



Iowa SIDS Foundation

Support

Education

Hope

Volume 25, Issue 1

Spring 2016

Not this time. Not this year. Making U turns in the grieving process.

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On the 7th of September, every year, I open the box of yellow cake mix, stir in the oil and eggs, and then slowly and gently fill each paper cup with that thick pudding-like batter. As they bake, you can smell cake throughout the whole house. After they cool on the cooling racks, I carefully smooth the chocolate fudge frosting over the top. A bowl of M&M's waits patiently to be picked through. The blue ones are what I'm after. I place a single blue M&M in the middle of each cupcake, donning the symbol of her endearment, "Blueberry." It is her birthday after all. What's a birthday without cupcakes?

I raise no decorations throughout the house. No presents are ever bought. Only letters written. Notes from the kids; from siblings, cousins, and the friends she would've had, tucked away in helium balloons to send off to the sky in imagined hopes of her retrieving them. Then we eat cupcakes.

The cupcakes that were meant for a little girl...
...a little girl that's *not* here. Not here.

I'm a jealous mother. I want to hold and squeeze my blonde hair, blue eyed 8 year old girl. The one that would be turning into a little woman so fast before my eyes. The one that would be my niece's sanity in the midst of being surrounded by boys. The one that would be teaching her younger sisters everything she knew, because...*you know*...she would know everything...ah, I am so very jealous! It makes me angry. But mostly, it hurts. It hurts a lot.

This year will be 8 years. Why, after doing this for 7 years, am I coming to a point this year where I don't want to do it? I'm not sure I have an answer to that. I can't promise I'll feel like this next year, but for some reason, I just can't do it this year. Not this time.

And that's okay.

I'm not okay. Don't worry, I'm getting help for that. But it's okay that I do what needs to be done. If it's going to be too much this year, than I call it off. This is part of my process. And I'm allowed that.

Sometimes in the midst of doing things consistently, you have to check yourself and make sure you are still okay with it. It's okay, to be okay, with things that people deem weird. And it's okay for you to not be okay, with things that people are expecting. You may get some push back, but it's not about them. This is about allowing yourself to process your own grieving journey.

For me, this year it just feels like a slap in the face. I don't know how I did it all the other years, but this year, my face already hurts just thinking about it, literally and figuratively. I want to be able to just break down and cry **without** my whole family and the few close friends watching me. My closed doors have their freedom in that. Sarah's siblings demanded to be able to release balloons still and that's okay, I'm conceding for them. I need to allow them that because that's also part of my job as their mother too. They still want to celebrate her birthday and I love them for that.

Continued on page 5.

Save the Date: SIDS Walk to be on August 27, 2016!!

Walk for the Future:

Walk for the Future is a statewide family walk held annually on the fourth Saturday of August in multiple locations across the state of Iowa. Each walk is coordinated by local volunteers who share their time and passion to help support the Foundation's work but more importantly, to provide a family friendly event to honor Iowa babies who have died unexpectedly due to SIDS or SUID. The walk is a time to remember the lives of babies taken tragically too soon, to connect with other families, and to offer support to SIDS/SUID families. This will be the 17th year of the Iowa SIDS Foundation's annual walk.



2016 Walk Locations:

We are pleased to share that Ankeny, Bettendorf, Cedar Rapids, Le Mars, Mason City, Washington, and What Cheer will be hosting walks. We are thankful for the continuous support and dedication of the local walk coordinators and volunteers in these seven locations.

How to Register:

Participants can register via mail or on line. Paper registrations are scheduled to be mailed the second week of July. Due to positive feedback, from the 2015 Walk, the registration process will once again be one form per family.

On line registration will be available May 1, 2016. Visit www.iowasids.org to register and make payment on or after that date. Registration fees for youth (ages 12 and under) are \$10 and \$25 for adults (ages 13+) if your registration is received prior to August 15th. On or after August 15th, youth registration is \$12 and adult registration increases to \$30.

All questions regarding registration may be referred to the office staff at 866-480-4741 or info@iowasids.org.

Shirts:

Walk shirts will be packaged and available for pick up at your preferred walk site for all participants that register prior to August 15th. If you register on or after August 15th, including on Walk Day, we can not guarantee the size requested will be available. All participants interested in a long sleeve tee must pre-register prior to July 29th. Special thanks to Bob Gonzales Jr. for designing the 2016 Walk logo!

How to include your baby's name on the walk shirt:

If you would like to have your baby's name included on the 2016 walk shirt, the Foundation must have a written parental consent form on file. All consents must be received NO LATER than July 29, 2016 in order to allow adequate time for the shirts to be printed. Contact the office if you would like to verify your consent is on file or if you would like us to either mail or email a form to your home to be completed and returned.

Volunteers:

All locations are seeking volunteers to help in planning and/or on walk day. If you or your family is interested, please contact the office and we will connect you with the local coordinator. Volunteers of all ages are welcome!

Walk Sponsors:

We offer three levels of walk sponsorship. If you or your employer has an interest in becoming a Walk sponsor, please contact the office to discuss the various levels available as well as the benefits available to our sponsors. Sponsorship dollars are allocated for such expenses as printing, postage, space rental, walk shirts, etc. Corporate and community support is also welcome in the form of raffle donations, refreshments, face painting, children's entertainment, etc. We are extremely thankful for ANY involvement and/or size of donation, as we know and appreciate the fact the community support received is directly related to the success of our annual Walk!

Remembering Our Babies

Happy Birthday!!

March

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

April

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

May

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

June

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

In Memory of . . .

March

Leavy Joel Simaj-
 Christianson
 Maria Irene Andersen
 Sophie Ann Kracht
 Brienne Alexis Bostock
 Taylor Rose Levi
 Nathaniel Charles Seymour
 Robby Matthew Miller
 Brianna Elizabeth Boyd
 Grant Michael Palan
 Baylee Ann Ludtke
 Cameron Palmer
 Jessica Lynn Sammons

April

Riley Jane-Marie Perkins
 Shawn Leon Levi
 Matthew Paul Eckerman
 Alyssa Renee Lux
 Benjamin David Person
 Frederick Robert "Robbie"
 Dean Mortimer III
 Brennan Charley
 Godfredsen
 Camden Ray O'Connor
 La'Tianna Jo'nae Luten
 Jalen Joseph Litscher
 O'Malley
 Izzabella Maria Tambornino
 Kennedi Eve Sherwood
 Maggie Amelia Rose
 Rogerson
 Preston Douglas Spahn
 Alyssa Coulbourn
 Kenneth Edward Giffin
 Madison "Maddy" Lynn
 Nesbitt
 Katelyn Joy Lacey

May

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

June

Ryan Michael Burris
 Jaxton Daniel Plathe
 Jaxen Rosendahl
 Benjamin James Swanson
 Tjay Scott VanLangen
 Justice Marie Ruthann
 Newsom
 Summer Sky Archer-
 Lawrence
 Rachel Marie Anderson
 Lexis Dawn
 Joseph Dale Davis
 Bently M. Hullinger
 Lindsey Marie Krusemark
 Anthony Alan Ross
 Rylan Joseph Ogden
 Royce Sutton



Little Footprints by: Dorothy Ferguson
 "Little footprints, how softly you tiptoed into my world, Almost silently. Only a moment you stayed,
 But oh, what an imprint your footsteps have left upon my heart."

Current Fundraising Events



Birdies for Charity 2016: The Birdies for Charity program is a fundraising event that allows participating 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, May 31-June 5, 2016

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.

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

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 1, Urbandale, IA, 50322.**
- ♦ Visit 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.

Pledge Form

I pledge and promise to donate:

\$____. ____ for every birdie made during the 2016 Principal Charity Classic to the Birdies for Charity Program (\$0.05 minimum)

\$_____ a one-time flat donation (\$25 minimum)

I am not making a pledge and want to be entered in the drawing with no donation.

Enter to WIN:

I guess the total number of birdies will be: _____ Birdies

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

Please direct my contribution to the organization below.
For a complete list, please visit:
www.principalcharityclassic.com

Iowa SIDS Foundation
#037

My Contact Information

(please print clearly)

Name (First/Last) _____

Street Address _____

PO/Box/Apt _____

City _____

State _____ Zip _____

Phone Number (including area code) _____

E-mail Address _____

Payment Options

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

(Please make check payable to The Principal Charity Classic.)

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

(Please make check payable to The 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)

Give Local, Des Moines: Tuesday, May 3, 2016

Tuesday, May 3rd is national day of giving that is designed to shed light on local non-profits and to celebrate and recognize the impact we can make in our community when we join together. The Principal Charity Classic has partnered with Give Local, Des Moines to ensure that any funds given on May 3rd will be eligible for the 10% match for the charities participating in both programs. The Iowa SIDS Foundation is one of this year's Give Local charities. On May 3rd, we will be encouraging all donors to log on to www.givelocaldsm.org and choose the Iowa SIDS Foundation for your tax deductible charitable giving. Your donation will have a 10% match and will help provide grief support to our newly bereaved SIDS and SUID families and safe sleep education across the state of Iowa!!

Not this time. Not this year. Making U turns in the grieving process.

Obviously no one is safe from making “U turns” in their grieving process, no matter how long it’s been. This year has been an extra hard year for me and I’m making a lot of changes. I didn’t foresee me making changes here too, but it’s what feels right, right now. And I must follow it out. There will always be next year. I’m just glad I have a supportive family that keeps up with my change in weather, call it quirky, and love me anyway.

Not-so-Happy Birthday, my sweet Sarah. Your mother just simply misses you.

Shared with permission from Kailan Wing in memory of their sweet daughter, Sarah Layne Wing, 9/7/06-12/17/06. Published on Kailan’s blog, www.bondservantbyblood.blogspot.com, on 9/4/14.

During May and June, many families will seek out the right greeting card, special gift, or plan family events to honor Moms and Dads on their special holiday. Mother’s Day and Father’s Day are meant to reflect upon the unique experiences and memories of being a parent. For parents that have had a child die, the anticipation and celebration of this day may be overwhelming with anxiety and sadness. The parent child relationship and the love you have for your child does not end, you will always be your baby’s Mom or Dad.

During the upcoming holiday, please be kind to yourself. Give yourself permission to feel whatever it is you’re feeling, allow your tears, or your laughter, talk about your baby, revisit memories and pictures, and most importantly take the necessary ‘U turns’ **you** need to grieve on your terms to honor and celebrate the love you have your baby.

Foundation Features Volunteer, Deb Kozel

Name: Deb Kozel

Location: Des Moines, Iowa

What do you like to do in your free time: I love to travel! I have been to most of the states and have completed some foreign travel.

How have you volunteered with the Foundation: I helped out with the first Sam’s Bike Ride for SIDS in 1992 and then volunteered to be part of the planning committee. I am one of the founding members of the Walk for the Future group and organized the Walk for several years. I am still in charge of the silent auction for the Ankeny Walk. I have also served on the Board of Directors and assisted in other activities as needed.

What have you learned through your volunteer experiences: It is so unfair when a family loses a baby to SIDS. I have met some incredible people through the Iowa SIDS Foundation and it just seems so unfair that they had to endure this loss.

Why do you volunteer for the Foundation: I volunteer because every year there are new babies that don’t reach their first birthday and it reminds me that Iowa SIDS needs to keep functioning to help those families out. The money we raise from the Walk for the Future is necessary to provide services to families in need.

What do you hope you offer to the families that you have met through your volunteer time with the Foundation: I cannot imagine the loss of a child. Don’t be afraid to ask for help and it will often come from unexpected people and places. The sadness from your loss never goes away but it will get easier to manage as time goes by.



The *heart* of a volunteer is not measured in size,
but by the depth of the commitment to *make a difference* in the lives of others.

-DeAnn Hollis



Deb has been a dedicated, active volunteer for over 24 years. Her kindness and willingness to share her time to benefit the Foundation is priceless and very much appreciated! On behalf of our current Board and all the families of the Foundation, thank you Deb for the difference you have made for so many!

Memorials and Donations

In Memory Of

Joseph Landon Blades

Phillip Holmes
Brian and Traci Polacek

Joey Cusick

Betty and Dr. William Cusick

Teagon Lee Fowler

Pizza Ranch of Sigourney, Inc.

Brock Adam Gould

The Wellmark Foundation/
Amy Gould Volunteer Time

Steven Michael Jeneary

Jill and Fred Board

Lindsey Marie Krusemark

The Wellmark Foundation/Krissa
& Joel Krusemark Volunteer Time

Alex Thomas Marker

Jill Matthias
Delaine and Gary Marker, Sr.

Jaxon Matt

Katie Matt
Graham Holdings Matching Gift

Joseph Stuart Maughan

Dawn Maughan

Colin Michael McGaffin

Bergen Women of ELCA

Ryan Dennis Mouglin

Jane A. Gent

Samantha Alina Parks

Pat Ridenour

Oakley Joe Van Patten

Amanda and Joseph Linder

Andrew Jay "AJ" VanDerSchaaf

Morgan Stanley Foundation
Steven VanDerSchaaf

Sophia Halas Welch

Shelby Welch

Elizabeth (Ellie) Williams

Michelle Williams

Noah James Zarate

Penelope Lumley

General Donations

Anonymous Donor

Kerri Barry

Patty Keeley

Norwalk Family Dentistry

Orchard Place

Dean Paulson

Small Business Resources, LC

West Des Moines Child Care Ctr.

Tami Woerdehof

2015 HOLIDAY DONATIONS

In Memory Of

Colin Michael McGaffin

Pam Strum

Ryan Dennis Mouglin

Alexander P. Mouglin
Brenda and Patrick Mouglin

Beth Marie Stukerjurgan

Ronald and Carol Stukerjurgan

Tjay Scott VanLangen

Glenda Huisman

Caleb Richard Williams

Christopher and Marjorie Clark



The Iowa SIDS Foundation thanks the listed individuals and businesses for their generous donations. These donations were received as of March 15, 2016

Did you Know...

The Iowa SIDS Foundation is a 501(c)(3) non-profit organization. Many employers have programs that will match employee donations or contribute to a non-profit of your choice. Check with your employer today, or indicate the Iowa SIDS Foundation as the recipient of your annual United Way contribution. We appreciate your support!

Volunteer Opportunities

If you have ever had an interest in volunteering or have a desire to help another family in their grief journey, there is no better time than now! We currently have opportunities for all interested volunteers, that can be tailored to your interest and to the amount of time you are able to share.

Board of Directors:

The Board of Directors is currently seeking new volunteers interested in serving as a Board Member for the SIDS Foundation. Each term is three years in length and we meet 3 times per year. If you have questions about the responsibilities of being a board member, would like to visit with a current board member about their experience, or want to submit a letter of interest for consideration, please contact the main office.

In order to have statewide representation, we are specifically looking for a volunteer from the Cedar Rapids/Iowa City area and from the public health/physician and bereavement fields. However, all letters of interest will be reviewed and considered at the June 25th Board meeting.

Walk Volunteers:

All seven walk sites are welcoming new volunteers. Both volunteers to help in planning and volunteers available on walk day only are needed at all sites. Assistance is needed from planning the walk, set up, blowing up balloons, face painting, entertainment, or any other special skill or time that you would be willing to share is welcomed. Groups of family and friends are also encouraged! Contact the main office and the appropriate volunteer walk coordinator will follow up with you.

Peer Contacts:

Peer contact orientation sessions are currently being scheduled across the state of Iowa. Peer Contacts are volunteers who offer support to newly bereaved families. Orientation offers interested volunteers guidance in contacting families, responsibilities of a peer contact, confidentiality, and understanding how referrals are made to the Foundation. Volunteers interested in becoming a peer contact must be more than one year out from their own child's death and complete an orientation session. Peer contacts can be parents, stepparents, grandparents, and/or child care providers.

Interested volunteers for any of the above opportunities are encouraged to contact the main office at 866-480-4741 or info@iowasids.org. We will be happy to answer any questions or connect you with the appropriate person or schedule a time to meet. Volunteers are the true essence of the Foundation and your ideas and involvement are invaluable—we hope you will consider sharing your time and talents!

SIDS and Infant Loss Support Groups

Des Moines group meets as requested by appointment. For additional information call the Iowa SIDS Foundation office at 515-965-7655. Visit www.iowasids.org or call the office for the next meeting date.

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 One. Group meets the first Thursday of every month. For information, call Roxanne Novak at 319-415-5556.

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

Cedar Rapids/Iowa City group meets on an as needed basis. For additional information or to request a meeting, contact Rachel at 319-721-3273

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.

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.



Iowa SIDS Foundation

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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.