



Iowa SIDS Foundation

Support

Education

Hope

Volume 19, Issue 1

Spring 2010

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NW Iowa Walk Planning Meeting:

March 29, 2010
 Pizza Ranch
 LeMars, IA
 6:00 pm
 Contact the office to RSVP!
 866-480-4741

SIDS Linked to Low Levels of Serotonin

NIH-Funded Study Finds Abnormalities in Brain Region that Regulates Breathing, Sleep

The brains of infants who die of Sudden Infant Death Syndrome (SIDS) produce low levels of serotonin, a brain chemical that conveys messages between cells and plays a vital role in regulating breathing, heart rate, and sleep reported research funded by the National Institutes of Health.

SIDS is the death of an infant before his or her first birthday that cannot be explained after a complete autopsy, an investigation of the scene and circumstances of the death, and a review of the medical history of the infant and of his or her family. According to the National Center for Health Statistics, SIDS is the third leading cause of infant death claiming more than 2,300 lives in 2006.

The researchers theorize that this newly discovered serotonin abnormality may reduce infants' capacity to respond to breathing challenges, such as low oxygen levels or high levels of carbon dioxide. These high levels may result from re-breathing exhaled carbon dioxide that accumulates in bedding while sleeping face down. The finding appears in the February 3rd issue of *The Journal of the American Medical Association*.

"We have known for many years that placing infants to sleep on their backs is the single most effective way to reduce the risk of SIDS," said Alan E. Guttmacher, M.D., acting director of the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), the NIH institute that helped fund the research. "The current findings provide important clues to the biological basis of SIDS and may ultimately lead to ways to identify infants most at risk as well as additional strategies for reducing the risk of SIDS for all infants."

NICHD's Back to Sleep campaign urges parents and caregivers to place infants to sleep on their backs. Following the campaign's launch in 1994, the rate of SIDS dropped by more than 50 percent. Widespread adoption of back sleeping appears to have reduced the occurrence of SIDS, but has not eliminated it.

For this study, senior author Hannah C. Kinney, M.D., of Harvard Medical School and Children's Hospital Boston, and her colleagues examined small samples of tissue from the medulla, a region at the base of the brain that regulates basic functions such as body temperature, breathing, blood pressure, and heart rate. The researchers analyzed brain tissue from infants who died from SIDS and controls who died of other causes. Included in the analysis were 35 infants who died of SIDS, 5 infants who died unexpectedly of other causes, and 5 infants who were hospitalized and died for reasons associated with a lack of oxygen.

The researchers found that serotonin levels were 26 percent lower in tissue from infants who died of SIDS than in tissue from the group of infants who had otherwise died unexpectedly. Measurements of tryptophan hydroxylase, an enzyme needed to make serotonin, also were 22 percent lower.

Story continues, pg. 2

Article taken from: *NIH News, NICHD, February 2, 2010.*

Research Update, continued

In earlier work comparing SIDS cases with other infant deaths, Kinney and her coauthors showed that the brains of infants who died of SIDS had higher concentrations of cells that use serotonin in the medulla oblongata, a region of the brain stem. For the current study, the researchers set out to see if this meant the SIDS infants' brains in fact had altered levels of the brain chemical.

This abnormality appears to fit into the triple-risk model of SIDS, which holds that SIDS occurs only when three elements come together; an infant with an underlying vulnerability, a critical period of development, and an external stressor. The researchers speculate in this case that the low serotonin level would cause the underlying vulnerability. The first year of life is the critical period of development for stabilizing vital functions such as breathing. The final element of the model, sleeping face down, might provide the external stressor.

“Our research suggests that sleep unmasks the brain defect,” Dr. Kinney said. “when the infant is breathing in the face-down position, he or she may not get enough oxygen. An infant with a normal brainstem would turn his or her head and wake up in response. But a baby with an intrinsic abnormality is unable to respond to the stressor.”

“It’s no one single factor but a culmination of abnormalities that result in the death,” Dr. Kinney said. In fact, in 88 percent of the SIDS cases they examined, the researchers found two or more risk factors, such as the infant’s sleep position, an illness, or exposure to cigarette smoke.

Kinney hopes these findings will one day lead to a test that measures infants’ serotonin levels in the blood or other tissues that reflect brain serotonin levels. Such a test might make it possible to identify those at the highest risk for SIDS so that additional steps could be taken to protect them. In the near term, the findings will provide the basis for the development of animal models with serotonin deficiencies, to mimic what occurs in SIDS in human beings.

Information on reducing the risk of Sudden Infant Death Syndrome is available on the NICHD Web site, http://www.nichd.nih.gov/health/topics/Sudden_Infant_Death_Syndrome.cfm. The National Institute of Health (NIH)- The Nation’s Medical Research Agency - includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. It is the primary federal agency for conducting and supporting basic, clinical and translational medical research, and it investigates the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

Upcoming Volunteer Events: Save the Date

Peer Contact Training: A spring training is being planned for those volunteers interested in completing training to be a peer contact. The training is scheduled for March 27, 2010 at the Iowa SIDS Foundation office in Ankeny. For more information or to register, email info@iowasids.org or call 866-480-4741 by March 24, 2010.

Oh Baby! Education Fair Iowa Health Des Moines will be hosting their annual Oh Baby! Event on April 10, 2010. The Iowa SIDS Foundation will have an education booth at the event from 8:30 am to 3 pm. If you are interested in volunteering at this event, contact the office at 866-480-4741 or by email at info@iowasids.org.

‘A Day for Colin’ The family of Colin McGaffin will be hosting a family fun day in Nevada, Iowa on June 5, 2010. The event will be from 10 am to 2 pm. Additional information will be posted on the webpage. If you would like to volunteer, contact Jessie at mcgaffin5@iowatelecom.com or 515-382-8796.

Memorial: A statewide memorial is being planned for Summer, 2010 in the Mason City area. Additional details will be added to the webpage, www.iowasids.org, as details become available. A postcard invitation will also be mailed.

Board of Directors Meeting: The next meeting for the ISF Board of Directors is scheduled for June 12, 2010. The meeting will begin at 10 a.m. at the Neveln Center in Ankeny.

Walk for the Future 2010: Our annual fundraising walk will be on August 28, 2010. Local walk committees are starting to make plans! If you are interested in volunteering with the planning or on Walk Day, contact the office and we will connect you with the appropriate walk coordinator. Walks are tentatively being planned for Cedar Rapids, Mason City, Pleasant Hill, Washington, Keswick, Chariton, northwest Iowa, and the Quad Cities.

Remembering Our Babies-

Happy Birthday!!

March

Anthony Alan Ross
Benjamin James Swanson
Marley Jean Schults
Logan Grant Higginbotham
Benjamin Scott Meints
Kelly Pitts
Emily Rose Studer

April

Rachel Marie Anderson
Gretchen Lynne Hummel
Ryan Dennis Mouglin
Kaleb J. Peverill
Tianna J'Nae Purk
Olivia Nora Aikey
Brooke Louise Goodyk
Lindsey Marie Krusemark

April

Gavin Eli Gratz
BROCK OUR ROCK
Joey Cusick
Andrew Jay "A.J."
VanDer Schaaf
Steven Michael Jeneary
Gregory Thomas Oetzel
(GTO)
Gina Marie Dolphin

May

Matthew Timothy Otten
Joseph Dale Davis
Summer Sky Archer-Lawrence
Cole Alexander Davis
Dominick Paul McFarland, Jr.
Joseph Laurence Devore
Caleb Richard Williams

May

Devon James Hayes-Jones
Jordan Lee Daniel
Ethan Troy Livingston
Dawson Thomas Vandello
Parker G. Donaldson

June

Tara Beth Schroeder
Colin Michael McGaffin
Nathaniel Frederick Borelli
Thaddeus Charles Ernzen
Douglas Ronald Tietge
Sydney Nicole Allen
Alexis Deane Rudkin
Ryan Michael Burris
Zachary D. Mohatt
Cheyanne Marie Camp
Laikyn Allyn Shutts
Landon Davis
Melissa Sue Lemon

In Memory of . . .

March

Nathaniel Charles Seymour
Robby Matthew Miller
Cameron Palmer

April

Riley Jane-Marie Perkins
Matthew Paul Eckerman
Benjamin David Person
Frederick Robert "Robbie"
Dean Mortimer III
Brennan Charley Godfredsen
Kennedi Eve Sherwood
Maggie Amelia Rose Rogerson
Preston Douglas Spahn
Alyssa Coulbourn
Kenneth Edward Giffin
Madison "Maddy" Lynn Nesbitt

May

BROCK OUR ROCK
Logan James Lamoreux
Catherine Louise Jacoby
Danika Jo James
Gavyn Scott Judd
Dalton James Bixby
Hannah Jo Blair
Tyree R. Barnes
Tianna J'Nae Purk
Alec John Schlotfeldt
Grant Philip Evans
Tanner Richard Skelton

June

Ryan Michael Burris
Jaxton Daniel Plathe
Benjamin James Swanson
Tjay Scott VanLangen
Justice Marie Ruthann Newsom
Summer Sky Archer-Lawrence
Rachel Marie Anderson
Joseph Dale Davis
Lindsey Marie Krusemark
Anthony Alan Ross



If you would like to add a baby to the 'Remembering Our Babies' section of the newsletter or to the 'Our Angels' page of the Foundation's webpage, contact the office & we will forward you the necessary consent.

Memorials and Donations

In Memory Of

Nathaniel Frederick Borelli

Darlene Elbert
Glenn and Bridget Janus
Dayna and Dennis Parker
Michael Swanson
Verizon Foundation Match

Ryan Michael Burris

Ken Martin
Wellmark BlueCross BlueShield

Joey Cusick

Joseph and Gloria Burkle

Nathan Faga

Grace Stark
Patricia Zimmerman

Abigail Ilene Knoop

Chris Keasey
Zachary Truitt and Family

Lindsey Marie Krusemark

Becky and Michael Hayes

Alex Thomas Marker

Delaine and Gary Marker, Sr.
Jill Matthias

Colin Michael McGaffin

Heather Banks
Pam Strum

Ryan Dennis Mougín

Haley Mougín
Patrick and Brenda Mougín

Taryn Suzanne Tuttle

Melissa Smiley

Caleb Richard Williams

Chris and Marj Clark

Noah James Zarate

Penelope Lumley

Nicholas Zimmerman

Grace Stark
Patricia Zimmerman



General Donations

Craig and Joan Cram
Rita & Edwin Feldmann, Jr.
Robert & Laura Fitzpatrick
Lori Graves
John and Diane Richman
David Schlueter
Nichole Sherman
The Pampered Chef
Erin Varron
Larry Weigel
Ryan Wheeler
Andrew & Linda Willging

United Way/Employer Pledges/Match

Julianne Aye
Kori Cusick
Stacey Twedt
Robert Gonzales, Sr.

Thank You!!

The Iowa SIDS Foundation thanks the
listed individuals and businesses for their
generous donations.

These donations were received as of
March 1, 2010.

Change in Des Moines Metro SIDS Support Group

As an increase of support groups are becoming available through social online networks and changes in family needs, a committee was formed to evaluate the SIDS Support Group that previously met monthly at Methodist Hospital. Due to low attendance, it was decided and presented at an Open House on January 24th to change the format to an 'as needed' basis with 2-3 scheduled meetings focusing on a specific topic. This year's topics will be subsequent children, holidays & milestones, and relationships with family and friends. The dates for these three meetings will be scheduled at a later date. They will be posted on the webpage and postcard mailings will be distributed to those in the metro area.

How does an 'as needed' format work? Either a newly bereaved family or any family/caregiver that is needing support can call the office and request a meeting. We will contact those willing to offer support (individuals who signed up at the open house) and determine a day and time that we can ensure people will be available. The location will be dependent on those attending. A postcard mailing will be completed for those on our Des Moines Support Group mailing list. The next requested Des Moines area support group is scheduled for April 7th, 7-8:30 pm at the Neveln Center in Ankeny.

Who can attend? Anyone. You may plan on attending to seek support from others who may have had some of the same experiences or feelings that you are trying to manage or, you might attend if you are past the need of a support group but feel you could contribute to another's grief journey by offering support and hope. If you are interested in offering support and would like to be added to the list that we contact when a meeting is requested, please contact Patty at 965-7655 or by email at patty@iowasids.org.

What will the new format look like? After arrival, the welcome will include introductions, announcements, & the 'permissions or ground rules' of the meeting. A short planned activity or reading will be shared to start the discussion with the majority of the time being open for those in attendance to share & learn from each other. The meeting will close with a brief wrap up, review of upcoming events, and if requested, scheduling another meeting.

Like all of the Foundation's support groups, this is not a therapy session but hopefully can be therapeutic. The goal is to bring together people who are working with the consequences and pain of a common life change. We will strive to make it a safe, welcoming place where you are not expecting an answer but know you have the freedom to ask the big questions, share the anguish, and process the pain in the care and compassion of others. As always, if you have questions about the changes or would like to be added to our calling list, please contact the Iowa SIDS Foundation.

Peer Contact Training



What is a Peer Contact? A peer contact is a parent, grandparent, other relative, childcare provider, or foster parent who has experienced the death of an infant due to SIDS or SUID and has volunteered to reach out to newly bereaved family members or caregivers to offer emotional support.

Peer Contacts are NOT counselors, they are simply volunteers who have experienced a sudden and unexpected infant death that care and want to offer support to others. All peer contacts are required to complete a training to learn about the responsibilities, procedures, & expectations of being a peer contact. The next training is:

Date: Saturday, March 27, 2010

Time: 10 am to 3 pm

Place: Neveln Center, Room 203, Ankeny, Iowa

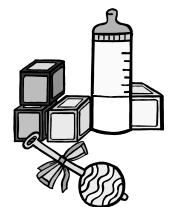
Cost: No cost to participate, lunch is provided and mileage will be reimbursed.

To register, call the Foundation's Office at 866-480-4741 or email info@iowasids.org. All participants **MUST** be registered by March 24th to allow time for ordering lunch & preparing training materials.

New Arrivals

Ki & Wade Carter, Mt. Pleasant, welcomed Ilya Pearl to their family on October 14, 2008.

Scott & Cheryl Livingston, Waukon, welcomed twin girls, Ella Katherine and Makenzie Lynn to their family on August 2, 2009.



SIDS Support Group Information

Des Moines group meets as requested by appointment. For additional information call the Iowa SIDS Foundation office at 515-965-7655. The next meeting is scheduled for April 7th beginning at 7 pm at the Neveln Center in Ankeny.

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

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 information, call 319-272-7370.

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 more 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.

Serving all of Iowa

Amanda The Panda Support Groups - Offers various services for grieving children, teens and adults. No charge.

Information and camp applications posted on the website:

www.amandathepanda.org. Contact: Charlene "Charlie" Kiesling at 1000 73rd St. Suite 12, Windsor Heights, IA . For information, call 515-223-HUGS(4847).

Des Moines Area

Compassionate Friends - Self-help organization for bereaved families after the death of a child. Meets the first Tuesday of each month at 7:00 pm at Hamilton's on Westown Parkway, 3601 Westown Parkway, West Des Moines. Contact: Karen Wiederholt 515-274-3584.

Empty Arms - Support group for parents who have experienced the loss of a baby. Meets along with Compassionate Friends, the first Tuesday of each month. Contact: Betsy Lundy 515-277-7502

Cedar Rapids Area

Empty Arms - For parents who have experienced the loss of a baby. 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.

Discovering Life's Treasures, Hospice of Mercy. Activities for children and parents/guardians which promote healthy mourning and healing. Meets 2nd Sunday of month, Oldorf Hospice House, 315 18th Ave, Hiawatha, IA 319-398-6735.

Harlan Area

Mytrue Medical Center/Hospice-Adult bereavement and children grief, 1213 Garfield, Harlan Free of Charge. Contact: Kathy Jensen 712-755-4308.

Lake City Area

Helping Children Handle Grief - For children 5-15 years old. One-on-one support for children who have experienced a death loss. Community Hospice, Stewart Memorial Community

Hospital, 1301 West Main, Lake City 51449. Norene Bauman 712-464-3171 ext 6241 (Lake City) or Leisa Mayer 712-297-8323 (Rockwell City).

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 Northeast Iowa and Delaware County, Huber Room #164, 709 W. Main St, Manchester. Please check in advance as time is subject to change-563-927-3232.

Mason City Area

Understanding Grief & Loss Support Group - A seven session grief support 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., Mason City. For details, call 641-422-6208.

Pella Area

Empty Cradle Program - Sponsored by Regional Health Center 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. Contact: Heather, 404 Jefferson St., Pella, or call 641-628-3150.

Sioux Center Area

Memories to Hold - For parents who have experienced a miscarriage, stillbirth, ectopic pregnancy and early infant loss. CHEARS Home Health and Hospice, 30 19th St. SW, Sioux Center. For information contact: Renae Negus 712-722-8136.

Sioux City Area

Hearts Program - Support group for parents and families who have lost an infant to SIDS or other infant death. Meets as requested. Contact: St. Luke's Hospital 712-279-7901.

Iowa SIDS Foundation Welcomes Two New Board Members

The Iowa SIDS Foundation would like to introduce our two new board members.

Cheryl Livingston: Cheryl joined the Board as a way to remember her son, Ethan (05/29/07 to 09/04/07) and to make a difference on a larger scale, whether that be learning more about SIDS or helping those who have experienced a SIDS death. Cheryl serves on her local Chamber of Commerce Board and volunteers with the local ambulance service. She represents northwest Iowa as a paramedic, a SIDS parent, and is an active volunteer and peer contact. Cheryl and her husband, Scott live in Waukon with their twin daughters, Ella Katherine and Makenzie Lynn.

Jessie Mireles: Jessie recently returned to Iowa after completing graduate school in Chicago. Jessie is a Regional Child Care Home Consultant and is employed at Orchard Place. Jessie represents childcare on the Board and describes herself as being passionate about young children, especially safety and advocating for safe sleep to hopefully reduce the risk of Sudden Infant Death Syndrome. Jessie resides in Ankeny.

Both Cheryl and Jessie began their term at the February 20, 2010 board meeting. Thank you and welcome to both Cheryl and Jessie!

Support the Iowa SIDS Foundation



**P. Buckley Moss
Heavenly Baby**
12" x 13" Unframed
Limited Edition Print
\$70.00



End SIDS Now Car Magnet
Approx. 4"x8"
\$5.00



Reusable Shopping Bag
15"x13"x10" Textured
Removable Cardboard Bottom
Tear Resistant-Water Repellent
Reinforced Handles
\$4.00



Forever in Our Hearts
Silicone Bracelet
Light Purple
\$5.00

Order Form:

	Quantity	Sub-Total	
P. Buckley Moss Print	\$70.00 x _____	= _____	Your Shipping Address: Name: _____ Address: _____ City: _____ State: _____ Zip: _____
Shopping Bag	\$ 4.00 x _____	= _____	
Car Magnet	\$ 5.00 x _____	= _____	
Silicone Bracelet	\$ 5.00 x _____	= _____	
Total		_____	

Mail Check & Order Form to: Iowa SIDS Foundation, 406 SW School Street, #205, Ankeny, IA 50021

Did you Know...

Iowa SIDS Foundation distributed 11 age appropriate grief books to surviving siblings in 2009.

One \$20 donation, purchases 3 books for school aged children.

One \$30 donation, purchases 2 *Dancing on the Moon* pictures books for preschool ages siblings.



Iowa SIDS Foundation

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Des Moines, IA 50310-0274

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Iowa SIDS Foundation

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.