

# Iowa SIDS Foundation

Support

Education

Hope

Volume 25, Issue 3

Fall/Winter 2016

## **Forever My Brother: A Sibling's Perspective**

**by: Emersyn Sims**

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Imagine waking up to have your life be completely turned upside down in just 24 hours. Within this time period, everyone went from living life to barely hanging on. All I hear and see is crying and I'm fearful of what might happen next. All I'm left with is the ever confusing question, why?

When I was 7 years old, my mom sat my little brother, Beckett, and I down to explain that she was expecting a baby boy. I was very ecstatic over this fact because we both had never had the responsibility of a baby sibling before. At this point in my life, I didn't remember Beckett as a baby, so I was eager to get a shot of being a real big sister. After waiting for what felt like an eternity, my mom gave birth to Easton Steele Sims on November 16, 2009. Seventy six days later and we were still all over the moon for him.

On an ordinary evening, I remember our parents surprising us with small gifts from our grandparents for an early Valentine's Day. They had gotten Easton this little laptop that was shaped like a bear and he immediately dissolved into laughter. It looked like he was on top of the world! That night we all fell asleep feeling content, especially my mom because it was my dad's turn to help stay up with Easton. Little did we know that the next morning, our lives would change dramatically... forever.

I was aroused by my dad yelling, a type of yelling I've never heard before. My parent's bedroom was placed next to mine with Beckett being right next door to me in a hallway. My dad kept shouting, "Easton isn't breathing! Nicki, wake up, Easton isn't breathing." I don't know why, but I remember making my stubby little legs move myself all the way into the living room. I can recollect his position, what he was lying on, and how his face looked.

During the next few minutes, everything went by so rapidly that they didn't even appear to be reality. The ambulance was called with my older brother waving for them frantically, all the while my parents were trying to revive Easton. All of a sudden, the police walk into my house, my home. I had this uneasy feeling, like that they were in the wrong house or that they should go be saving someone else. Instead, they were rescuing Easton, who was supposed to be okay and breathing. The paramedics carried Easton into the ambulance and my parents left. My older brother had to watch over us, but we all just sat there speechless.

A large amount of time had passed and I remember I got up to use the restroom. I heard my parents walk in and I thought Easton is here! I dashed out to see him, only to discover he had passed away. I rushed to my mom and I let my body grieve like I never had thought possible. I hadn't for a moment consumed this absurd concept of death, especially since I had never gone through one in my family before. I felt so callow because I didn't know what would happen next. The next couple days went by in a blur and the funeral took place with all our close friends and family.

In the end, this experience was mentally and physically draining. We will all have our moments in life where we hit rock bottom and we are left to wonder why God chose for this to happen to us. I still don't have an answer to this question and it has been many years since his death. I have a reassuring feeling that learning more about sudden infant death syndrome and my baby sister play a big part in answering the question, why? In the future, I hope that Easton's legacy will live on and I know that he will forever be my brother in my heart.



## Remembering Our Babies

# Happy Birthday!!

### November

Taylor Rose Levi  
 Sophie Ann Kracht  
 Taryn Suzanne Tuttle  
 Grant Michael Palan  
 Jaelyn Macie Jo See  
 Easton Steele Sims  
 Tanner Richard Skelton  
 Sydney Ann Davidson  
 Isaiah Thomas Swailes  
 Matthew Thomas Samuelson  
 Shawn Leon Levi  
 Anthony Allan Appley  
 Nathaniel Charles Seymour  
 Tjay Scott VanLangen  
 Jacob Alexander Boles

### December

Alyssa Renee Lux  
 Isaac Paul Gellert  
 Robin Carrell Beimer  
 Catherine Louise Jacoby  
 Tyler Wayne Williams  
 Kennedi Eve Sherwood  
 Brock Adam Gould  
 Ashlee E. Kallsen

### December

Andy Duane Whiteside  
 Preston Douglas Spahn  
 Baylee Ann Ludtke  
 Keaton James Wirtz  
 Camden Ray O'Connor  
 Nekeia L. Hunt  
 Jaxton Daniel Plathe

### January

Derek Steinkamp  
 Benjamin David Person  
 Matthew Paul Eckerman  
 Lane Kurt Carter  
 Skyler Eugene Smith  
 Brianna Elizabeth Boyd  
 Kai Maurice Barnhill-Philus  
 Logan James Lamoreux  
 Dalton James Bixby  
 Austin Micheal Vogt  
 Gavyn Scott Judd  
 Joseph Landon Blades  
 Justice Marie Ruthann Newsom  
 James Allen Magruder  
 Brianne Alexis Bostock  
 James Nupp Jr. 'JJ'

### January

Frederick Robert 'Robbie'  
 Dean Mortimer III

### February

Hannah Jo Blair  
 Tanner Lee Port  
 Kenneth Edward Giffin  
 Danika Jo James  
 Lauren Elizabeth Nichole Viaene  
 Abigail K. Mar  
 Bentlee Jacob Edwards  
 James Ray Griffin  
 Christopher Scott Evans  
 Zayden Robert Vote  
 David Mikel Logan  
 Lexis Dawn  
 Rowan James Dolezal  
 Elizabeth "Ellie" Christine  
 Williams  
 Alec John Schlotfeldt  
 Jackson Andrew Mueller  
 Alyssa Coulbourn  
 Grant Philip Evans  
 Tysen Jacob Imbus  
 Izzabella Marie Tambornino  
 Rylan Joseph Ogden  
 Tyree R. Barnes  
 Jalen Joseph Litscher O'Malley

## Foundation Updates - Volunteer Opportunities

### Board of Directors

We are seeking individuals who may be interested in volunteering their time to serve on the Board of Directors. The Board composition must include a minimum of 1/3 SIDS or SUID parents and the remaining members are professionals from the healthcare, emergency medicine, childcare, law enforcement, legal, fiscal and public health fields. While we are specifically in need of volunteers from the Mason City and Cedar Rapids/Iowa City areas and the public health and bereavement fields, all interested volunteers are encouraged to complete an application. If you have questions or would like more information regarding this opportunity, please contact the office and we will connect you with a current board member to answer your questions and to learn more about their experiences.

### Walk for the Future

As we begin working on the details for the 2017 Walk for the Future, volunteers and sponsors for all sites are welcome! Specifically, if you are interested in hosting a walk in your community or have an interest in coordinating the Des Moines area walk, please contact Patty at 866-480-4741 or [patty@iowasids.org](mailto:patty@iowasids.org).

### Website Update

We are proud to announce that our new website hosting company is with Ultimate Web Design. All transitions have been completed and Kristen is currently developing a template for our new website. Until that is completed and all the pertinent information is available on the updated site, the current website will continue to be accessible. Our address, [www.iowasids.org](http://www.iowasids.org), and office emails will NOT change. The goal is to reveal the new site by the end of the year.

## Remembering Our Babies

### In Memory of . . .

#### November

Elizabeth Grace Atzen  
 Dawson John Lewis  
 Johnathan Danial Prescott  
 Cody Michael Coleman  
 Laikyn Allyn Shutts  
 Nathaniel Frederick Borelli  
 Warren Edwin White  
 Rylee Alizabeth Erwin  
 Devon Owen Tripp  
 Beth Marie Stukerjorgen  
 Shelby Jo McConnell  
 Abigail K. Mar  
 McKensie Lynn Wakeman  
 Amara C. Magee  
 DaeShawn Marquis Rodriguez  
 Jared John Smith

#### December

Kyle Anthony Timmons  
 Quinten Matis  
 Darran Dasan Perkins  
 Cara Lynn Eddie

#### December

Kayla Sue Brewer  
 Isaac Thomas Pressley  
 Max David Bushlack  
 Cael David Burmeister  
 Jackson Andrew Mueller  
 Chelsea Miranda Jones  
 Ryder Martin Harnish  
 Shane Adam Tate  
 Abigail Ilene Knoop  
 Jaelyn Macie Jo See  
 Noah James Zarate

#### January

Shialoh Marie Christopher  
 Jacob Anthony Lipski  
 Dylan Peter Christian Andersen  
 Robert Carl Davis III  
 Isaac Paul Gellett  
 Sydney Ann Davidson  
 Ariel Faith Rattler  
 Hailey Erin Lincoln  
 Zachary Kyle Renaud  
 Robin Carrell Beimer

#### January

Kory Lynn Dunkin  
 Gunner Jacob Alex Nail  
 Tyler Wayne Williams  
 Cody James Beck  
 Taryn Suzanne Tuttle  
 Kai Maurice Barnhill-Philius  
 Andy Duane Whiteside  
 Jessica Lynne Otto  
 Easton Steele Sims  
 Kellan Rayne Christine Starrett

#### February

Peyton Jo Lehman  
 Kaleb Dean Hargens  
 Nekeia L. Hunt  
 Skyler Eugene Smith  
 Ryan Allen Robinson  
 Jadin Diane Vega  
 Justin Evan Miller  
 Samantha Alina Parks  
 Jacob Alexander Boles  
 Matthew Thomas Samuelson  
 Ashlee E. Kallsen  
 Alexa Jean Jonas  
 Matthew James Avery

## Cool Things in the Community



**MJ's Lemonade Stand:** Jacob and Megan Jeneary, 7 year old twins, hosted a very successful lemonade stand in Le Mars on July 28, 2016. Their uncle, Steven, passed away from SIDS. Jacob and Megan never got to meet him, but they were excited to honor his memory, make lots of lemonade, and support the Iowa SIDS Foundation. We are so grateful when younger generations support us by advocating SIDS awareness. Thank you Jacob and Megan!!

Photo and text from [IowaSIDSFoundationSiouxland](#) Facebook page.

"Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has."

-Margaret Mead

**Pizza Ranch Tip Night:** On two separate nights, many volunteers from the Siouxland area shared their time to volunteer at the Le Mars Pizza Ranch to earn tips to benefit the Iowa SIDS Foundation. Interacting with the customers, bussing tables, and raising awareness for SIDS and safe sleep, we are thankful that they shared their time. Special thanks to: Amy & Alexis Kallsen, Nancy, Brayden and Emma Webb, Hanah Lynn, Ava Lynn, Tom & Pam Jeneary, Greg, Anne, Megan & Jacob Jeneary, Betty Shea, Christine Thomas, Carol Daniel, Lenore Wingert, Patti Bollin, and Joan Driscoll.

# Thank You to Our 2016 Sponsors



2017 Walk:  
August 26, 2017  
Locations to be  
determined.

### Gold

First Midwest Bank-Moline  
Jeneary Dental-Le Mars  
Modern Woodmen of America

### Media

93.9 KIA-FM  
KLEM 1410 AM 96.9 FM  
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Quad-City Times  
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Mercy Medical Center-Des Moines  
Mercy Medical Center-Sioux City  
UnityPoint Health, St. Luke's-Sioux City

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Michael Wheatley DDS, P.C.-Sioux City  
Oral Surgery & Implant Specialists-Dakota Dunes  
Primebank-Le Mars

**Please consider showing your appreciation by visiting these businesses!**

On August 22, 2016, parents, family member and friends gathered in seven cities across the state of Iowa to participate in the seventeenth annual Iowa SIDS Walk for the Future. The purpose of the annual fundraiser is to raise awareness for SIDS and SUID, to celebrate and honor Iowa babies, and to offer support and hope to our Iowa families.



These walks would not happen without the generous support of our corporate donors, food or prize donations from the businesses in the local communities, and the numerous and incredible volunteers at each location. Each local Walk Coordinator and their team of volunteers spend months planning and preparing to ensure the success of each local walk! Special thanks to those volunteers who take the lead for their local Walk: Pam Jeneary, Tony & Tricia Lipski, Heather Litscher, Marcia Pitts, Kent & Roberta Studer, Rachel Sutton, and Robin Wright.

On behalf of the Board of Directors and staff of the Iowa SIDS Foundation, we express our sincere gratitude and appreciation to the sponsors, communities, walk coordinators, volunteers and walkers who made each site a success! Your generous participation and contributions allows our Foundation to continue to provide services across the state of Iowa. THANK YOU!



## AAP Expands Safe Sleep Guidelines

The American Academy of Pediatrics released a revised policy statement in the November 2016 *Pediatrics journal* titled *SIDS and Other Sleep-Related Infant Deaths: Updated 2016 Recommendations for a Safe Infant Sleeping Environment*.

Approximately 3,500 infants continue to die annually in the US from sleep-related infant deaths, including SIDS, ill-defined deaths, and accidental suffocation and strangulation in bed. The AAP addressed this tragic statistic by releasing updated recommendations for a safe sleep environment that research shows can reduce the risk of all sleep-related deaths.

As defined by epidemiologists, risk refers to the probability, not certainty, that an outcome will occur given the presence of a particular factor or set of factors. Expanded risk factors included discussion about:

1. Skin to skin care for newborn infants.
2. Encouraging caregivers to share a room, not a bed, for ideally the first year of life, but at least for the first six months.
3. The use of bed-side sleepers as an alternative to in-bed sleeping devices.
4. Sitting devices, such as car seats, bouncy chairs, swings, and strollers, should not be used for routine sleep.

New recommendations included:

1. The need for all physicians, nurses, other health care providers, and childcare providers to receive and model education on infant safe sleep. In addition, the recommendation for childcare businesses and hospitals to have written safe sleep policies for the infants in their care.
2. Continuing the "Safe to Sleep" campaign focusing on ways to reduce the risk of all sleep-related deaths.
3. Continue research & surveillance on the risk factors, causes and mechanisms of SIDS & other sleep related deaths with the ultimate goal of eliminating these deaths altogether.

In summary, the 2016 SIDS Policy Statement offers an impressive explanation and answers regarding the risk reduction recommendations that we are commonly asked about, including swaddling, home monitors, gastric reflux, mattress firmness, and bedsharing, to name a few.

Due to space, this overview only highlights those major revisions or additions. To read the full text and the supporting documentation refer to the November 2016 *Pediatrics Journal*, Volume 138, Issue 5, or visit their website at: <http://pediatrics.aappublications.org/content/early/2016/10/20/peds.2016-2938>.

## Honoring Baby during the Holidays

Like a beautiful snowflake,  
Your baby was here  
For moments so short...  
But will remain a part of you forever.

As you begin a new year without your baby,  
We want you to know that  
We Remember and We Care.

### Ideas to Honor Your Baby

Buy a special candle & light it each day of December.

Hang up a stocking on Christmas Eve & have family fill it with their memories of baby.

Choose to change a tradition or add a new one.

Invite children to decorate an outdoor tree for the birds.

If a traditional meal or activity will be difficult, change the tradition or go out to eat.

Make a special wreath together to take to the cemetery.

Create a new tradition of doing something special for someone else.

Buy a poinsettia for the sanctuary of your church.

Contribute to angel tree in your baby's memory.

Take care of yourself: Make time to relax; eat healthy; exercise; keep to your routine as much as possible; get plenty of rest.

Grief comes as a result of giving and receiving love. Don't let anyone take your grief away; love yourself; be patient with and kind to yourself; allow yourself to be surrounded by loving, caring family & friends.

Wishing you peace in the New Year!

## Memorials and Donations

### In Memory Of

**Elizabeth Grace Atzen**

M. Ward and Evelyn Dorothy

**Mason James Bauer**

Dean and Becky Paulson

**Ryan Michael Burris**

Mike and Janice Burris  
Larry and Kay Burris

**Carrie Christine Carr**

Joyce Carr

**Joey Cusick**

Dr. William and Betty Cusick  
Mark and Molly Less-Petersen

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Robert and Patricia Greene

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M. Ward and Evelyn Dorothy

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Marcia Hogle  
Pat and Randy  
Washington Gardens, Davenport

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Crista Wiskus

**Steven Michael Jeneary**

Janis Christensen  
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Beth Wiebbecke

**Jacob Anthony Lipski**

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**Andrew Jay "A.J."**

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**McKensie Lynn Wakeman**

Carole Ridout  
Joseph and Elinor Wakeman

**Noah James Zarate**

Audrey and Jeff Knox

### Thank You!!

The Iowa SIDS Foundation thanks the listed individuals and businesses for their generous donations. The listed donations were received as of October 31, 2016.

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Colleen Mackling  
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Loren Wilken

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Ellen Diedrichsen  
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Wellmark Foundation  
Susan Young

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This holiday donation is in memory of: \_\_\_\_\_



Donated by: \_\_\_\_\_  
(Please print name and address.)

Amount:    \$25    \$30    \$50    \$100    Other: \_\_\_\_\_

\_\_\_ Please send a note to the above baby's family to let them know that I was thinking of them and their baby during this holiday season.

\_\_\_ Please send me a receipt for my tax deductible donation.

Mail to: Iowa SIDS Foundation, 406 SW School Street, Suite 207, Ankeny, IA 50023.





## Iowa SIDS Foundation

406 SW School Street, Suite 207  
Ankeny, IA 50023

In This Issue...

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## The Mouse Who Stirred at Christmas

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*The Mouse Who Stirred at Christmas* is a wonderfully illustrated children's holiday book written by Kurt Wagner & his family. Kurt and his wife, Tina lost their oldest son, Alec to SIDS. Kurt and Tina are hoping to spread some holiday cheer to your family & Christmas spirit while benefiting the mission of the Iowa SIDS Foundation.

With Anthony the Mouse as the book's main character, the story incorporates all of the magic and fun of the holiday season with

a hint of suspense & an underlying lesson for all readers. The story is equally dispersed between engaging content and high quality, detailed illustrations to create an appealing piece of literature for readers of any age. This creative collaboration combined with reminiscing and lots of love create a final product that is a one of a kind, personable, and inexpensive holiday gift.



*"I wanted to capture the excitement and magic of the holiday season as seen through a child's eyes..."*

—Kurt Wagner

Visit the website at [www.anthonymouse.com](http://www.anthonymouse.com) to see previews of the book or to order your copies today. Customers may also donate a book & an adorable mouse finger puppet to a child at the University of Iowa children's Hospital. The Wagner family will be reading to the pediatric patients through the month of December.