



Iowa SIDS Foundation

Support

Education

Hope

Volume 19, Issue 2

Summer 2010

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Remembering

One of the most difficult things about grief is learning to live without the person, adjusting to a world in which that precious baby is no longer present. The end of that grief is not the end of a memory, but the end of a memory with great pain. That's important to keep in mind because often we are fearful that once we let go of the pain, we will cease to remember that person. (K.Doka)

Yet the resolution of grief involves finding appropriate images and ways to remember the child who has died. A person, regardless of their age, who has touched our lives always remains part of that life. Thus, we must reflect on the memories we have of our loved one. What are the special memories you have? What did his or her brief life teach you? What memory of their life do you wish to carry on? We can consider not only how we will remember that baby, but when as well. Some individuals develop special ways or times to remember their baby. It may be as simple as visiting the grave on a special day and others have created traditions and memorials that are attended to annually. Both are healthy ways of remembering, for they acknowledge the loss, celebrate the legacy of the baby, and allow for family members and friends to continue to grow and heal. (K. Doka)

It's important to remember your baby in ways that are special and meaningful to you. Pick a date that is meaningful, plan something for you on your own, as a family, or even an extended family that will allow time for your baby to be remembered.

Some families light a candle on special days, say a prayer, write an annual poem, plant a tree or special garden, have a piece of jewelry made that might include baby's birthstone, get involved with a special project dedicated to baby, or volunteer for a local charity in memory of your baby. Whatever your family chooses, make it special and know that resolving the grief will take time and will be different for every individual. Do what is comfortable for you and your family. (March of Dimes)

The Iowa SIDS Foundation has planned two upcoming events designed to help you remember your baby and celebrate their life. Both events will bring together family and friends of beautiful babies who have died unexpectedly and suddenly. The statewide memorial on July 25th will be an opportunity to remember your baby and to evaluate our grief by exploring what 'we do know' with speaker, Ken Zimmerman. The Walk for the Future is scheduled for August 28, 2010 in seven cities across Iowa. The walk is a special day that will include a brief moment of silence or special event to remember Iowa infants. Whether or not these events meet your needs or you prefer to remember in a more private manner, please have hope that you can let go of the pain, without letting go of the memory!

Often we are fearful that once we let go of the pain, we will cease to remember the person.

Mark your Calendar!!

July 25, 2010

Statewide Memorial

August 7, 2010

Marina Day-Boat Poker Run

August 28, 2010

Walk for the Future

Parts taken from:

Life Beyond Loss: Picking up the Pieces and Facing the Emotions of Grief, Kenneth J. Doka, Ph.D., Guideline Publications.

March of Dimes Website, www.marchofdimes.com/printableArticles/572_15995.asp

'Day for Colin' Fundraiser held on June 5, 2010

The family of Colin McGaffin (06-03-09 to 06-29-09) hosted a Day for Colin on June 5, 2010 in Nevada, Iowa. This special event celebrating Colin's life included a bake sale, children's activities, face painting, inflatables, raffle, and BBQ lunch.

Colin's parents, Mason and Jessie McGaffin, choose to organize the event to celebrate what would have been Colin's first birthday and to raise awareness of SIDS.

The event was well attended and raised approximately \$4,250. Of that and after expenses, the McGaffin family, Mason, Jessie, Madison, Brendan, Meagan and Kaitlyn, are donating \$3,000 to research in memory of their fifth child, Colin and donating the remainder to the Iowa SIDS Foundation.

Sponsors for this event included Iron Workers Local #67, Northwest Steel Erection, Best Buy, Ipsen Construction, Peg Ipsen, Pat and Linda Prusha, and Sauer Danfoss. Also, volunteers were provided by TSPA and Best Buy.

The McGaffin family would like to thank everyone who helped out in any way for Colin's Day, as well as, Patty Keeley and the Iowa SIDS Foundation for their support and help in planning the event. They hope to see you at next year's event!



Upcoming Events:

Memorial: A statewide memorial is being planned for July 25, 2010 in Mason City. Please see the article on page seven for additional details or to RSVP and to submit a photo for your baby to be remembered during the remembrance service.

Marina Day-Boat Poker Run: VOLUNTEERS NEEDED!!!!

The Iowa SIDS Foundation will once again be participating in the 3rd annual Marina Day at Saylorville Lake Marina, Polk City on August 7, 2010. The day will include a morning walk/run, vendor area, cardboard boat race, live music, and boat poker run among other activities. Proceeds benefit the Iowa SIDS Foundation. Volunteers are needed throughout the day and shifts can be flexible to fit your schedule. PLEASE call 866-480-4741 or email patty@iowasids.org if you would like to volunteer. Additional information regarding the various events will be posted on our webpage at www.iowasids.org as they become available.

Walk for the Future 2010: Our annual fundraising walk will be on August 28, 2010. Walks are being planned in Cedar Rapids, Chariton, Keswick, Pleasant Hill, Washington, Sioux City, and the Quad Cities. More information on this event and how to register can be found on page five. All consents to have your baby's name included on the walk shirt must be received **BY AUGUST 2nd!!**

Vine and Dine: The fourth annual Vine and Dine event will be held on November 5, 2010 at the Davenport Country Club. This elegant evening features a multi-course meal paired with a variety of wines, a silent auction, and live music. Proceeds benefit the Iowa SIDS Foundation and details will be posted on our webpage, www.iowasids.org as they become available.

Happy Birthday!!

July

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

August

Aarie Jai Richardson
 Ella Elizabeth Timm
 Maggie Amelia Rose Rogerson
 Jennifer Lynn Dyar
 Kingston Richard Hronik
 Analisa Ines Rodriguez
 Evan Dean Klemme
 Kyle Anthony Timmons
 Jared John Smith

August

Danielle Rose Noggle
 Johnathon Oscar Danner
 Hope ElizaRae Ohrt
 Max David Bushlack
 Abigail Ilene Knoop
 Hunter Dean Stevens

September

Johnathan Danial Prescott
 Ariel Faith Rattler
 Donna-Oynn Williamson
 Ross "Rosco" Jacob
 McGlothlen
 Alec Robert Wagner
 Jacob Anthony Lipski
 Dominic Joseph Laurenzo
 Noah James Zarate
 Beth Marie Stukerjurgan
 Brenden Meinecke
 Benjamin Blowers
 Cody Michael Coleman
 Kaleb Dean Hargens

September

Kayla Sue Brewer
 Ashton Lavail Seaton
 Hailey Erin Lincoln
 Kory Lynn Dunkin
 Dylan Peter Christian Andersen

October

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

In Memory of . . .

July

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

August

Jerome Alexander Brown
 Devon James Hayes-Jones
 Joseph Laurence Devore
 Dawson Thomas Vandello
 Tara Beth Schroeder

August

Olivia Nora Aikey
 Gavin Eli Gratz
 Joey Cusick
 Cheyanne Marie Camp
 Parker G. Donaldson
 Jordan Lee Daniel
 Steven Michael Jeneary
 Caleb Richard Williams

September

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

September

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

October

Jaycee Marie Schilling
 Joshwa Izaiah Rivera
 Hunter Dean Stevens
 James Allen Magruder
 Lane Kurt Carter
 Brenden Meinecke
 Mario Francisco Robles
 Kingston Richard Hronik
 Jordyn N. Thompson
 Christopher Scott Evans
 Ethan Daniel McDermott
 Darian Bea O'Connell
 Alec Robert Wagner
 Thaddeus Charles Ernzen
 Danielle Rose Noggle



Memorials and Donations

In Memory Of

Elizabeth Grace Atzen

Richard Hunt

Nathaniel Frederick Borelli

Julie Borelli
Michael Swanson

Joey Cusick

Joseph and Gloria Burkle

Jordan Lee Daniel

Jim and Lenore Wingert

Brock Adam Gould

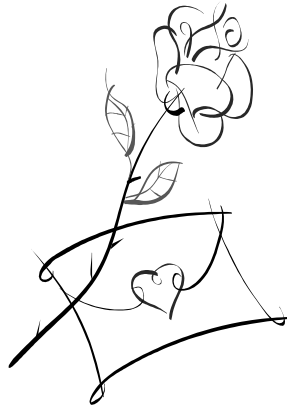
Natalie McNaught

Alex Thomas Marker

Delaine and Gary Marker, Sr.

Ryan Dennis Mougín

Curt and Amy Bowman
Richard and Jane Gent
Dennis and Denise Mougín
Frank and Vivian Mougín
Patrick and Brenda Mougín



General Donations

Kristine Berst
Becky & Jerry Christianson
Brittany Daly
Lee Dukes
Helen Fisk
Jennifer Halupnik
Kelly Hamborg
Dana Klose
Diana Kueter
Erin Leifker
Jennifer Leslie
Dorothy Murphy
Alisha Pagniano
Emily Scranton
Gary & Pamela Sejkora
Anne Wilson
Wendling Quarries, Inc.
Career Resources Group
Tasty Tacos, Inc.
White Roofing Company, Inc.
Hamilton Towing

United Way/Employer

Pledges/Match

Janice Burris
Michael Burris
Betty Elliott
Ronette Gannon
Becky Hayes
Keith Jonas
Linda Jonas
Dennis Mougín
Timothy Otten
Kristi Perkins
Monika Schaller
Ingrid & Jay Stukerjorgen
Kent Tipping
Emily Truitt
Jenny Truitt
Diana VanVleet
Erin Varron
Jana Winter
Susan Young

Thank You!!

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

These donations were received as of
June 30, 2010.

Walk for the Future: August 28, 2010

Locations for the 2010 walk include:

Cedar Rapids: Noelridge Park Creekside Pavilion. Registration will begin at 8:30 am and the walk begins at 9:30 am. In addition to the walk, organizers are planning music, games, entertainment, face painting, refreshments, a raffle, and more.

Chariton: Chariton City Square. Registration will begin at 8:00 am and the walk begins at 9:00 am. In addition to this new walk location, walkers will enjoy refreshments, children's games, and a silent auction.

Keswick: Iron Street. Walk, run, or bike—you're welcome to join the Keswick group! Registration begins at 7:30 am and the walk begins at 8:00 am. Enjoy excellent company, refreshments, and a raffle.

Pleasant Hill: Copper Creek Lake Park, 4500 E. University. Walk the 1.22 mile path around Copper Creek Lake as many times as you wish. Registration will begin at 8:30 am and the walk will begin at 9:30 am. Participants can enjoy refreshments, inflatables, children's games, and a raffle.

Sioux City: Bacon Creek Park, 5015 Correctionville Road. The walk is returning to Sioux City!! The new walk coordinators will begin registration at 8:30 am and begin walking at 9:00 am. There will be refreshments, raffle prizes, and a children's games.

Quad Cities: Scott County Park, 19251 290th Street, Long Grove. The Quad Cities is once again hosting the walk at Scott County Park. Registration begins at 8 am and the walk will begin at 9 am. In addition to the 3 mile route, enjoy a kids carnival, food, and a raffle.

Washington: Sunset Park. Registration begins at 8:30 am and the walk will begin at 9:30 am. Walkers can participate in a silent auction and a raffle. Refreshments, a balloon launch, and door prizes are also planned.

Frequently Asked Walk Questions:

How do I pre-register? To pre-register for the walk on line, visit www.iowasids.org or you can complete a paper registration and mail it to 406 SW School Street, Suite 205, Ankeny, IA, 50023. One form per walker is required. Paper registrations will be mailed to our mailing list the middle of July or they can be printed from the webpage. Every family that pre-registers and attends the walk will receive a free reusable shopping tote. This offer is not available for those ordering a shirt, but not walking.

Why pre-register? In addition, to each family receiving a free reusable shopping bag, pre-registering will guarantee the size of shirt that you prefer will be available. It also helps the Foundation maintain costs by knowing how many shirts to order as well as local coordinators in knowing the quantity of supplies and refreshments that might be needed. Long sleeve t-shirts are also an option to only those that pre-register by August 5, 2010.

How can I be sure that my baby's name will be on the walk shirt? Written parental consent must be on file for your infant's name to be included on the walk shirt. This consent stays in effect until you notify the office otherwise in writing. If you aren't sure that we have a consent or you would like to request a form, please call 866-480-4741 or email info@iowasids.org. These requests MUST be received by August 2, 2010 in order to allow the printing company adequate time to print and ship the walk shirts.

What if it rains? All sites walk rain or shine! Please feel free to bring an umbrella if the forecast is not favorable. Walks will be delayed if lightning is seen.

Can I register on Walk Day? Yes. After August 14th, bring your registration form to the registration table at the walk of your choice. However, we can NOT guarantee that the shirt size you prefer will be available. You may have to choose from the shirts that are still available.

For other walk questions, please email info@iowasids.org or call toll free, 866-480-4741. Hope to see you at the walk!!

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 July 26, 2010.

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.

NEW Support Group!!
A new support group is being planned for the Mason City area. For more information visit www.iowasids.org or call 866-480-4741.

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.

Statewide Memorial - July 25, 2010



The statewide memorial is planned for Sunday, July 25, 2010. The service will begin at 2 p.m. The remembrance ceremony will include a slide show, brief presentation by Ken Zimmerman, candle lighting, and remembrance ceremony. This will be followed by a group reading and closing remarks. A reception featuring light refreshments will immediately follow the service.

The memorial service is an opportunity for all family and friends to spend an afternoon remembering and celebrating the lives of all Iowa SIDS babies. The event will be held in the Reunion Hall of Music Man Square, 308 S. Pennsylvania Avenue, Mason City. Childcare will be provided.

Parental consent is required to have your baby included in the slideshow. If you want to submit a photo and/or consent or have other questions, please contact Patty at patty@iowasids.org or call 866-480-4741. Families are encouraged to bring photos to be displayed during the event.

Your RSVP BY July 19, 2010 is appreciated!!

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...

**Since we began offering safe sleep education packets to Iowa providers in 2009, we have mailed:
17,094 English packets & 1,760 Spanish Packets.**

Providers have re ordered an additional 2,168 safe sleep packets.

These packets are given to new and expecting parents & outline the AAP risk reduction recommendations!



Iowa SIDS Foundation

P.O. Box 13274
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.