

# Iowa SIDS Foundation

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- Volunteer to help at your local walk or host a Walk.
- Attend a orientation session to volunteer as a Peer Contact.
- Attend Foundation Events.
- Serve on the Board of Directors.
- Participate in the Birdies for Charity event.
- Host a fundraising event.
- Tell others about the Iowa SIDS Foundation.
- Submit an article for the Iowa SIDS Foundation newsletter.
- Make a monetary donation.
- Volunteer your time to help with educational events.
- Complete your parental consent/volunteer form.



## *Supporting Families Today, Educating for the Future*

### Donation Campaign to Benefit SIDS and SUID Research

Every three years the Iowa SIDS Foundation Board of Directors updates and creates a strategic plan that identifies services and activities that fulfill the Foundation's mission of providing grief support to newly bereaved families, educating the general public & Iowa providers on safe sleep, and funding medical research into the causes and reduction of Sudden Infant Death Syndrome.

The Board recently began work on the 2017-2019 strategic plan and values the importance to continue our support of research. The 2017 research donation will be donated to Dr. Hannah Kinney at Boston Children's Hospital. Dr. Kinney's research is directed at defining the causes of sudden infant death syndrome (SIDS). Dr. Kinney and colleagues are testing the idea that SIDS, or a subset of SIDS, is due to a developmental brainstem defect in autonomic and/or respiratory control during sleep. Focusing specifically on the arcuate nucleus in the ventral medulla area of the brainstem -- important in

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### Trends In Infant Mortality in the United States, 2005-2014

Key findings from the Data from the National Vital Statistics System released by the US Department of Health and Human Services, Centers for Disease Control and Prevention include:

- In 2014, infant mortality rates for the US reached new lows for Hispanic, non-Hispanic white, non-Hispanic black, and Asian or Pacific Islander populations.
- From 2005-2014, declines in infant mortality rates were observed for all races and Hispanic-origin subgroups except among American Indian or Alaska Native persons.
- Declines were observed from 2005-07 to 2012-14 for all Hispanic subgroups.
- From 2005-2014, the infant mortality rate for SIDS declined 29%, which was the largest decline observed among the top five leading causes of infant death.

To read the article in full, search *NCHS Data Brief*, No. 279, March 2017.

### The "Baby Box" and Safe Sleep

Recently there has been a lot of press about the baby box. With any baby product, it is critical to research all aspects of the product so you can be comfortable with the choices made. The following is an excerpt of an email distributed from Dr. Rachel Moon, a member of the AAP Safe Sleep Task Force. "There really is no evidence for these boxes. All industrialized countries have shown similar dramatic falls in infant mortality of the 20th century for numerous reasons, including improved nutrition, sanitation, immunizations, antibiotics, perinatology, and intensive care nurseries. Finland has never studied the baby box, and although their infant mortality rate is lower than some other industrialized

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## Donation Campaign to Benefit SIDS and SUID Research, continued from page one

the detection of carbon dioxide and other respiratory and blood pressure responses--her team is working to identify abnormalities that put an infant at risk for sudden death during sleep. While continuing to study the anatomy and neurochemistry of the ventral medulla in SIDS victims, Dr. Kinney's team is also looking at the function and pathology of the ventral medulla in animal models. The ultimate goals of this research are to define ventral medullary abnormalities in living infants and to suggest ways of preventing the abnormalities from leading to sudden infant death.

From now through December 31, 2017, you are invited to participate in this focus fundraising campaign that will enhance the annual research donation that the Iowa SIDS Foundation provides to research. All research donations will be noted in the Spring 2018 Newsletter. In addition, we have additional incentive as we have received a \$500 match from an anonymous donor for the first \$500 that Iowa friends and family contribute to this campaign. If you would like to help the Iowa SIDS Foundation reach this donation match and honor your loved one in a research donation, please forward your donation with the below form to the Iowa SIDS Foundation, 406 SW School Street, Suite 207, Ankeny, Iowa 50023.

**This research donation is in memory of:** \_\_\_\_\_

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

**Amount:** \_\_\_\_\_ \* I understand 100% of this donation will be donated to research.

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

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

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

## The "Baby Box" and Safe Sleep, continued from page one

countries, there are many other reasons for their low infant mortality rates. For example, it is very possible that the Finnish boxes, because they are given as an incentive to get women into early prenatal care, are effective because of good prenatal care. Who knows? If that's the case, then giving them to parents after the baby is born may have very little impact. In the January 2017 issue of *Pediatrics*, a group from New Zealand has published their first report about the wahakura, a "safe sleep space" woven from flax consistent with indigenous culture, which showed that babies in wahakuras did not have more dangerous sleep situations than those in bassinets and they breast fed more. New Zealand has some data to suggest that there are declining SUID rates in areas that have implemented wahakura and pepi-pods, a non-indigenous similar sleep surface. However, there is an entire education program and community outreach program that accompanies these sleep spaces. So again, it is difficult to know what is making a difference."

Currently, the AAP Task Force on SIDS does not believe that there is yet enough evidence to say anything about the potential benefit or dangers of using wahakuras, pepi-pods, or baby boxes. The recommendation for safe sleep remains that babies should be placed flat on their back for all sleep, alone in a safety approved crib, with firm mattress and all soft bedding removed from baby's sleep environment. A full listing of the AAP expanded risk reduction recommendations will be posted on the Iowa SIDS Foundation's new website that will be on line in May, 2017.

# Remembering Our Babies

## Happy Birthday

### March

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

### April

Olivia Nora Aikey  
Rachel Marie Anderson  
Mason James Bauer  
Emma Nicole Bright  
BROCK OUR ROCK  
Joey Cusick  
Gina Marie Dolphin  
Jordan Lynn Evans  
Brooke Louise Goodyk  
Gavin Eli Gratz  
Emily M. Havens  
Gretchen Lynne Hummel  
Steven Michael Jeneary  
Lindsey Marie Krusemark  
Ryan Dennis Mouglin  
Gregory Thomas Oetzel GTO  
Kaleb J. Peverill  
Tianna J'Nae Purk  
Jaxen Rosendahl  
Andrew Jay "A.J."  
VanDerSchaaf  
Jadin Diane Vega

### May

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

### June

Sydney Nicole Allen  
Nathaniel Frederick Borelli  
Ryan Michael Burriss  
Cheyanne Marie Camp  
Shialoh 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 Shutts  
Douglas Ronald Tietge  
Zachary Richard Van Vleet

## In Loving Memory

### March

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

### April

Alyssa Coulbourn  
Matthew Paul Eckerman  
Kenneth Edward Giffin  
Brennan Charley Godfredsen  
Katelyn Joy Lacey  
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  
Kennedi Eve Sherwood  
Preston Douglas Spahn  
Izzabella Maria Tambornino

### May

Tyree R. Barnes  
Dalton James Bixby  
Hannah Jo Blair  
Emma Nicole Bright  
BROCK OUR ROCK  
Bentlee Jacob Edwards  
Grant Philip Evans  
James Ray Griffin  
Tysen Jacob Imbus  
Catherine Louise Jacoby  
Danika Jo James  
Gavyn Scott Judd  
Logan James Lamoreux  
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

### June

Rachel Marie Anderson  
Summer Sky Archer-Lawrence  
Ryan Michael Burriss  
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

## Iowa SIDS Foundation Welcomes New Board Member, Janet Timm

The Iowa SIDS Foundation is excited to welcome new board member, Janet Timm. Janet works as a Real Estate Para-Legal and lives in Cedar Rapids, Iowa. In her application, Janet shared "After my daughter died I wanted answers, people with the Foundation provided me with resources through literature and a support group. Learning that such a Foundation existed in itself caused me to search the Foundation on the internet which led to additional links and information, which provided knowledge and comfort."

The Board of Directors is excited to welcome Janet and appreciate her willingness to volunteer her time to serve on the Board. Welcome, Janet!!

# Birdies are Back to Benefit Iowa SIDS Foundation

**Birdies for Charity 2017:** The Birdies for Charity program is a fundraising event that allows participating charitable organizations to solicit pledges or donations from supporters based on the number of birdies made by PGA Champions Tour players during the multi-day Principal Charity Classic held at the Wakonda Club, June 6-11, 2017

**The Power of a Pledge:** For every \$1 donated, the Foundation receives \$1.10.

Due to the Sammons Financial Match, your charitable giving can be increased by 10% simply by making a pledge or donation through the Birdies program. ZERO administrative costs are retained from donations or pledges made—the Iowa SIDS Foundation will receive 100% of funds generated.

**How it works:** Donors can make a one-time flat rate donation (a minimum of \$25) or a pledge of five cents or more for each birdie made by the Champions Tour players during the tournament. Additional information may be found on line at [www.iowasids.org](http://www.iowasids.org). In 2016, there were 833 birdies made during the tournament play.

### Benefits:

- All pledges are tax-deductible and 110% of your donation will be received by the Iowa SIDS Foundation.
- Donors have the opportunity to win monthly prizes.
- Donors have the opportunity to win the grand prize by guessing the number of birdies.

### How can you participate:

- ◆ Complete and return the form found below indicating your pledge or donation. **Mail it to: Principal Charity Classic, 2771 104th Street, Suite I, Urbandale, IA, 50322.**
- ◆ Visit [www.iowasids.org](http://www.iowasids.org). Click on the birdies logo to complete your donation on line.
- ◆ Call the 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.



## 2017 Pledge Form

### Step 1: Contact Information

(Please print clearly.)

\_\_\_\_\_  
Name (First/Last)

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
PO/Box/Apt

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Phone Number (including area code)

\_\_\_\_\_  
E-mail Address

### Step 2: Pledge

Fill out this form **OR** go online and pledge at [principalcharityclassic.com/charity](http://principalcharityclassic.com/charity).

\$ \_\_\_\_ . \_\_\_\_ for every birdie made

\$ \_\_\_\_\_ a one-time flat donation

I'm not making a pledge at this time, but want to be entered in the drawing.

Please direct my contribution to the organization below. For a complete list of all participating organizations, please visit [principalcharityclassic.com/charity](http://principalcharityclassic.com/charity).

Organization **Iowa SIDS Foundation**  
**#037**

### Step 3: Guess the Birdies

I guess the total number of birdies will be:

\_\_\_\_\_ Birdies

For details, refer to the "Guess the Birdies" Contest section.

### Step 4: Payment Options

I plan to pay by check. Please invoice me after the tournament.

(Please make check payable to Principal Charity Classic.)

My check for a one-time flat donation is enclosed.

(Please make check payable to Principal Charity Classic.)

I plan on using a credit card.

(Flat-amount pledges will be billed immediately; per-birdies pledge will be billed after the tournament.)

\_\_\_\_\_  
Name on Card

\_\_\_\_\_  
Credit Card Number

\_\_\_\_\_  
Exp. Date  
(MC, Visa, American Express, Discover)

\_\_\_\_\_  
# - Three or Four Digit Security Number (Located on back of card)

# Thank You... *The Iowa SIDS Foundation wishes to thank the following donors for their generous gifts.*

## IN MEMORY OF

**Matthew Ahren Arrasmith**  
Maria Wicker

**Mason James Bauer**  
Dean and Becky Paulson

**Joey Cusick**  
Betty and Dr. William Cusick

**Brock Adam Gould**  
Julie Enga  
Amy Gould

**Lindsey Marie Krusemark**  
Krissa and Joel Krusemark

**Alex Thomas Marker**  
Delaine and Gary Marker, Sr.  
Jill Matthias

**Jaxon Matt**  
Graham Holdings Matching Gift

**Colin Michael McGaffin**  
Bergen Women of ELCA

**Ryan Dennis Mougín**  
Jane A. Gent  
Frank and Vivian Mougín

**Matthew Timothy Otten**  
Timothy and Angela Otten

**Avery Palmer**  
LLR Inc.  
Amber Rodgers

**Robert Benjamin Shaw**  
Stephanie Shaw

**Royce Sutton**  
Dorothy Bliss Albert  
Pat and Judy Baird

**Oakley Joe Van Patten**  
Amanda Linder

**Andrew Jay "AJ" VanDerSchaaf**  
Steven VanDerSchaaf

**Elizabeth (Ellie) Williams**  
Michelle Williams

## GENERAL DONATIONS

Exceptional Persons, Inc.  
Scott and Patty Keeley  
Keokuk County Health Center  
Tricia Kovacevich  
Sue Lerdal  
Jesse Mireles  
Gary and Pamela Sejkora  
Small Business Resources, LC

## 2017 HOLIDAY DONATIONS

### IN MEMORY OF

**Cody James Beck**  
Nancy Lee Beck

**Joey Cusick**  
Sheryl Cusick

**Katelyn Joy Lacey**  
Alan and Jodi McGee Family

**Colin Michael McGaffin**  
Alan and Jodi McGee Family  
Pam Strum

**Ryan Dennis Mougín**  
Jane A. Gent  
Brenda and Patrick Mougín  
Grant Mougín

**Samantha Alina Parks**  
Pat Ridenour

**Jaelyn Maci Jo See**  
Alan and Jodi McGee Family

**Derek Steinkamp**  
Marge Steinkamp

**Caleb Richard Williams**  
Christopher and Marjorie Clark

Donations are an important part 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 educational programs and participate in research. These donations were received as of March 30, 2017. -Thank you.

## Support Groups

### **Cedar Falls/Waterloo**

New Hope support group meets at the Waterloo Wheaton Franciscan Covenant Medical Center, Meeting Room 1. This group meets the first Thursday of every month. For more information, call Roxanne Novak at 319-415-5556.

### **Cedar Rapids/Iowa City**

SIDS group meets on an as needed basis. For more information or to request a meeting, contact Rachel at 319-721-3273

Parents with Empty Arms meets the third Monday of each month from 6:30-8:00 pm in the Formal Lounge in the UnityPoint Health St. Luke's Resource Center. Call 319-369-7580 for more information.

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

**Des Moines** group meets as requested by appointment. For additional information call the Iowa SIDS Foundation office at 515-965-7655.

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

**Quad Cities** group meets as requested by appointment. For information or to schedule a meeting, call Betsy at 563-332-6265.

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

**Waukon** Healing Hearts Infant Loss Support Group meets the fourth Sunday of every month beginning at 7 pm. This 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.

## 18th Annual Walk for the Future to be Held Statewide August 26, 2017

The 18th annual Walk for the Future will be held on Saturday, August 26, 2017. Below is information regarding the event; additional information will be posted on the website as it is confirmed and questions may be directed to our main office at [info@iowasids.org](mailto:info@iowasids.org) or by calling toll free, 1-866-480-4741.

**2017 Locations:** Bettendorf, Cedar Rapids, Des Moines Metro (Ankeny), Le Mars, Mason City, Washington, and What Cheer.



**Cost:** Before 8/12/17-\$25 for adults and \$10 for youth. On or after 8/12/17, \$30 for adults and \$12 for youth.

**Registration:** There are three primary ways to register for the walk. On-line registration will be available at [www.iowasids.org](http://www.iowasids.org) beginning June 1st. Paper registrations will be mailed to the addresses in our database the second

week of July. Finally, participants can register on site the morning of the walk but we can not guarantee a walk shirt will be available. Pre-registration prior to 8/12 is greatly appreciated and encouraged!!

**Baby Names On Shirt:** If you are interested in including your baby's name on the back of the 2017 Walk shirt, a signed parental consent is required to be on file at our main office. If you are not sure or need a consent, call 866-480-4741 and we will be happy to help. All parental consents must be on file prior to July 31, 2017 for the 2017 Walk.

**Volunteers:** Our annual Walk would NOT happen without the dedication and time shared by each local Walk Coordinator and a host of local volunteers! You CAN be a part of that!! Whether you have interest in helping plan your local walk or are limited to volunteering on walk day only, there is a job for you and your willingness to volunteer is greatly appreciated. Contact the office to connect with your local Walk Coordinator.

**Sponsors:** Does your work sponsor community events? Do you have a connection in your community that would like to be involved? We love to welcome new sponsors and offer 3 levels of sponsorship-bronze starting at \$250, silver, and gold being \$1000 or more. For a sponsorship packet to share with your employer or local community contact, email [info@iowasids.org](mailto: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!

### Walk History is Captured in Quilt

As planning for the 2017 Walk is in full force at the SIDS office, the Iowa SIDS Foundation was recently the recipient of a local volunteer's amazing talent and generosity. Tricia Kovacevich, Ankeny, created a beautiful quilt featuring shirts for the last several walks. The quilt features both adult and youth shirt designs surrounded by a colorful floral pattern.

The quilt is an attractive and eye catching design that captures a partial history of our Walk and will be used at events promoting the annual Walk for the Future, as well as, other educational events that the Iowa SIDS Foundation attends as part of our education and advocacy efforts.

Our sincere appreciation to Tricia for sharing her talent!



## Volunteer Opportunities

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**Walk Volunteer:** All walk sites are currently seeking volunteers to help plan and implement the 2017 Walk in your local community. Volunteers are needed not only in planning, but to help set up and clean up on August 26, 2017. New volunteers and ideas are welcome!!

**Des Moines Area Walk Coordinator:** The Foundation is seeking a volunteer that is interested in learning to take the lead for the Des Moines Area Walk. Interested volunteer(s) would work with the Foundation staff in planning and implementing the 2017 Ankeny Walk with the intent of the new volunteer taking the lead to host the Des Moines Area Walk in 2018. The 2018 Walk would NOT have to be held in Ankeny and the location within the Des Moines metro area would be determined by the new Walk Coordinator.

**Board Members:** As the Foundation welcomes one new member, the Board continues to seek interested volunteers to help with program governance and administration. Board terms are three years in length and the Board of Directors meets three times per year. For additional information on responsibilities or to talk to a current member regarding their experience, please contact the office.

**Peer Contact:** Peer Contacts are critical to our bereavement support services. These volunteers provide that first connection to the Foundation and ensures newly bereaved families that they are not alone. A Peer Contact Orientation can be scheduled throughout the year.

**Volunteer Form:** In addition to the immediate opportunities listed above, please consider completing our volunteer form. This is located on the back side of the parental consent that is available on line or by contacting our office. This form lists a multitude of activities that the Iowa SIDS Foundation utilizes volunteers. As new events or opportunities arise, volunteers are contacted according to what interests you indicated on this form. If you already have one on file, and are interested in updating your volunteer form, please feel free to contact the office or provide an updated form.

**How to Volunteer:** If you or someone you know are interested in any of the above volunteer opportunities, please contact the main office by calling 866-480-4741 or via email at [info@iowasids.org](mailto:info@iowasids.org).

*‘The best way to find yourself is to lose yourself in the service of others.’ -Mahatma Gandhi*

## CJ Foundation for SIDS and First Candle Merge

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The CJ Foundation for SIDS announced early this year that through their desire to become a stronger and more successful organization, the CJ Foundation for SIDS and First Candle have merged to become CJ First Candle. The driving force remains the same-Saving Babies and Supporting Families.



Formed in 1993 as the SIDS Alliance then renamed First Candle in 2002, First Candle was known for their outstanding educational programs and collaborative relationships with the National Institute of Health (NIH) and the Health Resources & Service Administration (HRSA). For many years, First Candle and the CJ Foundation have worked hand in hand.

The CJ First Candle's expanded network capability will benefit family events and regional programs. Their expanded outreach will mean more educational programs, more bereavement services, and more importantly additional funding for their support service and research granting programs. This joint mission eliminates the need to compete for funding and donation dollars, streamlining their efforts to channel support where it is needed.

The Iowa SIDS Foundation congratulates CJ First Candle on this collaboration and looks forward to working with the CJ First Candle organization.



## Iowa SIDS Foundation

406 SW School Street, Suite 207  
Ankeny, IA 50023  
www.iowasids.org  
866-480-4741

### In This Issue...

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## Summer Newsletter Deadline: June 15, 2017

### Executive Director

Patty Keeley

### Board Members

Tony Lipski, President  
Jessie Mireles, Vice President  
Gary Marker, Treasurer  
Amy Gould, Secretary  
Robert Gonzales, Sr.  
Pam Jeneary  
Cheryl Livingston  
Lu Peverill  
Deanna Robey  
Chad Sims  
Donn Stanley  
Christine Thoeming  
Janet Timm  
Karen Weiskircher

### 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 866-480-4741 or by email at [info@iowasids.org](mailto: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 866-480-4741 or [info@iowasids.org](mailto:info@iowasids.org).

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