saw four stick figures. There were two big ones, one with a skirt, and she realized that they represented her and her husband. The two little ones she understood were the "artist" and her older sister. But the drawing also contained an object that looked like an egg with four legs. "What's that?" she asked. Somewhat exasperated at having to explain what she was sure was quite apparent, the little girl said, "*That* is our baby brother in his carriage. You can't see him, but I know he's in there." Not just mother, but now daughter too, saw herself as part of a family of five.

As I have written to you before, over three decades have passed since I have been able to celebrate Mother's Day with my son Daniel. On that first Mother's Day, two months after his death, I felt grateful that I could hold and draw comfort from my other young children, but the pain of fresh loss overwhelmed us. Although those feelings were with me every day, Mother's Day was a harder day, especially in the beginning. I wondered, "How could I get through this every year?"

As you and I have all learned, grief takes us on a journey. It exposes us to many feelings over the years and can even surprise us along the way, strange as that may seem. This May will be my 35th Mother's Day without Daniel in the room. Yet, I remain his mother, and he, my son. He never leaves my heart, and so, he is present at all occasions, even Mother's Day. In my journey, Mother's Day has become something I could not have imagined in the beginning, a day of peace. A grandson was born on Daniel's birthday, a miracle, I thought, and one that would bring new joy to that date. My youngest son, the baby's father, put it this way as he spoke to family and friends who gathered to celebrate the new baby. "Since my own birthday fell close to my son's due date, I thought that it would be nice if my child turned out to share that date with me, but God had a much better plan." His words filled the hearts of everyone in the room. These were the people who held us up and helped us endure the early days. We were now taking a moment to appreciate something of great comfort. Daniel remains part of our lives. On Mother's Day, we will gather with our children and grandchildren. He is still thought of and loved by his siblings. One became a physician, motivated as he told me one long-ago day when he was just eight, by the desire to, "help make everybody better." In the young faces of my grandchildren I see features of their uncle. They have his photo. They will know his story. I am grateful.

At each step you take along your journey, please know that the members of the SIDS Center of New Jersey are here for you. We hope that the contents of this Newsletter will be of some help, and we invite you to join us at any of the memorial services, workshops and support groups that we hold.

Sincerely,
Barbara Ostfeld, PhD



IN OUR HEARTS

SIDS Family Services is updating the “in our hearts” Remembrance wall to a digital picture frame. The digital picture frame will be taken to events such as memorials, conferences and health & safety fairs in an effort to educate the community about SIDS.

Mail to SCNJ-SIDS Family Services The Joseph M. Sanzari children’s Hospital at Hackensack University Medical Center, 30 Prospect Avenue, Hackensack, NJ 07601, or email your picture to Jacqueline Nemeth, LSW
JNemeth@HackensackUMC.org

Please include with your photograph the name of your baby, date of birth and death, and if you give us permission to use the picture at the Annual Memorial, and educational events.

CALLING ALL VOLUNTEERS! If you or your family is interested in volunteering for any SIDS Family Services Upcoming Event or would like to be involved in the planning or organizing process, please contact the SIDS Center at 1-800-704-7437 for more details.

PARENT ADVISORY EMAIL GROUP – SFS has a Parent Advisory Group that communicates via email on a regular basis. The purpose of the group is to generate ideas for upcoming special events that our families can attend. If you would like to become part of our Parent Advisory Email Group, please call the SIDS Center at 1-800-545-7437.

GOING GREEN

If you would like to receive this newsletter via email, please send your email address to SCNJ@umdnj.edu. In addition to receiving the newsletter, email notifications will be mailed announcing events and memorial celebrations or other SIDS Center activities.

ASK MY MOM HOW SHE IS

My Mom, she tells a lot of lies,
She never did before
But from now until she dies,
She'll tell a whole lot more.
Ask my Mom how she is
And because she can't explain,
She will tell a little lie
because she can't describe the pain

Ask my Mom how she is,
She'll say “I’m alright.”
If that's the truth, then tell me,
why does she cry each night ?
Ask my Mom how she is
She seems to cope so well,
She didn't have a choice you see,
Nor the strength to yell.

Ask my Mom how she is,
"I'm fine, I'm well, I'm coping."
For God's sake Mom, just tell the truth,
Just say your heart is broken
She'll love me all her life
I loved her all of mine.
But if you ask her how she is,
She'll lie and say she's fine.

I am here in Heaven
I cannot hug from here.
If she lies to you don't listen
Hug her and hold her near.
On the day we meet again,
We'll smile and I'll be bold.
I'll say,
"You're lucky to get in here, Mom,
With all the lies you told!"
Author Unknown

Healing Times

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SCNJ@umdnj.edu

<http://www.rwjms.umdj.edu/sids/>



“TAKING TIME FOR WHAT MATTERS”

Alissa K. Sandler, LCSW, Section Chief SIDS Center of NJ

Mother’s Day and Father’s Day is a challenging and perplexing day for those who grieve the death of a child. It is impossible to avoid the celebration whether real or perceived, commercial or heartfelt. The “holiday” painfully magnifies your unique and inexplicable position. Uncomfortable family & friends often avoid acknowledging your pain.

Once again, this spring, as I confront “the season” of Mother’s Day and Father’s day I struggle to find a way to help each of you plan your time, take control, lead or begin a new tradition. Take care of yourself; buy flowers for your garden or kitchen table. Eat your favorite dessert. Write in your journal. Ride a horse, a bike or rent a convertible. Play your favorite music very loudly or softly.

Possibly focus on something completely new. Be mindful; use this day to establish a simple daily meditation routine. “Mindfulness is a state of active, open attention on the present. When you’re mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Mindfulness means living in the moment.”

Psychology Today Center for Mindfulness in Medicine, Health Care & Society:

<http://www.umassmed.edu/Content.aspx?id=41252>

Mindful; Taking Time for What Matters: <http://www.mindful.org> 2012

10 WAYS FAMILY AND FRIENDS CAN HELP FATHERS GRIEVE

Lisa Marain, MSW, LCSW

1. Encourage open discussion
2. Let fathers speak about their pain
3. Remind fathers they are not alone
4. Just listen, do not try to solve their problems
5. Encourage fathers to reach out to other grieving fathers
6. Allow fathers the time to process what has happened to them
7. Allow fathers to turn to or away from their faith as needed
8. Let fathers cry
9. Let fathers know you are there for them always
10. Encourage fathers to talk about their pain and allow them time to be alone with their pain.