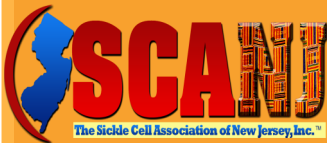


Sickle cell disease is an inherited blood disorder. People with sickle cell disease have red blood cells that become hard which can cause anemia, pain and many other serious health problems. Your involvement makes the difference in overcoming this disease.



Calendar Listings:

January

10th Volunteer's Kick Off Breakfast: 10:00am at HLS Restaurant 1859 Springfield Ave. Maplewood.

26th. SCANJ Adopt A Day at the American Red Cross. Call 865 365-7100 to make an appointment to donate blood between 12:30pm-7:30pm at the Camden County Blood Donor Center. 5425 Marlton Pike in Pennsauken.

Chronic Disease Self Management Program (CDSMP) Workshops. Enrollment is limited to 20 participants. We encourage you to register as soon as possible for this **FREE** program.

Jan. 28, 29, Feb. 2 & 3rd Chronic Disease Self Management Program (CDSMP) 4 Day Peer Leader Certification Class. 10:00AM to 4:30 PM Willingboro Public Library .220 Willingboro Pkwy, Willingboro, NJ

February 28-April 4 Take Control of Your Health CDSMP 6 Week Community Workshop 10:00am-12:30pm Alpha Baptist Church 15 Rose Street. in Willingboro

Register via
www.sicklecellnewjersey.org
on the events page or via
www.eventbrite.com

SCANJ is the
New Jersey Chapter of the



Sickle Cell Disease Association
of America



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Say It Loud!

January 2015

Sickle Cell News You Can Use

The Sick Cell Association of New Jersey

P.O. Box 9501 Newark, NJ 07104

It's A New Year! 2015...Bring It On!



Mary Bentley LaMar
Founder
Executive Director

I embrace 2015!

There is something about a new year that is refreshing. The new year, gives us an opportunity to consider new ways to improve and grow.

I was thinking...what can we do this year that will be exciting and fresh? What

can we do to keep the community engaged and to bring more support for our programs and services? Ultimately, what can we do to beat sickle cell disease (SCD)?

We will discuss this and other exciting happenings at Volunteer Meetings held

throughout the year (see calendar listings). As we get into this year 2015, I ask you to bring your "A game." At the SCANJ we have some exciting programs and events on the calendar and we are going to need you to bring your best to help us make them successful.

New this year will be "Hands On; A Sickle Cell Disease Wellness Initiative." At *Hands On* you will be educated on the theory and basic practice of massage therapy to help deal with sickle cell disease. Also this year, we will have new fundraising initiatives that will be "fashionably driven"--You'll learn more about that next month.

Sickle cell disease has no problem wreaking havoc in the lives of individuals who have to live with it.

Our commitment is to stay on the mission so we can help you deal with anything thrown your way from SCD...it has no power here!

~Mary

SCANJ Mission Statement

To advocate for and enhance our membership's ability to improve the quality of health, life and services for individuals, families and communities affected by sickle cell disease and related conditions, while promoting the search for a cure for all people in the world with sickle cell disease

Hands On: A Sickle Cell Disease Wellness Initiative

It is widely known that there is no universal cure for sickle cell disease. Treatment both during and between crises is generally palliative, with pain medications, IV fluids, oxygen, and blood transfusions used to decrease the frequency and severity of crises and symptoms. As a parent or other loved one of a person living with sickle cell, you can feel helpless watching your loved one in pain, and it often seems as though the disease is out of your hands. But there is hope...**Get ready to get HANDS ON!**

Join us for an informative wellness event for the family and friends of people living with Sickle Cell Disease as well as individuals living with sickle cell disease. Come and be educated on both the theory and basic practice of massage therapy to use on your sickle cell-affected loved ones.

Why: This program will serve not only to educate, but also to empower and connect those affected by sickle cell disease to take a "hands-on" approach to their health by literally using the healing power of hands via massage therapy. Research has shown that regular use of massage can result in "higher levels of functional status, and lower levels of depression, anxiety, and pain."¹ As a result of this event, the hope is that those who practice what is taught will experience a decrease in both the number and severity of sickle cell crises.

Save the date:--Saturday, April 11, 2015 from 10:00 am to 1:00 pm

Where: Stay posted for the specific location in southern New Jersey.

Who: You and a gathering of caregivers and other loved ones of people living the sickle cell disease, in association with NJ massage therapists, vir tú Spa, and the SCANJ.

Take this opportunity to come on out, learn something helpful and new, and have lots of fun! Registration will be available on www.sicklecellnewjersey.org via the events tab and via www.eventbrite.com.

SCANJ thanks Mekeme Utuk for conceiving and spearheading this event.

1. Lemanek, et al. A Randomized Controlled Trial of Massage Therapy in Children with Sickle Cell Disease. *Journal of Pediatric Psychology* 2009; 34 (10): 1091-1096.



WWW.SICKLECELLNEWJERSEY.ORG



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Reflections of the Holiday Party Program

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



Make a Difference!
DONATE

SCANJ has the BEST Community Partners! 2015 Here We Come!!

Central and Northern New Jersey Sickle Cell Network, St. Barnabas Health Adult Sickle Cell Center, New York Mid Atlantic Consortium for Genetic and Newborn Screening, Embrace Kids Foundation, Tackle Sickle Cell The SCDA Philadelphia/Delaware Valley Region, QSCAN, SCTPN, The American Red Cross Penn/Jersey Region, Cooper Hospital, Hackensack Medical Center, Santonio Holmes' Third and Long Foundation, Liberty Science Center, Jersey Explorer Children's Museum, City of Newark, NJ Municipal Council Health Committee, The National Organization of Black Law Executives, Shiloh Baptist Church of Newark, NJ, First Baptist Church of South Orange, NJ, Grace Baptist Church of Fords, NJ, Morning Star Christian Community Center of Linden, Alpha Baptist Church of Willingboro, Alpha Kappa Alpha Sorority Omicron Xi Omega, Pi Theta Omega and Beta Alpha Omega Chapters; Delta Sigma Theta Sorority-Monmouth Alumnae Chapter, Phi Beta Sigma Fraternity, Omega Psi Fraternity, The State of New Jersey Department of Health, St. Joseph's Hospital of Paterson, NJ, The Independent Club of Colonia, The Concerned Citizens of Whitesboro, NAACP Montclair, NJ Chapter, Newark Boys Chorus School of Newark, NJ, Horizon NJ Health, United Way of Essex County, City of Newark NJ Municipal Health Council, McDonald's Restaurant (Grand St. Jersey City, NJ), Ortho Clinical Diagnostics, a Johnson & Johnson Company, Douglas Hawkins and the Step4Step Line Dancers, Novartis Pharmaceuticals, The Montclair Foundation and New Jersey City University.

Coming Soon...

•February 28 Black History Celebration with a focus on Sickle Cell Awareness.

3:00pm-5:00pm at the Evergreen Senior Center 400 Inman Ave. Colonia NJ. sponsored by the Independent Club of Colonia.

•April 11th Hands On A Wellness Initiative Commemorating Minority Health Month. 10 am-1:00pm. Location TBA

•June 20 Sickle Cellabration Commemorating World

The Gingerbread House before... and after...YUM!!



Kenta Klaus Arrives!



Special Thanks To NOBLENNJ for toy donations; NOBLECNJ, Shiloh Baptist Church Newark, Delta Sigma Theta Monmouth County Alumnae, Alpha Kappa Alpha Omicron Xi Omega Chapter, Newark's Barnabas Medical Hospital and the SCDA for Holiday Program Support.