

Sickle cell disease is an inherited blood disorder. People with sickle cell disease have red blood cells that become hard which can cause anemia, pain and many other serious health problems. Your involvement makes the difference in overcoming this disease.



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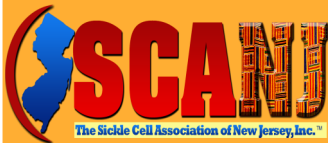
# Say It Loud!

Summer Breeze Edition

July & August 2014

Sickle Cell News You Can Use

The Sickle Cell Association of New Jersey



## Calendar Listings:

### August

**2nd. Volunteers Meetings.** Select the location most convenient for you. 10:00am at HLS Restaurant 1859 Springfield Ave in Maplewood or 5:00pm at The Big Easy Restaurant 120 Warren St. in Trenton. RSVP 973 482-9070

29th at 7:30 PM



**Van Vleck House & Gardens** at 21 Van Vleck Street in Montclair. We provide a blockbuster movie, food and fun. Bring your blankets and chairs. FREE but please RSVP.

Apply online NOW for SCANJ Road Trip Scholarships to the SCDAA National Convention Hyatt Regency Inner Harbor, Baltimore, MD. October 1-4.

For the latest information and to **RSVP** go to [www.sicklecellnewjersey.org](http://www.sicklecellnewjersey.org)

Click on events or call 973 482-9070

SCANJ is the New Jersey Chapter of the



Sickle Cell Disease Association of America

## A Note From The Executive Director...



**Mary Bentley LaMar**  
Founder  
Executive Director

This week, we concluded one **Take Control of Your Health** Workshop in Jersey City, continued three others in Newark and two in Delanco. We also completed training health workers in the **Take Control of Your Health** Peer Leader Certification course for the Rutgers School of Nursing in Newark.

**Take Control of Your Health** is part of the Stanford School of Medicine's Chronic Disease Self Management Program (CDSMP); an evidence based program that consists of a 6 week health self management class.

We are in the middle of a very productive summer.

We are pleased to be able to offer **Take Control of Your Health** to communities throughout the state.

The Fall will bring many programs to keep us connected and informed. Make sure you review our calendar listings. If you blink, you might miss out.

To start things off, come to the **Kente Carpet Movie Night**. We provide the blockbuster movie, food and fun. Bring your blankets and chairs. Stroll the Kente Carpet and take pictures like a star. You can make your own commercial to raise sickle cell awareness. Or just relax and enjoy the movie in the beautiful gardens at the Van Vleck House. The Movie Night is free, however, **we ask that you RSVP**.

We will have sickle cell awareness brochures, books and posters available. Help us raise awareness by simply distributing materials.

SCANJ is a volunteer driven organization. We ask you to remember our 2012 Volunteer of The Year; **Margaret Hadnott**. Margaret lost her battle with sickle cell disease on July 28th, but she did not let sickle cell disease win the war. She lived life to the fullest by giving her best to every effort. She retired from Volvo, volunteered for SCANJ and Gilda's Club, served her church and was a devoted mother and friend.

Margaret's wake is Saturday August 2nd at 10:00am and the funeral is at noon at Community Baptist Church in Englewood.

The example set by Margaret serves as inspiration for us to work a little harder, love a little deeper and act with her serving spirit to continue her fight and ultimately conquer sickle cell disease.

~Mary

## Sickle Cell Awareness Month is Almost Here!

### SAVE THE DATES:

- **September 1st** SCANJ Mission Day 5th Year Anniversary of The Sickle Cell Association of New Jersey
- **September 6th** National Sickle Cell Disease Association of America (SCDAA) Walk in Baltimore MD. Register for SCANJ's "Sickle Cell New Jersey Walk the Talk Team" via [www.sicklecellnationalwalk.org](http://www.sicklecellnationalwalk.org).
- **September 13th-14th** National Bone Marrow Transplant Information Network Survivorship Symposium. Hilton Meadowlands, East Rutherford, NJ. [www.bmtinfont.net/midatlantic2014](http://www.bmtinfont.net/midatlantic2014)

- **September 19th-20th**



**24 HOURS 7 EVENTS**

**RAISING FUNDS & AWARENESS FOR SICKLE CELL DISEASE!**

**SEPTEMBER IS**

**SICKLE CELL AWARENESS**

**MONTH**

Details on most events are posted on

[www.sicklecellnewjersey.org](http://www.sicklecellnewjersey.org)

and/or [eventbrite.com](http://eventbrite.com).

**The Sickle Cell Association of New Jersey**

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**SHOUT OUT TO...**

Line dancers, school groups, community service organizations, Houses of Worship, civic organizations sororities, fraternities...**YOU!**

Join us in our fight against sickle cell disease. **Volunteers Meetings: Saturday August 2nd 10:00am in Maplewood & 5:00pm in Trenton. Come, or send a representative. Call 973 482-9070 to RSVP**

The Say It Loud Newsletter is published monthly except for July and August. Archived copies are available for download from our website.

Beverly Lucas-Editor

[www.sicklecellnewjersey.org](http://www.sicklecellnewjersey.org)



**24<sup>th</sup> ANNUAL seven line dance marathon**

**24 HOURS 7 EVENTS**  
**RAISING FUNDS & AWARENESS FOR SICKLE CELL DISEASE!**

**FRIDAY SEPT. 19, AT 5:00PM TO SATURDAY SEPT. 20, 2014 AT 5:00PM**

**FEATURING:**  
**COMEDIANS • LINE DANCE LESSONS • FOOD MOVIES • LUNCH & LEARN • GAMES AND MORE**

**FOR INFORMATION TO REGISTER OR DONATE GO TO:**  
**WWW.SICKLECELLNEWJERSEY.ORG**  
**OR CALL 973.482.9070**



IN COOPERATION WITH HOST SPONSOR  
**NEW JERSEY CITY UNIVERSITY**

2ND FLOOR STUDENT UNION BUILDING 2039 KENNEDY BLVD. JERSEY CITY, NJ.

**Coming Soon:**

**Register Now to Attend:**

**October 1st-4th SCDA National Convention & SCANJ Road Trip to the convention in Baltimore, MD. To apply for SCANJ Road Trip Scholarships (for individuals with sickle cell disease and/or caregivers) call us or apply via the events page of our website**

**November 22, STATEWIDE Sickle Cell Symposium at the Liberty Science Center (Jersey City)**

**December 13th, Holiday Party North with Kenta Klaus (Montclair)**

**December 11th Holiday Party South with Kenta Klaus (Cherry Hill)**

**Holiday Party Central with Kenta Klaus (TBA)**