



Iowa SIDS Foundation

Support

Education

Hope

Volume 18, Issue 2

Summer 2009

Table of Contents

My Perspective	1
10th Annual Walk for the Future	2
Remembering our Babies Changes	2
Remembering Our Babies	3
Program Updates	4
New Arrivals	4
Memorials and Donations	5
Support Groups	6
SIDS Items	7

My Perspective

Some people try to imagine the unbearable pain that I have felt. They always ask how I am doing and I always reply with a “fine.” Then later when my husband and I get home, I ask him how I am supposed to be?

On May 9, 2007, my whole world turned upside down. My husband and I found our three month old daughter, Hannah, lying in bed lifeless that morning. People say that they can not imagine what that must have been like. I try to explain it. Close your eyes- imagine you and your husband having an infant between the ages of one month to one year. Imagine the laughter, joy, pain, frustration, love, smiles, all the things a parent endures and cherishes while having a baby. Now imagine, going to sleep one night with your husband and baby. The next morning, you wake up as the alarm goes off. You go to check on your baby to find that her face is dirty. You go to wipe it off and notice that she is cold, ice cold. You look closer to find that she is not breathing. Your heart starts to beat faster and faster until it is racing out of control. You tell your husband to look at her. You panic when he tells you to call an ambulance. You start screaming “someone help me, someone help me please, someone save my baby, someone please.”

It has been two years since we found our daughter that day. I am still screaming for help! Only now it is not just for Hannah. It is for all of the infants that are still laughing, smiling, crying, and being laid down to sleep by their parents. I can no longer do anything else for Hannah. All I can do is to reach out to the ones that have not been touched by this disease. I will continue to say “fine” to all of the people that ask me how I am doing until a cure is found for SIDS.

The above story was submitted by Samantha Trehy, mom to Jonathan, age 4, and Hannah Jo Blair (02/05/07 to 05/09/07). Samantha and her family have been active in the Iowa SIDS Foundation’s Walk for the Future for the past two years. From attending the walk, selling raffle tickets, volunteering at other events, and helping to coordinate this year’s walk in Pleasant Hill, Samantha and her family have chosen to aid in the fight against Sudden Infant Death Syndrome. It is truly the combined efforts of all of our dynamic and committed volunteers that make it possible for the Iowa SIDS Foundation to provide grief support to newly bereaved families, age appropriate materials to surviving siblings, educational materials to childcare and healthcare providers across Iowa, and annual research donations with the hope that one day every infant will have the opportunity to celebrate his or her first birthday!

It is the volunteers that make it possible to provide services across Iowa and your time, talent, and commitment is truly appreciated! Thank you.

walk for the future

IOWA SIDS FOUNDATION 2009



REGISTER NOW!!

Register on-line at:
www.iowasids.org

Or request a registration by
calling 866-480-4741.

10th Annual Walk for the Future

The tenth annual Iowa SIDS Foundation Walk for the Future is scheduled for Saturday, August 22, 2009. Special events are planned at each walk that vary site to site, including refreshments, children's activities, music, group photographs, raffles, and balloon releases. Pre-registration by August 14th is appreciated and can be completed on line at www.iowasids.org or by submitting registration and payment via mail. Registration forms may be printed from the webpage or may be requested by phone at 866-480-4741. We will be happy to mail you additional registration forms for co-workers, family, or community members.

Registrations are welcome on the day of the walk but we will NOT be able to guarantee your shirt size will be available, and you may have to choose an alternate size. Walk registration is \$25 for adults and \$10 for children. The registration fee provides one walk registration, refreshments, and a short sleeve t-shirt. Adult long sleeve t-shirts are available for those that pre-register only and that registration fee would be \$35. Please call the Foundation at 866-480-4741 if you have questions.

Walk Locations and Times for the 2009 Walk are:

Albia Walk and 5K Run: North Corner of Town Square

Registration: 7:00 a.m. Walks starts at: 8:00 a.m.

Cedar Rapids: Noelridge Park *Creekside Pavilion –New!*

Registration: 8:30 a.m. Walks starts at: 9:30 a.m.

Cedar Valley: George Wyth State Park, Waterloo

Registration: 8:30 a.m. Walks starts at: 9:00 a.m.

Keswick: Corner of Iron and Church Streets

Registration: 7:30 a.m. Walk starts at: 8:00 a.m.

Mason City: East Park Prairie Playground (Rain Location: Southbridge Mall)

Registration: 8:30 a.m. Walk starts at: 9:00 a.m.

Pleasant Hill: Copper Creek Park, 4500 E. University *NEW Des Moines Location*

Registration: 8:30 a.m. Walk starts at 9:00 a.m.

Washington: Sunset Park

Registration: 8:00 a.m. Walk starts at 9:00 a.m.

2010 Walk News: Northeast Iowa Walk Planning Meeting

Interest has been expressed in starting a walk in northeast Iowa. A planning meeting has been scheduled for January 15, 2010, with the location yet to be determined. If you would be interested in learning about this volunteer opportunity, email info@iowasids.org or call 866-480-4741.

Remembering Our Babies Changes

The Remembering Our Babies page is included in every newsletter as an opportunity for family and friends to remember and celebrate the special babies in each of our lives. You may notice that this newsletter includes some of the infants that were listed in the spring newsletter. In order to better match the birthdates and memorial dates to the publication dates of the newsletter, we recognized the need to duplicate some of the infants from the previous newsletter. From this point forward, the fall newsletter will be printed in November and will include the months of

November, December, January and February. The spring newsletter, printed in March, will include March, April, May, and June. The remaining months will be remembered in the July edition.

If you would like to add a loved one to one of the memorial lists, please call the Foundation or print the volunteer/services form found on the webpage, www.iowasids.org and mail to the main office, Iowa SIDS Foundation, 406 SW School Street, Suite 205, Ankeny, IA, 50023.

WALK SHIRT

If you want your baby's name on the 2009 walk shirts and have NOT given your permission by completing the services and volunteer form, please contact the office **NO LATER** than July 24, 2009!

Remembering Our Babies

Happy Birthday!

July

Alana P. Gonzales
Rylee Elizabeth Erwin
Darian Bea O'Connell
Jordyn N. Thompson
Joshwa Izaiah Rivera
Elizabeth Grace Atzen
Brennan Charley Godfredsen
Jaycee Marie Schilling
Ethan Daniel McDermott
Jerome Alexander Brown
Jacoby James Sickels

August

Analisa Ines Rodriguez
Kyle Anthony Timmons
Jared John Smith
Jennifer Lynn Dyar
Johnathon Oscar Danner
Hope ElizaRae Ohrt
Max David Bushlack

August

Aarie Jai Richardson
Abigail Ilene Knoop
Hunter Dean Stevens
Ella Elizabeth Timm
Evan Dean Klemme

September

Johnathan Danial Prescott
Donna-Oynn Williamson
Ross "Rosco" Jacob McGlothlen
Alec Robert Wagner
Jacob Anthony Lipski
Dominic Joseph Laurenzo
Noah James Zarate
Beth Marie Stukerjurgan
Brenden Meinecke
Cody Michael Coleman
Kaleb Dean Hargens
Kayla Sue Brewer
Ashton Lavail Seaton

September

Hailey Erin Lincoln
Dylan Peter Christian Andersen
Kory Lynn Dunkin

October

Cara Lynn Eddie
DaeShawn Marquis Rodriguez
Madison 'Maddy' Lynn Nesbitt
Dawson John Lewis
Riley Jane-Marie Perkins
Cameron Palmer
Erika Elizabeth Story
Isaac Thomas Pressley
Samantha Alina Parks
Justin Evan Miller
Robby Matthew Miller
Robert Carl Davis III
Ryan Allen Robinson
Gunner Jacob Alex Nail
Alexa Jean Jonas
Cody James Beck
Matthew James Avery

In Memory of ...

July

Cole Alexander Davis
Alexis Deane Rudkin
Brooke Louise Goodyk
Ryan Dennis Mouglin
Kelly Pitts
Matthew Timothy Otten
Rowan James Dolezal
Lauren Elizabeth Nichole
Viaene
Sydney Nicole Allen
Logan Grant Higginbotham
Douglas Ronald Tietge
Dominick Paul McFarland, Jr.

August

Tara Beth Schroeder
Joey Cusick
Caleb Richard Williams
Gavin Eli Gratz
Olivia Nora Aikey
Joseph Laurence Devore

August

Cheyenne Marie Camp
Parker G. Donaldson
Jordan Lee Daniel
Steven Michael Jeneary
Jerome Alexander Brown
Devon James Hayes-Jones

September

Ethan Troy Livingston
Landon Davis
Kaleb J. Peverill
Alana P. Gonzales
Hope ElizaRae Ohrt
Emily Rose Studer
Andrew Jay "A.J." VanDerSchaaf
Keaton James Wirtz
Aarie Jai Richardson
Johnathon Oscar Danner
Benjamin Scott Meints

September

Donna-Oynn Williamson
Jacoby James Sickels
Melissa Sue Lemon
Zachary Richard VanVleet

October

Jaycee Marie Schilling
Joshwa Izaiah Rivera
Hunter Dean Stevens
Zachary D. Mohatt
James Allen Magruder
Lane Kurt Carter
Brenden Meinecke
Jordyn N. Thompson
Christopher Scott Evans
Ethan Daniel McDermott
Darian Bea O'Connell
Alec Robert Wagner
Thaddeus Charles Ernzen

Iowa SIDS Foundation Event Updates

State Fair Parade-August 12, 2009

The Iowa SIDS Foundation will have a float in this year's state fair parade to promote the location of the 7 walk sites. We are looking for seven families that might want to walk the parade route. Each family would be responsible for creating a decorative covering for a wagon or stroller that would highlight one of the walk sites. If you would like more information or are interested in participating, contact the office.

Safe Sleep Education Materials

In the first two months of making the new safe sleep education materials available to healthcare providers to distribute during well baby examinations, we have distributed **15,210** pieces in English and **4,425** pieces in Spanish. Sixty eight providers have submitted requests for materials.

Walk for the Future - August 22, 2009

Volunteers are welcome during the planning stage and/or the day of the walk. Walks will be held in Albia, Cedar Rapids, Cedar Valley, Keswick, Mason City, Pleasant Hill (Des Moines), and Washington. For contact information for a specific walk location, contact the SIDS office at 866-480-4741 or info@iowasids.org.

Marina Days Boat Fun Run - August 29, 2009

Saylorville Lake Marina will be hosting the 2nd annual Boat Fun Run during the 2009 Marina Days held the weekend of August 29th at Saylorville Lake. All participating boats stop at several designated sites on the lake where they select a playing card from the designated boats. The best and worst poker hands receive appropriate prizes. The inaugural 2008 event raised \$800 for the Iowa SIDS Foundation. Volunteers are welcome during the planning stages, as well as on the day of the event. Additional information and registration forms will be placed on the Foundation webpage as it becomes available.

3rd Annual Vine and Dine Wine Pairing Dinner

The third annual Vine and Dine Wine Pairing Dinner is scheduled for November 7, 2009 at the Davenport Country Club in Pleasant Valley. The evening features a multi-course meal paired with an exceptional variety of paired wines, a silent auction, and excellent company! Visit the webpage for more information as it becomes available.

Northeast Iowa Walk Volunteers Needed to Assist with 2010 Walk

A meeting has been scheduled for January 15, 2010 to explore the possibility of hosting a 2010 walk in northeast Iowa. If you would be interested in volunteering to help a group of volunteers organize this walk, please email info@iowasids.org or call 866-480-4741. The location of the meeting will be determined after we know the location of the interested volunteers.

Other Opportunities

Education Packets: Volunteers are needed to prepare packets to be mailed to health care providers across the state of Iowa. Great project for individuals, youth groups, or community groups!

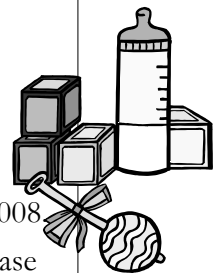
Fall Wine Event: Volunteers in the Des Moines area are needed to assist in the creation and planning of a local fundraising event. If you are interested, please email info@iowasids.org

New Arrivals - Congratulations!!

Miken James See

Missy Woods and Thomas See, Spring Hill, welcomed Miken to their family on November 24, 2008.

Is there a new little addition to your family? If so, we would love to share your happy news. Please provide us the pertinent information by calling 515-965-7655 or e-mailing info@iowasids.org.



Memorials and Donations

The Iowa SIDS Foundation thanks the following individuals for their generous donations. These donations were received as of July 1, 2009.

In Memory Of...

Max David Bushlack

Dr. Analisa Haberman

Joey Cusick

Joseph and Gloria Burkle

Emma Mae Fulle

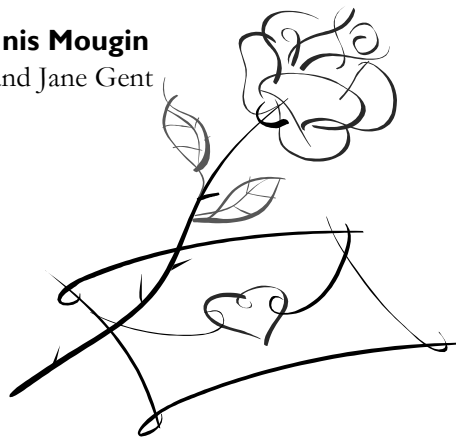
Medical Associates Pediatrics

Alex Thomas Marker

Gary and Delaine Marker

Ryan Dennis Mouglin

Richard and Jane Gent



Heidi Hinn

Dr. Analisa Haberman

Marley Jean Schults

North Tama Elementary School
Ryan and Jessica Schults

General Donations

Kenneth & Thelma McMillan

Mary Greeley Medical Center

United Way/Employer

Pledges/Match

Julie Borelli

Robert J. Borelli

Pamela Hunt

Richard Hunt

Chris and Jessica Schilling

Susan Young

Gifts Given in Honor of ...

Ron Kleywegt

Margaret Reiland

Daina Rudolph

Corrie and Gayle Feldotto

Terry and Angela Gallagher

Donating Through Your Employer

Did you know that as a 501c3 non-profit organization, the Iowa SIDS Foundation can be designated as the recipient of your United Way donation or other corporate matching program? If you participate in either type of campaign in your workplace, please consider designating the Iowa SIDS Foundation as the organization to receive your donation. Check with your employer today and make your donation go further!

We appreciate those of you who have chosen to donate to the fight against SIDS in the past, and we thank those of you who have already designated the Iowa SIDS Foundation to receive your workplace contributions. We appreciate your support!!

SIDS Support Group Information

Des Moines group meets the second Tuesday of every month from 7-9 p.m. in the Kelley Room at Iowa Methodist Medical Center, 1200 Pleasant St. (basement level, past the cafeteria). For information call Carol at 515-223-1600.

Quad Cities group meets every month, second or third week on Wednesday or Thursday at 7:00 p.m. For information call Betsy 563-332-6265.

Cedar Falls/Waterloo New Hope support group meets at the Waterloo Wheaton Franciscan (Covenant) Hospital, Meeting Room 1, the first Thursday of every month. For information, call Roxanne at 319-824-3868 or 319-334-6960.

Knoxville group meets as requested by appointment. Call Lori at 641-828-6515 for information.

Cedar Rapids/Iowa City group meets as requested by appointment. Call Tricia at 319-265-8540 for information.

Washington group will meet as requested. Call Tony or Tricia at 319-653-7418 for information.

Clarion group meets as requested by appointment. Call 1-800-944-1713 and ask for Cheryl.

Red Oak group meets as requested. Call Lu at 712-527-5277 or 402-917-0510 for ore information.

NEW!!!

Healing Hearts Infant Loss Support Group

This group meets the fourth group of every month beginning at 7 pm. Their group meets in the large conference room on the lower level of Veterans Memorial Hospital in Waukon. Call Cheryl at 563-568-5486 for more information.

Serving all of Iowa

Amanda The Panda Support Groups (ages 6-17) – Children and families meet in a group with a therapist for 6-8 weeks periodically during winter, spring and summer months. Weekend camps. Family “Fun Days.” Pen Pal Program. No charge. Chat line and bulletin board on website. www.amandathepanda.org 1000 73rd Suite 12, Des Moines, IA 50311-1321. 515-223-4847.

Camp Amanda (for grieving children, teens, young adults and families) – Children’s grief camp held 3 times a year for 40 kids ages 6-17. Adult camps also held 3 times a year. College-age camp held once a year. No charge. 1000 73rd St. Suite 12, Des Moines, IA 50311-1321. 515-223-4847.

Teen Line – A statewide hotline that offers counseling and education 24 hours a day, seven days a week. 800-443-8336.

Des Moines Area

Compassionate Friends -Meets the first Tuesday of each month at Hamilton’s on Westown Parkway, 3601 Westown Parkway, West Des Moines, 7:00-9:00 p.m. Contact Anne at 515-276-7302.

Empty Arms - Meets along with Compassionate Friends, the first Tuesday of each month. See above. Contact 226-3143.

Cedar Rapids Area

Compassionate Friends – Meets at Mercy Medical Center, McKinley Room the second Monday of the month from 7:30-9 p.m. 319-626-6246.

Empty Arms– Meets the third Monday of the month at 7:30 p.m. in the formal lounge of St. Luke’s Hospital Resource Center. 319-369-7347.

Grieving and Growing Support Group – Mercy Medical Center Hospice. Open to youths up to age 14. Six sessions offered in the spring and fall. 319-398-6496.

Iowa City Area

Compassionate Friends – Meets on the first Monday of each month (in the case of a holiday – the second Monday) at 7:00 p.m. in the First Floor conference room at Mercy Hospital, 500 E. Market St. 319-351-2255.

Lake City Area

H.U.G.S. Support group for Children – For children 5-15 years old. One-on-one support for children who have experienced a death loss. For registration, contact Community Hospice, Stewart Memorial Community Hospital, 1301 West Main, Lake City, IA 51449. 800-262-2614.

Manchester Area

Regional Medical Center Grief Support Group– Support group for adults grieving the loss of a loved one. Meets the first Wednesday of each month at 4:00 p.m. at the Regional Medical Center of Northwest Iowa and Delaware County, conference Room B, 709 W. Main St. Please check in advance as time is subject to change. 319-927-7330.

Mason City Area

Understanding Grief & Loss Support Group – A six-session grief support group held periodically throughout the year to provide education and support for anyone affected by a death. Free of charge. Offered by Hospice of North Iowa. 232 2nd St. SE. 641-422-6208.

Nevada Area

Bereavement Support Group– For adults experiencing loss through death. Call St. Patrick’s Catholic Church for more information. Daytime-515-382-2974, Evenings-515-382-2539.

Pella Area

Empty Cradle Program – Sponsored by Hospice of Pella to provide emotional support and educational materials to families who have experienced the death of a baby due to miscarriage, ectopic pregnancy, stillbirth, SIDS and early infant loss. Services include support groups, individual counseling, keepsake box and newsletters. Empty Cradle educates the general public and medical professionals in the area of pregnancy loss and newborn death. Hospice of Pella, 414 Jefferson. 641-628-6644.

HOPE Woman's T-shirt Order Form



Order One Today!

Women's light blue t-shirt

Logo is bright yellow star with bright blue lettering

T-shirt says "hope" through the star and "iowa sids foundation" is in small lettering under the star

Women's Sizes XSmall through 2XL available

\$20.00 each

Make Checks Payable To: Iowa SIDS Foundation

Mail to: Iowa SIDS Foundation
406 SW School St., Ste. 205
Ankeny, IA 50023

Name _____

Address _____ City _____ State ____ Zip _____

Phone _____ Email _____

Woman's Size: ___ XS ___ S ___ M ___ L ___ XL ___ XXL

Total Shirts Ordered: _____ x \$20= _____

Shipping: + \$3.00

Total Due: _____

Shop and Support the Iowa SIDS Foundation



Forever In Our Hearts
Light Purple
Silicone Bracelet



P. Buckley Moss
Heavenly Babe
12"x13" unframed
Limited Edition Print

Order Form	Quantity	Subtotal
Bracelet	\$5 X _____	= _____
Moss Print	\$70 X _____	= _____

TOTAL: \$ _____

Your Shipping Address:

Name _____

Address _____

Address _____

City _____ ST ____ Zip _____

Mail Check and Order Form to:

Iowa SIDS Foundation, 406 SW School St., Ste 205, Ankeny, IA 50023 — or purchase them online at www.iowasids.org/products/products.htm



Iowa SIDS Foundation

P.O. Box 13274
Des Moines, IA 50310-0274

NONPROFIT ORG.
U.S. POSTAGE PAID
DES MOINES, IA
PERMIT NO. 2934

In This Issue...

* Remembering Our Babies *10th Annual Walk for the Future *Foundation Updates *Support Groups

Executive Director

Patty Keeley

Board Members

Jennifer Atzen, President
Marla Hummel, Vice President
Betsy VanDerSchaaf, Treasurer
Tricia Borelli, Secretary
Karen Arnold
Betsy Bushlack
Robert Gonzales, Sr.
Sara Hillebrand
Tony Lipski
Gary Marker
Catherine Meinecke
Lu Peverill
Deanna Robey
Donn Stanley
Sarah Zach

Iowa SIDS Foundation

P.O. Box 13274
Des Moines, IA 50310-0274
-or-
406 SW School St., Ste. 205
Ankeny, IA 50023

515-965-7655
866-480-4741 (toll-free)

Email: info@iowasids.org
Web: www.iowasids.org

Our Mission

The Iowa Sudden Infant Death Syndrome Foundation is a statewide, non-profit, voluntary health organization dedicated to providing emotional support to SIDS and SUID families, educating professionals and the general public about SIDS, and funding medical research into the causes of SIDS.