



Iowa SIDS Foundation

Support

Education

Hope

Volume 15, Issue 2

Summer 2006

From My Perspective

Table of Contents

<i>From My Perspective</i>	1-2
<i>Remembering our Babies</i>	2
<i>New Arrivals</i>	2
<i>Save the Date</i>	2
<i>Walk for the Future Details</i>	3
<i>Memorials and Donations</i>	3
<i>SIDS Support and Resources</i>	4
<i>New! HOPE Women's T-shirts</i>	5
<i>Shop and Support Iowa SIDS Foundation</i>	5

In February I attended the CJ Foundation for SIDS national conference in Philadelphia. At first I was not sure if this would be right for me. It is not easy for me to openly share my feelings regarding my loss, and I was not sure if I could endure the pain of remembering, once again, that my son was gone. It has been over 3 years since our son Nate died and it was clear that I was coping with loss differently than my wife. For Trish it was openly talking about Nate and how the loss made her feel. For me, it was staying busy, trying to avoid reliving the pain of my loss. After further discussion and the thought of eating a real Philly Cheese Steak I decided to give it a shot.

While at the conference, I learned about the potential causes of SIDS, the research that is being conducted and how to better cope with grief. The conference taught me that it is important to grieve and that there is not a set way one should grieve.

Dr. John Canine, EdD, PhD was one of the conference speakers and he spoke about how our lives will never be normal as we knew it. He encouraged us to find a new normal, to try and set new routines that would help us get through the day. He suggested that we agree on grieving guidelines, making sure we share with one another our needs and expectations. He also reminded us to celebrate the life that was lost. It is one thing to move on, it is another to forget. Take time to remember. Set up a memorial, plant a tree... Our family created and dedicated a garden, which has been very therapeutic, and has helped us to keep the memories of Nate alive.

Dr. Canine also held a session that provided the men at the session a chance to share stories on how we were handling our loss. Through this time, it was clear that men didn't talk much about what we were feeling. This was obvious as many wives would casually walk by trying to listen to what was being said. It was reassuring to know that I was not alone. We were all hurting and many of us felt obligated to stay strong, to be the backbone for the family during this tough time. After a lengthy discussion and some thoughts from Dr. Canine, it was clear that the pain we were feeling was normal, but we need to find healthier ways to grieve so our feelings don't consume us. A way we can do this is by scheduling a monthly discussion time and lighting a candle in memory of our child. Once we better understand our partner's needs the easier it will become to help one another during this difficult time.

All in all, the trip was a success. I ate a Philly Cheese Steak, met some wonderful people and grew closer to my wife while remembering our son. Although Nate was only with us for a short period of time, he has touched hundreds of people in so

(Continued on page 2)

Remembering Our Babies

Happy Birthday

September

Hailey Erin Lincoln
Beth Stukerjurgan
Ross "Rosco" Jacob McGlothlen

October

Cody James Beck
Robby Matthew Miller

November

Nathaniel Charles Seymour

December

Robin Carrell Beimer
Keaton James Wirtz

In Memoriam

September

Melissa Sue Lemon
Keaton James Wirtz

November

Beth Stukerjurgan
Jared John Smith



To include your baby, please send the following information via email (info@iowasids.org), phone (515-279-6928), or mail: Your name(s); baby's name as you would like it listed; baby's birthday (M/D/Y); baby's death anniversary (M/D/Y)

Please indicate if you would like us to recognize your baby's birthday, death anniversary, or both.

We will continue to recognize your baby each year after unless you contact us.

From My Perspective

(Continued from page 1)

many different ways. As we continue our days, we are committed to help each other through each day and help Nate continue to touch the lives of others by keeping his memory alive. My hope is that you try and do the same.

—Ted Borelli

Father of Nate Borelli

New Arrivals:

Congratulations to the following family on their new addition:

Jacob Daniel was born April 12, 2006 to Mike and Janice Burris.



Is there a new little one at your house? If so, we would love to share your happiness. Please phone or mail all pertinent information or e-mail info@iowasids.org.



Save the Date! Conference and Memorial 2007

Mark your calendar! The Iowa SIDS Foundation and SIDS of Illinois are teaming up to host a conference for childcare and healthcare professionals and families as well as a memorial.

Friday, April 20: Daytime—Professional Conference; Evening — Memorial Event

Saturday, April 21: Daytime —Family Conference

More details will follow soon!

Join us for the 2006 Walk for the Future!

The seventh annual Walk For The Future, will be held on Saturday, August 26.



Special activities are planned at each walk that vary from walk-to-walk, including refreshments, kids activities, music, raffles, door prizes and balloon releases.

Advanced registrations are helpful. Remember to **register by August 11 to**

receive a SIDS car magnet. However, if you are unable to register by August 11, please arrive at the walk and register there.

Online registration is available!! Go to www.iowasids.org to register online or print additional walk forms.

Albia walk and 5K run: start at the north corner of town square, check-in at 7:00am, start-time 8:00am

Cedar Rapids: Noelridge Park, check-in at 8:30am, start at 9:00am

Keswick: Corner of Iron and Church Streets, at 7:30am

Quad Cities: Scott County Park, 18850 270th, Eldridge, IA, check-in at 8:30am, start at 9:00am

West Des Moines: Raccoon River Park, check-in at 8:30am, start at 9:00am

If you would like to volunteer to help with one of these walks, please call or email the Iowa SIDS Foundation and let us know how a walk coordinator can contact you.

Memorials and Donations

The Iowa SIDS Foundation thanks the following individuals for their generous donations. These donations were received as of July 20, 2006.

In Memory Of

Nate Borelli

Tammy Armbrust Family
Becky and Dave Crow Family

Mike Kelly, father of Adam Kelly

Staff at St. John's Lutheran Church
Marylee Kelly
Nancy and David Lappin
Donald Wilcox, Karla Kellis
M. Susan Proescholdt
James and Linda Piper
Debra and Raymond Felton
Timothy and Margaret Carson
Michael and Dorothy Mauro
Nancy and Anthony Berardi
Regina Nelson
John and Nancy Sarcone
Tony and Lou Ann Lemmo
Michael and Kimberly Glynn
Steven and Paula McKee
Kathy and Jack Ackelson
David and Lillian Luallin
Jeffrey M. Leto
William and Marcia Cochran

Donna and Thomas Lorenz Jr.

Todd E. Hayes
Jon and Robin Arnold
Timothy and Cynthia Muntz
Anttanasio and Sharon Romeo
Neil and Diane Wheeler
John J. Kelly
Arthur and Barbara Welp
David and Judy Holmes
Pete and Esther Leo
Dennis and Mary Lou York
Linda G. Adamiak
Ronald and Katie Vasquez
Martha King
Timothy and Sharon Osterhaus
Timothy and Candice Jeffries
Peter and Marva Marasco
Ray M. Blase
Douglas K. Rieck
Loras and Karen Neuroth
Sister Elaine Hagedorn
Kristen and Brett Osborn
Allan and Doreen Stoker
Gary and Carolyn Hiatt
Daryl and Teresa McNeal

Jeremy and Nicole Borden
Dennis and Beverly Neuroth
Mahlon Correy, Margaret Baker
Jacqueline and Daniel Gale
Joseph and Audry Scigliano
Mary L. Nogel
Jerry and Florence Roth
Edna and Donald Finger
James and Mary Hohl
Sally Oldham
Susan and Amudo Siasoco Jr.
Karen and Robert Gottner
Helen and James DeBartolo Sr.
Barry and Gloria Marr
Vaneta Youngworth
David and Donna Haney
Lilah E. Ness
Lawrence and Colleen Breheny

Derek Steinkamp

Anonymous

General Donations

Jennifer and Richard Head

SIDS Support Group Meetings

Des Moines group meets the second Tuesday of every month from 7-9 p.m. in the Kelley Room at Iowa Methodist Medical Center, 1200 Pleasant St. (basement level, past the cafeteria). For information call Carol at 515-223-1600.

Quad Cities group meets every month, second or third week Wednesday or Thursday at 7:00 p.m. For information call Betsy 563-332-6265.

Cedar Falls group meets as requested by appointment. Call Roxanne Novak at 319-277-3476 for information.

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

Cedar Rapids/Iowa City group meets as requested by appointment. Call Tricia Borelli at

319-398-6795 for information.

Washington group will meet the second Tuesday, of each month from 7-8:30 p.m. at St. James Catholic Church basement. For information about meetings, please call Karen Swanson at 641-472-0898.

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

PEER CONTACT SUPPORT

If you are a bereaved parent, grandparent or family member and would like additional peer contact individuals who are willing to listen, feel free to call:

Karen Swanson (641) 472-0898
Gary Marker (Grandparent) (515)285-2605

Other Resources

Serving all of Iowa

Amanda The Panda Support Groups (ages 6-17) – Children and families meet in a group with a therapist for 6-8 weeks periodically during winter, spring and summer months. Weekend camps. Family “Fun Days.” Pen Pal Program. No charge. Chat line and bulletin board on website. www.amandathepanda.org 1000 73rd Suite 12, Des Moines, IA 50311-1321. 515-223-4847.

Camp Amanda (for grieving children, teens, young adults and families) – Children’s grief camp held 3 times a year for 40 kids ages 6-17. Adult camps also held 3 times a year. College-age camp held once a year. No charge. 1000 73rd St. Suite 12, Des Moines, IA 50311-1321. 515-223-4847.

Teen Line – A statewide hotline that offers counseling and education 24 hours a day, seven days a week. 800-443-8336.

Des Moines Area

Compassionate Friends -Meets the first Tuesday of each month at Hamilton’s on Westown Parkway, 3601 Westown Parkway, West Des Moines, 7:00-9:00 p.m. Contact Anne at 515-276-7302.

Empty Arms - Meets along with Compassionate Friends, the first Tuesday of each month. See above. Contact 226-3143.

Cedar Rapids Area

Compassionate Friends – Meets at Mercy Medical Center, McKinley Room the second Monday of the month from 7:30-9 p.m. 319-626-6246.

Empty Arms – 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.

Grieving and Growing Support Group – Mercy Medical Center Hospice. Open to youths up to age 14. Six sessions offered in the spring and fall. 319-398-6496.

Iowa City Area

Compassionate Friends – Meets on the first Monday of each month (in the case of a holiday – the second Monday) at 7:00 p.m. in the First Floor conference room at Mercy Hospital, 500 E. Market St. 319-351-2255.

Lake City Area

H.U.G.S. Support group for Children – For children 5-15 years old. One-on-one support for children who have experienced a death loss. For registration, contact Community Hospice, Stewart Memorial Community Hospital, 1301 West Main, Lake City, IA 51449. 800-262-2614.

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 Northwest Iowa and Delaware County, conference Room B, 709 W. Main St. Please check in advance as time is subject to change. 319-927-7330.

Mason City Area

Understanding Grief & Loss Support Group – A six-session grief support group 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. 641-422-6208.

Nevada Area

Bereavement Support Group – For adults experiencing loss through death. Call St. Patrick’s Catholic Church for more information. Daytime-515-382-2974, Evenings-515-382-2539.

Pella Area

Empty Cradle Program – Sponsored by Hospice 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. Empty Cradle educates the general public and medical professionals in the area of pregnancy loss and newborn death. Hospice of Pella, 414 Jefferson. 641-628-6644.

HOPE Woman's T-shirt Order Form



Order One Today!

Women's light blue t-shirt

Logo is bright yellow star with bright blue lettering

T-shirt says "hope" through the yellow star and "iowa sids foundation" is in small lettering under the star

Women's Sizes XSmall through 2XL available

\$20.00 each

Make Checks Payable To: Iowa SIDS Foundation

Mail to: Iowa SIDS Foundation

406 SW School St., Ste. 205

Ankeny, IA 50023

Name _____

Address _____ City _____ State ____ Zip _____

Phone _____ Email _____

Woman's Size: ___ XS ___ S ___ M ___ L ___ XL ___ XXL

Total Shirts Ordered: _____ x \$20= _____

Shipping: _____ + **\$3.00**

Total Due: _____

Shop and Support the Iowa SIDS Foundation



Forever In Our Hearts
Light Purple
Silicone Bracelet



P. Buckley Moss
Heavenly Babe
12"x13" unframed
Limited Edition Print

Order Form	Quantity	Subtotal
Bracelet \$3 X	_____ = _____	
Moss Print \$70 X	_____ = _____	
		TOTAL: \$ _____

Your Shipping Address:

Name _____

Address _____

Address _____

City _____ ST ____ Zip _____

Mail Check and Order Form to:

Iowa SIDS Foundation, 406 SW School St., Ste 205, Ankeny, IA 50023 — or purchase them online at www.iowasids.org/products/products.htm



Iowa SIDS Foundation

P.O. Box 13274
Des Moines, IA 50310-0274

NONPROFIT ORG.
U.S. POSTAGE PAID
DES MOINES, IA
PERMIT NO. 2934

In This Issue...

Walk for the Future 2006... Save the Date: Conference & Memorial 2007

Executive Director

Ingrid Stukerjurgan

Board Members

Gary Marker, President
Jennifer Atzen, Vice President
Betsy VanDerSchaaf, Treasurer
Kori Cusick, Secretary
Karen Arnold
Tricia Borelli
Karen Doughan
Marla Hummel
Tony Lipski
Deanna Robey
Mona Scaletta
Donn Stanley
Karen Swanson

Iowa SIDS Foundation

P.O. Box 13274
Des Moines, IA 50310-0274
-or-
406 SW School St., Ste. 205
Ankeny, IA 50023

515-279-6928
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 families, educating professionals and the general public about SIDS, and funding medical research into the causes of SIDS.