

# SibBuzz Jr.

Spotlight



A newsletter filled with hugs, hopes and 'high-fives,' especially for you.

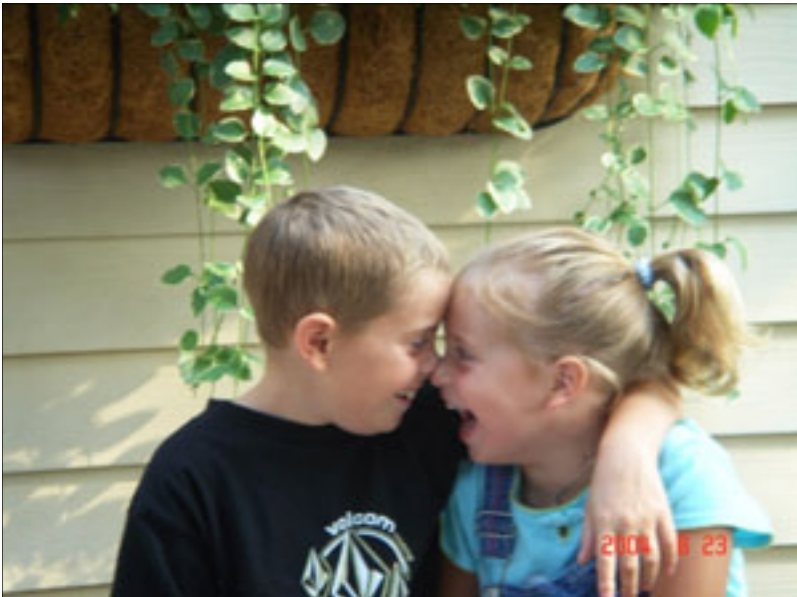
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Super trophies bring smiles to SuperSibs! kids.

To find out more, turn to page 2

*Happy ThankSIBLING!  
A Time to Celebrate YOU!*



SuperSib Jennifer (right) receives a big warm hug from her brother Aidan. This is one way brothers and sisters of kids with cancer are honored and appreciated during this special time of year which we at SuperSibs! call "Happy ThankSIBLING!" For more ideas on how you can celebrate this time with your family, read the article below.

Like the holiday it implies, *Happy ThankSIBLING* is a time to give thanks and to honor you — the brothers and sisters of children with cancer. In fact, we at SuperSibs! have a special focus during the actual Thanksgiving season. We choose to make this a holiday to recognize and honor the lifelong bond between all brothers and sisters! "It's a wonderful time to remember the special moments we've had together (yes, even the fights we've sometimes had!) with our own siblings," says Executive Director, Melanie Goldish. "It's a time to think about how we've been there for one another through good times and bad, and appreciate what we mean to each other."

The SuperSibs! team thinks this is a perfect occasion to shine the spotlight on kids like you — who often live in

the "shadows" of a pediatric cancer experience.

"While the rest of the world is focused on the patient, your quiet generosity and loving support often goes unnoticed," Melanie points out. "Rest assured, WE notice!" she says. This year, we've met and heard from many incredible SuperSibs! kids — each one of you so unique, giving, strong and hopeful.

"Just thinking about you kids makes us smile every day," says Melanie. "Your devotion to your siblings and everyday courage to be the best deserves to be honored. So... this is your day — we hope it's a great one!"

For ways to make this Happy ThankSIBLING season extra special and meaningful, see page 3.



**Unscramble  
the words that  
make Happy  
ThankSIBLING  
special to you!**

**GSUH**

**EOFIVATR ODFO**

**LIMSES**

**LPAY**

**MAGES**

**MVIOES**

**SCIMU**

**UFN**

Answers on page 3

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Get this! The Lance Armstrong Foundation invited *SuperSibs!* leader **Melanie Goldish** to be in Austin, TX to help spread the word about you special siblings! She also got to check out the Lance Armstrong parade. See the special chalk sign along Lance's bicycle parade route? Cool huh? **Now everyone in Austin knows about *SuperSibs!*** For more info, see [www.laf.org](http://www.laf.org).



## Spotlight Up to Our Ears in Trophies For You!



Above—*SuperSibs!* execs Sandi Ring (left) and Melanie Goldish make sure all participants get their very own trophy to remind you how special you are. Below — *SuperSibs!* Brayden (left) and Kellen express their approval!



## We Love Your Mail!

*Editor's Note: Following are clips from letters, e-mails, and articles that you kids send to the *SuperSibs!* office. For privacy, only first names are used. Thanks for letting us know how you feel. You are so special!*

*Hi, I am the SuperSib of my brother who has Leukemia. When I first found out he had cancer, I was scared because I didn't know what cancer was. Sometimes when I woke up one of my parents and my brother would be gone because they would have to be with him at the hospital. Sometimes I would feel lonely. When I got my trophy it made me feel special! —Maya*

*My 5-year-old daughter received a trophy in the mail. She asked me why she got it. I explained to her that it was because she was very good at clinic, she was very strong and helped her brother not hurt when he got shots. Thank you so much. —Jennifer (SuperSib mom)*

*Dear SuperSibs! Thank you for the journal. I love your program. —Nick*



*Hi, I'm 10 years old. I want to thank you for everything. I love everything you gave me. When I'm sad or scared you cheer me up. Love dearly, Conner*

*Thank you SuperSibs. We really enjoy getting stuff in the mail. Thank you, thank you, thank you, thank you for everything. —Katie*

*The boys were so excited with the trophies. One of them held it up and said, "Mom, this must be worth at least \$10,000!" —Belinda (SuperSib mom)*

*Thanks for your support! All this cancer stuff IS really hard on me and Kerry. I really am glad you sent me the notebooks and trophy. They make me feel lots better. Thanks again, your friend, Alyssa*

*I love the people from SuperSibs. Thank you SuperSibs for giving me mail. xoxoxo Love, Kolin.*

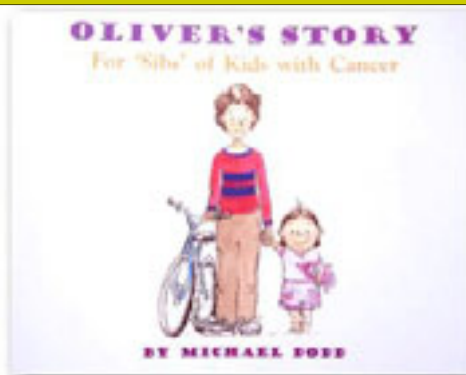
*SuperSibs!* supports brothers and sisters, ages 4 to 18, of kids with cancer. Now serving over 1600 siblings from 44 states and Canada! See [www.supersibs.org](http://www.supersibs.org) for more information.



## Answers to word scramble on Pg 1:

**HUGS**  
**FAVORITE FOOD**  
**SMILES**  
**PLAY**  
**GAMES**  
**MOVIES**  
**MUSIC**  
**FUN**

## A Book for You!



Here's a book to read about kids like you: *Oliver's Story*, by Michael Dodd.

It's a story about a big brother named Oliver who helps his little sister who has cancer. We know you'll understand Oliver and share a lot of his feelings. Most of all, the story will remind you just how important you are to your family and what a big help you are to the brother or sister with cancer!

To get your free copy, ask your Mom or Dad (or another grown-up) to order it online from Candlelighters at [www.candlelighters.org](http://www.candlelighters.org).

## How to Say Happy ThankSIBLING!

You are among thousands of brothers and sisters who are strong, giving and caring as your family deals with cancer. This is a perfect time to honor YOU! Here are a few ways to help you feel special:

1. **Spend time with your parents.** Ask your parents or other close relatives to spend time alone with you to talk or just relax.
2. **Take a walk with someone you care about.** Get some exercise and a fresh air walk, and just talk about whatever's on YOUR mind.
3. **Draw a picture or write down 3 things you're thankful for this ThankSIBLING.** Then you can look at this whenever you need a little boost.
4. **Share your feelings.** Be open and honest about how you're doing. Be sure your parents and teachers know what you need, too.
5. **Enjoy your favorite book on tape or video.** Ask your parents or a special family friend to record your favorite book so you can watch or listen whenever you'd like.
6. **Arrange for a special ThankSIBLING moment** when your family members can share their own special sibling memories!
7. **Create a memory album** to remember your very best times together with your brothers and sisters.
8. **Write a letter to SuperSibs!** about how you get through some of your tough times, so we can share these ideas and thoughts with kids just like you!
9. **Wear your SuperSibs! T-shirt** and remember just how important and special you are today and always!



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On Oct. 20 in Chicago, some area SuperSibs! kids were guests of the Mia Hamm Foundation, watching Mia and her US. Womens Soccer Team win against Ireland. (Our SuperSibs! banner was even on the big screen!) We wish Mia tons of success as she retires from playing soccer. She'll always be a special SuperSib, just like YOU!

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## SuperSibs!

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## SuperSibs!

*To honor, support and recognize brothers and sisters of children with cancer.*

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



SuperSibs! participants attend a special annual "Sibling Day" at Children's Hospital in Milwaukee, Wisconsin. It was a great day for over 50 SuperSibs! young kids and teens!

### Your Sib Dictionary...

**Sibling** — *A brother or sister*

**Sib** — *A short phrase for sibling*

**SuperSib** — *A really great kid — YOU!* 

## Find Comfort at Camp!

As the brother or sister of a child with cancer, you might sometimes feel left out of things. Finding people who understand what you're going through can take place at one of the many summer camps for siblings! At Camp Okizu in northern California, sibling campers say their visit is the best week of the year! They do lots of things they enjoy without everything being related to childhood cancer. After camp, they feel much less alone and much less "different" from their friends back home. The kids they meet at camp often become their best friends in the world. Pictured at left are SuperSibs! kids enjoying a great time at Camp Sunshine in Atlanta, Georgia.

Now is the perfect time to think about attending a sibling camp session this summer! Check out [www.coca-intl.org](http://www.coca-intl.org) or [www.cancer.org](http://www.cancer.org) (search word — Camps) or [www.holeinthewallcamps.org](http://www.holeinthewallcamps.org) or ask for info at your local hospital for the right camp for YOU! It will be a fantastic summer to remember. 