My Perspective: Lessons Learned
by Julie Tuttle

November 3, 2009 will always be one of the best days of my life. Taryn Suzanne Tuttle was born at 3:17 p.m. and made me a mother for the first time. She was perfect and beautiful.

January 25, 2010 will always be the worst day of my life.

It was snowing, as it had continuously that entire winter, and I had been sent home from work early because of it. It was also the first time I’d decided to take a few hours to myself since Taryn had been born to get a few things done around the house, catch up on laundry, and just be. At around 4:25 p.m., I backed out of my driveway and heard the sirens. Living in a small town, and that not being a common occurrence, and knowing how bad it was snowing, I said a small prayer for whoever was involved and made my way the few blocks to the in-home daycare she was at. I didn’t make it to the end of the street before my phone started ringing. I will never forget how hysterical my daycare provider was, and that horrible feeling that ensued afterwards. I made it the few blocks, and somehow managed to get behind the ambulance, but missed the exit, and because we had only been in our home a few months and were new to the area, I had no idea

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Floyd Valley Hospital Receives Safe Sleep Gift Bags

The Iowa SIDS Foundation received a $2,068.25 grant from the Community Foundation of Greater Plymouth County. These grant funds were used to provide a safe sleep gift bag to every baby born at Floyd Valley Hospital, Le Mars, over the next 18 months.

The goal of the safe sleep project is to educate new parents about safe sleep recommendations that may reduce the risk of sudden infant death syndrome (SIDS) and potentially prevent other accidental sleep related deaths. The goal of the gift bags is to provide safe sleep education and some of the tools that can help reduce the risk of sleep related infant deaths, such as a sleep sack that may be used instead of adding a blanket to baby’s environment. Floyd Valley Hospital received 150 gift bags that include safe sleep education, a Halo SleepSack, a safe sleep onesie and a Sleep Baby Safe and Snug board book.

Patty Keeley, Executive Director of the Iowa SID Foundation, shared “The Le Mars and northwest Iowa communities have been beyond amazing in supporting the work of our Foundation and our annual fundraising Walk for the Future. With financial assistance from the Community Foundation of Greater Plymouth County, we saw this as an excellent opportunity to give back to the Le Mars community and continue the increased advocacy of safe sleep practices for Iowa babies.”
Lessons Learned, continued

how we were able to get to the hospital, I was beyond worried, terrified and upset. January 25, 2010 at 6:05 p.m. will forever be the worst time on the worst day of my life, as I had to give permission for them to stop doing CPR on my 3 month old daughter.

Taryn had died during her afternoon nap of what we would later find out was SIDS. The days and months that followed were a complete blur. My first and only child was gone. I was a mother for 3 months and then it was all gone in an instant on that snowy afternoon. No one told me this could happen. No one ever says “Your baby could die.” That happens to other people. That happens in movies, but it doesn’t happen in real life. Oh yes, yes it does. It happened to me. It can happen to anyone. If no one tells you that your baby can die, then there clearly isn’t a guide for how to survive after that loss. Sure there are books, and articles and support groups, all of which are good things – but how do you survive this?

I’ll tell you how. You just do. You grieve. And then you grieve more. And then you have a good few minutes, and go right back to grieving and struggling and breathing. And that’s it. For as long as it takes to feel like you can start doing simple things. For me, that was months, and still today, years afterwards. It took me months to cook again. I’ve never cried so hard making spaghetti, but there it was, cooked and ready, and I’d taken a step towards my new normal.

I attended as many support groups through the Iowa SIDS Foundation as I could make, because all I wanted was to know I wasn’t alone, that someone else had gone through this. We each had our own horrible story, and were each on our own journeys to defining a new normal. It took me 3 years to sing along to the radio in the car again. I was known for always having my music too loud, you could always hear me coming. I was so afraid to laugh, enjoy things, and live the life I was meant to, because I felt like if my child wasn’t here to enjoy it, then I shouldn’t either. I still struggle with some of these things today, but as time has gone on, I’ve realized that it’s ok to enjoy things. It’s ok to laugh. It’s ok to sing. And it’s most definitely ok to still be grieving while doing those things.

My journey is different from everyone else’s, but if I can offer a few things I’ve learned along the way and help a few of you adjust, then maybe I’m doing something right through all of this. If you are going through this awful journey, here are a few things I’ve learned:

Your journey is yours and yours alone. It’s even going to be different from your significant other. No one can tell you how long to grieve or when. That’s for you to decide, and only you.

Grieve how you want. If that means you sit in hours of therapy, great. If that means you find an outlet for your anger and take up a new hobby, great. If that means you sit and cry for an hour every night and write out your feelings, great. You do what you need to do to feel better, in a healthy way.

It is OK to always, always, always talk about your baby. Sorry, not sorry if it makes you uncomfortable. That was my child, and a part of my life and she deserves to be spoken about, because she existed. If others get uncomfortable, that’s on them, not you.

It is OK to live again. It is OK to establish a new normal (for you and your family), and to set boundaries. It will be hard, and others won’t understand, but it will be OK.

It’s OK to take time for yourself. It’s ok to enjoy life and it’s ok to be happy again.

I hope as you all are going through your journey, that this helps, and that you can find a little peace in your new normal.

Lessons Learned was shared and submitted by Julie Tuttle. Julie is the amazing mom to Taryn Suzanne and her sister, Marilyn. If you are interested in sharing your story to be used in the My Perspective feature, please submit to patty@iowasids.org or via mail at 2962 99th Street, #3, Urbandale, IA 50322.
Remembering Our Babies

Happy Birthday

March
Logan Grant Higginbotham
Bently M. Hullinger
Katelyn Joy Lacey
Konner Lihs
Benjamin Scott Meints
Mariah Pickering
Kelly Ann Pitts
Anthony Alan Ross
Cody Raymond Rupe
Marley Jean Schults
Sawyer Reign Springsteen
Emily Rose Studer
Royce Sutton
Benjamin James Swanson
Sophia Halas Welch

April
Olivia Nora Aikey
Rachel Marie Anderson
Mason James Bauer
Emma Nicole Bright

May
Summer Sky Archer-Lawrence
Cael David Burmeister
Jordan Lee Daniel
Caitlin Rose Davis
Cole Alexander Davis
Joseph Dale Davis
Joseph Laurence Devore
Parker G. Donaldson
Teagon Lee Fowler
Marianna Sarina Guess
Devon James Hayes-Jones
Kristina Ann Krienert
Ethan Troy Livingston
Jaxon Matt
Dominick Paul McFarland Jr.
Matthew Timothy Otten
Mario Francisco Robles
Justin Ryker Swick
Dawson Thomas Vandeloo
McKensie Lynn Wakeman
Caleb Richard Williams

In Loving Memory

March
Maria Irene Andersen
Brienne Alexis Bostock
Brianna Elizabeth Boyd
Sophie Ann Kracht
Taylor Rose Levi
Hazel Christine Liston
Baylee Ann Ludtke
Robby Miller
Grant Michael Palan
Cameron Palmer
Jessica Lynn Sammons
Nathaniel Charles Seymour
Gavin Lee Sievers
Leavy Joel Simaj-Christianson
Isaiah Thomas Swailz
Zayden Robert Vote

April
Alyssa Coulbourn
Matthew Paul Eckerman
Kenneth Edward Giffin
Brennan Charley Godfredsen

June
Sydney Nicole Allen
Nathaniel Frederick Borelli
Ryan Michael Burris
Cheyanne Marie Camp
Shiloh Marie Christopher
Landon Davis
Thaddeus Charles Ernzen
Kobbi Estrada
Melissa Sue Lemon
Colin Michael McGaffin
Zachary D. Mohatt
Alexis Deane Rudkin
Tara Beth Schroeder
Laikyn Allyn Shuts
Douglas Ronald Tietge
Devon Owen Tripp
Zachary Richard Van Vleet

May
Tyree R. Barnes
Dalton James Bixby
Hannah Jo Blair
Emma Nicole Bright
Bentlee Jacob Edwards
Grant Philip Evans
BROCK OUR ROCK
James Ray Griffin
Tysen Jacob Imbus
Catherine Louise Jacoby
Danika Jo James
Gavyn Scott Judd
Logan James Lamoreux
Konner Lihs
David Mikel Logan
James Nupp Jr. “JJ”
Tanner Lee Port
Tianna J’Nae Purk
Cody Raymond Rupe
Alec John Schlotfeldt
Tanner Richard Skelton
Elizabeth ‘Ellie’ Christine Williams

We talk about them, not because we’re stuck or because we haven’t moved on, but we talk about them because we are theirs, and they are ours, and no passage of time will ever change that.

-Scribbles & Crumbs-

June
Shawn Leon Levi
Jalen Joseph Litscher O’Malley
La’Tianna Jo’Nae Luten
Alyssa Renee Lux
Frederick Robert “Robbie”
Dean Mortimer III
Madison “Maddy” Lynn
Nesbitt
Camden Ray O’Connor
Riley Jane-Marie Perkins
Benjamin David Person
Maggie Ameila Rose Rogerson
Kenedi Eve Sherwood
Preston Douglas Spahn
Izzabella Maria Tambornino

June
Rachel Marie Anderson
Summer Sky Archer-Lawrence
Ryan Michael Burris
Joseph Dale Davis
Bently M. Hullinger
Lindsey Marie Krusemark
Justice Marie Ruthann Newsom
Rylan Joseph Ogden
Jaxton Daniel Plathe
Jaxen Rosendahl
Anthony Alan Ross
Royce Sutton
Benjamin James Swanson
Tjay Scott VanLangen
Lexis Dawn
Birdies for Charity & Iowa SIDS Expands to TWO Tournaments

The snow is finally melting and the ‘birdies’ are back! We are excited to shared that for the first time, the Iowa SIDS Foundation will be participating in BOTH the Principal Charity Classic and the John Deere Classic’s Birdies for Charity programs. Birdies for Charity is an opportunity to generate charitable contributions based on the number of ‘birdies’ made by the PGA Champion Tour players during these two local golf tournaments.

Donors make a one-time flat rate donation or a pledge amount for each birdie made during the tournament of their choice. For those non golfers, a birdie is a stroke better than ‘par’ for any given hole on the golf course. Par is the normal expected score of a golf professional on any given hole. At the conclusion of each tournament, 100% of the donations and pledges made are given to the Iowa SIDS Foundation. There are ZERO administrative fees and 100% of each donation is tax deductible. Both programs are offering a grand prize to the donor that guesses the number of birdies made during the 2019 tournament, as well as other exciting monthly prizes. Additional details for each of the golf tournaments may be found below.

**Principal Charity Classic, Waukon Club, Des Moines.**
- The date of this tournament is May 28-June 2, 2019.
- All pledges are tax-deductible and 110% of your donation will be received by the Iowa SIDS Foundation. Every dollar donated receives a 10% match from Sammons Financial and Wells Fargo! No administrative costs are retained from your donation.
- There is NO minimum requirement for a donation OR pledge per birdie. Pledges may be submitted until the first day of the tournament; donations may be made until June 2nd.
- Donors have the opportunity to win monthly prize drawings.
- Donors have the opportunity to win the grand prize by guessing the number of total birdies made during the 2019 tournament.
- Donors contributing to the SIDS Foundation have the opportunity to win a P. Buckley Moss Heavenly Babe print or a free registration for a family of 4 for the Walk for the Future.
- Number of birdies made : 2018-605 2017-821 2016-883

**The John Deere Classic, TPC Deere Run, Silvis, IL.**
- The date of this tournament is July 8-14, 2019.
- All pledges are tax-deductible and 100% of your donation will be received by the Iowa SIDS Foundation. Every dollar donated receives a minimum of a 5% match from the tournament.
- No administrative costs are retained from your donation.
- There is NO minimum requirement for a donation OR pledge per birdie.
- Donors have the opportunity to win monthly prize drawings.
- Donors have the opportunity to win a 2 year lease on a 2019 Lexus NX, courtesy of Lexus of the Quad Cities, by guessing the number of total birdies made during the 2019 tournament.
- All guesses must be on an official pledge card and received at the tournament office by 7/12/19.
- Donors contributing to the SIDS Foundation have the opportunity to win a P. Buckley Moss Heavenly Babe print or a free registration for a family of 4 for the Walk for the Future.
- Number of birdies made : 2018-2355 2017-1918 2016-1982

**How can you participate:**
- Complete and return a paper form indicating your pledge or donation to the corresponding tournament. Forms may be printed from our website or requested by calling 515-965-7655 or emailing info@iowasids.org.
- Visit www.iowasids.org. Click on the events page where you will find links to both the Des Moines and Quad Cities tournament to make your 100% tax deductible on-line donation.
- Call or email our office and request an email blurb with the donation link be emailed to you to share with family and friends or to request additional paper forms be mailed to your home address. Volunteer a few minutes of your time to share these brochures or the email link with family, friends, and/or co-workers.

This is a great opportunity to support the Iowa SIDS Foundation and to make your money go farther as BOTH tournaments are guaranteeing either a 5 or 10% match for EVERY donation or pledge made.
Thank You... The Iowa SIDS Foundation wishes to thank the following donors for their generous gifts.

IN MEMORY OF
Mason James Bauer  
Dean and Becky Paulson

Brock Adam Gould  
The Wellmark Foundation/  
Amy Gould Volunteer Time

Shepard Joseph Hamann  
Connie Hamann

Deztiny Love Donna Heisdorffer  
US Bank Foundation

Logan Grant Higginbotham  
Jessica McGuire

Steven Michael Jenearry  
Jill Board

Alex Thomas Marker  
Delaine and Gary Marker, Sr.  
Jill Matthias  
Barbara Swaim

Jaxon Floyd Matt  
Katie Matt

Ryan Dennis Mougouin  
Jane Gent  
Jaime Simon

Alex Ostlund  
Fred Lipton

Matthew Timothy Otten  
Timothy and Angela Otten

Riley Jane Marie Perkins  
Superstorm Restoration

IN MEMORY OF
Robert Benjamin Shaw  
Stephanie Shaw

Andrew Jay “AJ” VanDerSchaaf  
Steven VanDerSchaaf

GENERAL DONATIONS
AmazonSmile Foundation (2)  
Exceptional Persons, Inc.-  
Waterloo  
Scott and Patty Keeley  
Orchard Place-Des Moines  
Small Business Resources, LC  
Patricia Zimmerman

2018 HOLIDAY DONATIONS
In memory of:  
Colin Michael McGaffin  
Pamela Strum

Zachary Kyle Renaud  
Brad and Stephanie Shutts Family

Laikyn Allyn Shutts  
Brad and Stephanie Shutts Family

Erika Elizabeth Story  
George and Maralene Story

Caleb Richard Williams  
Chris and Marj Clark

2018 RESEARCH DONATIONS
IN MEMORY OF
Katelyn Joy Lacey  
Alan and Jodi McGee

Colin Michael McGaffin  
Alan and Jodi McGee

Ryan Dennis Mougouin  
Patrick and Brenda Mougouin

Georgory Thomas Oetzel (GTO)  
Mike and Nancy Oetzel

Jaelyn Maci Jo See  
Alan and Jodi McGee

Derek Steinkamp  
Marge Steinkamp

Tjay Scott VanLangen  
Steve and Glenda Huismann

THANK YOU!!!
Donations are an important and significant percentage of our support. They allow us to reach out to newly bereaved parents, provide resources to families, relatives, and professionals, print the newsletter, sponsor support group, conduct safe sleep educational programs and to support research.

These donations were received as of March 25, 2019.

Employment Opportunity: Administrative Assistant

After 14 years, our current Administrative Assistant, Sondra has decided it’s time to fully enjoy her retirement. The main responsibilities of this position include data entry, mailings, managing donations, filing, and general office duties as required. This position does require a working knowledge of Excel and Access databases, the ability to respond to sensitive situations, high level of confidentiality and organizational skills. The position is ten hours per week, with flexible hours. The office is located in Urbandale, Iowa.

If you or someone you know is interested, a resume and cover letter may be mailed to Iowa SIDS Foundation, 2962 99th Street, Suite 3, Urbandale, IA 50322. Questions about the position may be directed to patty@iowasids.org or via phone at 515-965-7655.
TWENTIETH Annual SIDS Walk Planned for August 24, 2019

Plans are underway for the 20th annual Walk for the Future!! TWENTY YEARS!! Twenty years of walking for our babies, twenty years of supporting each other, and twenty years of providing services to support families and educate caregivers!! Whether you have joined us every year, if you have attended sporadically, or this is your first year, we hope you will plan on joining us on August 24, 2019. Preliminary walk information for this year’s event can be found below or on the events page of our website. Additional details and walk information will continuously be added to our website, www.iowasids.org, as plans are confirmed and received from the seven volunteer Walk Coordinators.


Sponsors: Does your workplace sponsor community events? Do you have a connection in your community that would like to be involved? We love to welcome new and returning sponsors and offer three levels of sponsorship-bronze starting at $250, $500 silver, and gold being $1000 or more. For a sponsorship packet to share with your employer or local community contact, email info@iowasids.org. Sponsors are critical in helping defray the operating costs of the seven statewide walks, allowing the funds raised by volunteers and families to be maximized for bereavement resources, safe sleep education, and to support research!

Baby Names On Shirt: If you are interested in including your baby’s name on the back of the 2019 Walk shirt, a signed parental consent is required to be on file at our main office. If you are not sure there is a consent on file or if you need a consent form, call 515-965-7655 and we will be happy to help. Please note that the waiver found on the registration form that you are required to sign is for liability; it does NOT give us permission to include your baby on the shirts. All consents must be on file prior to July 26th for the 2019 Walk.

Cost: Before 8/13/19: $25 for adults and $10 for youth. On or after 8/13/19: $30 for adults and $12 for youth.

Registration: There are three primary ways to register for the walk.
1. On-line registration will be available at www.iowasids.org beginning May 15th.
2. Paper registrations will be mailed to the addresses in our database the second week of July.
3. Walkers can register on site the morning of the walk but we can not guarantee a walk shirt will be available. To save money and guarantee a walk shirt in your preferred size, pre-registration prior to 8/13 is encouraged AND appreciated.

Volunteers: Our annual Walk would NOT happen without the dedication and time shared by each local Walk Coordinator and a host of local volunteers! Volunteers are needed for ALL Walk locations. If you have an interest in helping plan your local walk or are limited to volunteering on walk day only, there is a job for you and we welcome you as a volunteer. Contact the office to be connected with your local Walk Coordinator.

Inclement Weather: In the event that Walk Day has inclement weather, delays for individual sites will be posted on our Facebook page, on our Twitter Page, and our website. If it appears to be an all day weather event and it is unsafe to walk, the event would be cancelled with no refunds.

New in 2019!!

Locations: Two of our walks are moving!!
Ankeny (DSM Metro): This walk location is moving to Johnston, Iowa. A link with directions and park address will be posted on our webpage.

Quad Cities: This walk location is returning to Veteran’s Memorial Park, 1645 23rd Street, Bettendorf.

Mailing Address: All registration forms, consent forms, and other materials should be mailed to our new office address at 2962 99th Street, Suite 3, Urbandale, IA 50322.

Questions: All other questions can be referred to the office at info@iowasids.org or by calling 515-965-7655.
Infant Loss Support Groups

A support group helps its members cope with life changes, specifically learning to live in a world without their baby. Because group members share a common life experience, they are able to offer mutual support. The goals of our support groups are to help bereaved families navigate through their grief by providing a sense of not feeling alone, connecting families, offering a safe place to share experiences and feelings with others that understand, and a place to receive accurate information regarding SIDS, SUID and grief. Our support groups are not therapy groups, but those attending can offer hope and guidance by sharing their own personal experiences.

If you are in need of support or are interested in attending a group meeting, please contact our main office at 515-965-7655 or info@iowasisd.org. The Iowa SIDS Foundation will be happy to schedule a meeting in your area or connect you with an established support group that is specific to infant loss.

Facebook Donations

We are now receiving donation reports from Facebook so we can properly acknowledge those donors participating in on line donation campaigns. We would like to thank the below donors as well as those supporters who chose to host a campaign to benefit the Iowa SIDS Foundation. Your kindness and generosity is appreciated!

Special thanks to the following individuals for hosting an on line campaign in the first quarter: Lindsey Roberts Funk, Jennifer Green, Leanne Grewell, Linda Heavlin, Stephanie Heisdorffer, Tonya Johnson, Patty Keeley, Taylor Makenzie, Sammi Million, Kayla Elizabeth Perkins, Veronica Ramic, Stacy Rasmussen, Logan Schwery, Margo Sievers, Shane Sievers, Tara Smaluk, Amanda Starrett, Rosetta Tackett, Laura Wine, Melissa Woodruff, and Justin Yoder.
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Patty Keeley

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Summer Newsletter Deadline: June 17, 2019

General Submissions
The Iowa SIDS Foundation offers all parents, grandparents, relatives, childcare providers and friends the opportunity to submit information for the newsletter. This may include letters, poems, sharing your family’s story or perspective, or highlights of events held in your local community to benefit the Foundation or to bring awareness to SUID and SIDS. Please note that due to space limitations, submitted material may have to be edited or held until a later newsletter.

It is our hope to give as many parents and family members the opportunity to share. For more information or to submit your story, please contact the Iowa SIDS Foundation by calling 515-965-7655 or by email at info@iowasids.org.

New Arrivals
Congratulations on your newborn! If you are interested in sharing your new family member with our readers, please provide your baby’s name, birthdate and parents’ names to the office.

Remembering Our Babies
If you would like to honor your baby in our Remembering Our Babies section of the newsletter, we do require a written parental consent to be on file. Consents may be printed from our webpage or can be mailed or emailed to you by contacting our office by phone or email.

* UNSUBSCRIBE: If you would like to have your name removed from the Iowa SIDS Foundation mailing database, please notify us at 515-965-7655 or info@iowasids.org.

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