



Iowa SIDS Foundation

Support

Education

Hope

Volume 15, Issue 1

Spring 2006

From My Perspective

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Who knew that the anticipation of expecting another baby could be overshadowed by a great sense of fear? Parents who have lost a baby to SIDS or any other death often face fear during a subsequent pregnancy at least as much as they experience excitement.

I've heard subsequent pregnancy and parenting referred to as "terrified ecstasy." I would venture to guess that many SIDS parents would agree with this description.

Over the nearly three years that I have worked with the Iowa SIDS Foundation, I have watched many of you experience this terrified ecstasy as you have gingerly welcomed new babies into your lives. I have heard your anxiety over whether or not to monitor a new baby, your questions about the chances that SIDS can happen more than once in a family, and your relief as your new baby passes the age that another baby was when he or she died.

SIDS parents have taught me that each baby that enters our lives is a part of us forever. Whether they live for one week, one year or a hundred years does not change that fact. Having another baby does not change that fact.

And what so many SIDS parents have also taught me is that each baby that enters our lives also brings us a special joy and hope.

It is that hope that I carry with me as I meet with expectant parents at baby fairs, as I educate childcare providers, and as I talk with parents who have recently lost a baby to SIDS. It is that hope that carries the Iowa SIDS Foundation forward.

In February, I attended the CJ Foundation for SIDS national conference in Philadelphia and got the opportunity to hear several SIDS researchers talk about their work toward understanding SIDS and its causes. I heard how passionately these researchers care about finding an answer and how much they care about the families who have experienced the death of an infant to SIDS.

And although we do not yet have an exact cure or cause, hearing about their research in genetics and toward understanding how an infant's brain and arousal mechanisms work gives me great hope that we are getting closer to some answers.

These researchers told us that hearing the stories of your babies' lives and the stories about your loss, pain and eventually hope is what motivates *them* to move forward with hope.

Speaking with SIDS parents and attending this conference reaffirms for me that the mission of the Iowa SIDS Foundation is every bit as important today — to provide support to families in their grief so they may regain hope, at the same time educating professionals and the public about SIDS and continuing to fund research into the causes of SIDS—in hope that every new baby shall live.

—Ingrid Stukerjurgan
Executive Director

Remembering Our Babies

Happy Birthday

May

Dominick Paul McFarland, Jr.

June

Ryan Michael Burris
Cheyanne Marie Camp

In Memoriam

May

Tianna J'Nae Purk

June

Ryan Michael Burris
Justice Marie Ruthann Newsom
Benjamin James Swanson

July

Dominick Paul McFarland, Jr.

August

Cheyanne Marie Camp
Tara Beth Schroeder



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.

Iowa Death Review Team reports on 2004 Child Deaths

Each year the Iowa Child Death Review Team (ICDRT) submits a report to the Iowa Governor and General Assembly regarding the prior year's child deaths and their causes, including SIDS and other sleep-related deaths of infants.

In 2004, there were 29 SIDS and other sleep-related infant deaths in Iowa. Of these 29 deaths, 20 were confirmed SIDS, four were probable SIDS and five others were deaths from accidental overlying.

The 2004 Iowa infant death rate for SIDS was .52 SIDS deaths per 1,000 live births, compared to 2003 National statistics, which were .53 SIDS deaths per 1,000 live births.

These statistics look very promising, compared with 29 Iowa SIDS deaths in 2003 and 37 in 2002, but in looking more closely, the sharp decline in SIDS deaths may actually be more because the infant deaths that used to be classified as SIDS are now classified as undetermined or accidental overlying. In other words, similar numbers of babies are still dying of sleep-related causes. However, it is promising that in 2004, Iowa did experience a drop in overall SIDS and other sleep-related deaths.

The ICDRT also reported the SIDS risk factors that were present in each of the confirmed SIDS deaths (see graph on page 5). Nearly three quarters of the infants who died of SIDS were placed on their side or tummy to sleep; three quarters were exposed to second-hand smoke, and over half were placed on an improper sleep surface and/or had soft bedding present.

It is important to remember that risk factors such as these do not *cause* an infant to die of SIDS. Rather, they place a vulnerable infant at a higher risk that SIDS may occur.

For educators of expectant parents, parents, child care providers and anyone who cares for an infant in their lives, these statistics help us understand which areas we need to improve or continue education to help reduce the number of babies who are exposed to these risk factors.

(Continued on page 5)

Choosing a Crib Mattress: New or Used

A good, firm crib mattress is a very important part of a baby's safe sleep environment. But

Is a mattress firm enough?: A weight of eight pounds should not sink into the surface. A full gallon of water or milk, which weighs slightly more than eight pounds, can help you determine firmness.

how can parents or grandparents tell if a mattress is firm enough?

Some retailers sell their mattresses based on coil count or warranty. But a higher coil count or longer warranty (both of which usually increase with the price of the mattress) do not necessarily mean a safer mattress.

To help judge if a mattress is firm enough, **a weight of**

eight pounds should not sink into the surface of the mattress. Since you will likely be shopping for a mattress before your baby arrives or grows to eight pounds, what can you use to help judge firmness?

While shopping recently for a crib mattress with a friend who is expecting her first baby, I discovered that many new models of mattresses seem firm under pressure when I pressed on them, but the mattresses had a plush top layer which made them less safe.

My friend and I remembered that a gallon of water or milk weighs just over eight pounds and found it makes a great measure for mattress firmness.

Many retailers who sell baby furniture such as cribs and mattresses also sell other baby supplies, including gallons of purified water or "baby water." Most discount stores with baby departments also sell grocery items such as gallons of milk. Borrow a jug of water or milk to test any mattress you are considering.

We used a gallon of baby water and saw that when laying the jug on each mattress that we placed on the floor, we were able to judge which mattresses were too plush and which were firm enough that they did not allow the weight of a young infant to sink into the surface.

This is a test you can also use at home or at a garage sale to determine if a used mattress is firm enough.

Other tips for a safe crib and a safe sleep environment:

- The mattress should fit tightly in the crib— with a space that is no more than the width of two fingers between the mattress and the side of the crib.
- The crib should have no missing, loose, broken or improperly installed screws, brackets or other hardware on the crib or mattress support.
- Make sure the crib has not been recalled. You can check with the crib manufacturer or with the U.S. Consumer Product Safety Commission by calling 800-638-2772 or checking their web site at www.cpsc.gov.
- The slats of the crib should be no further apart than 2 2/8 inches. This means an open soft drink can or a small soup can should not be able to fit between the slats of the crib.
- Corner posts of the crib should not be over 1/16th of an inch high.
- The headboard and footboard of the crib should have no cutouts so the baby's head or clothing cannot become caught inside.
- The mattress should be covered by a tight-fitting sheet. If a waterproof mattress protector is to be used it should fit the mattress tightly and not be plush. A tight fitting sheet should be placed over the mattress protector.
- No other bedding should be used in the crib. This means do not use blankets, quilts, wedge or bolster positioning devices or pillows.
- Bumper pads should never be used in a crib for a baby of any age.
- Only one baby should sleep in a crib at a time (no other babies, children or pets should be in the crib).
- The baby's room should be kept cool.
- The baby's environment should always be free of smoke.

If you have any questions about crib safety or creating a safe sleep environment, please feel free to call the Iowa SIDS Foundation.

Mark your Calendar for the 2006 Walk for the Future

Plans are underway for the seventh annual Walk For The Future, to be held on Saturday, August 26 in Albia, Cedar Rapids, Keswick, the Quad Cities and West Des Moines. The Albia walk will include a 5K run option.

Timeline:

June 5: Deadline to add your baby's name to the back of the walk t-shirts (Please contact the Iowa SIDS Foundation if you did not receive a form)

Early July: Walk brochures/registration forms will be mailed; internet registration will be open on www.iowasids.org

August 11: Deadline for walk pre-registration (everyone who pre-registers will receive a small gift)

August 26: Walk for the Future

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

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.

Special thanks to Megan Beenblossom, a SIDS aunt who is designing the logo for the t-shirts and other walk items for the second year. We are thankful she is sharing her talents with the foundation!



Memorials and Donations

The Iowa SIDS Foundation thanks the following individuals for their generous donations. These donations were received as of May 10, 2006.

In Memory Of

Floyd and Katherine Byrne
Byrne Family Memorial

Nate Borelli
Ted and Tricia Borelli

Joey Cusick
Gloria and Joseph Burkle
Lee and Kori Cusick

Nathan Faga
Patricia Zimmerman

**Elizabeth Hartquist and her
infant daughter Cindy Berson**
Anonymous

Michael John Kelly
R S Schmeiding

Lindsey Krusemark
Becky Hayes

Alex Marker
Jill and Chuck Matthias

Ryan Mougín
Brenda and Patrick Mougín
Frank and Vivian Mougín

AJ VanDerSchaaf
Betsy and Steve VanDerSchaaf

Caleb Williams
Marjorie and Chris Clark

Nicholas Zimmerman
Patricia Zimmerman

General Donations
Gary and Pamela Sejkora

United Way/Employer Pledges

Nicole Bengé
Janice Burris
Michael Burris
Tammy Cooklin
Kori Cusick
Melanie Davidson
Amy Dykstra

Ronette Gannon
Russell Gochneaur
Becky Hayes
Pamela Hunt
Delaine Marker
Timothy Otten
Laura Rickabaugh
Patricia Ridenour
Lisa Steinkamp
Jay Stukerjurgén
Kent Tipping
Shelly Turner
Stacey Twedt

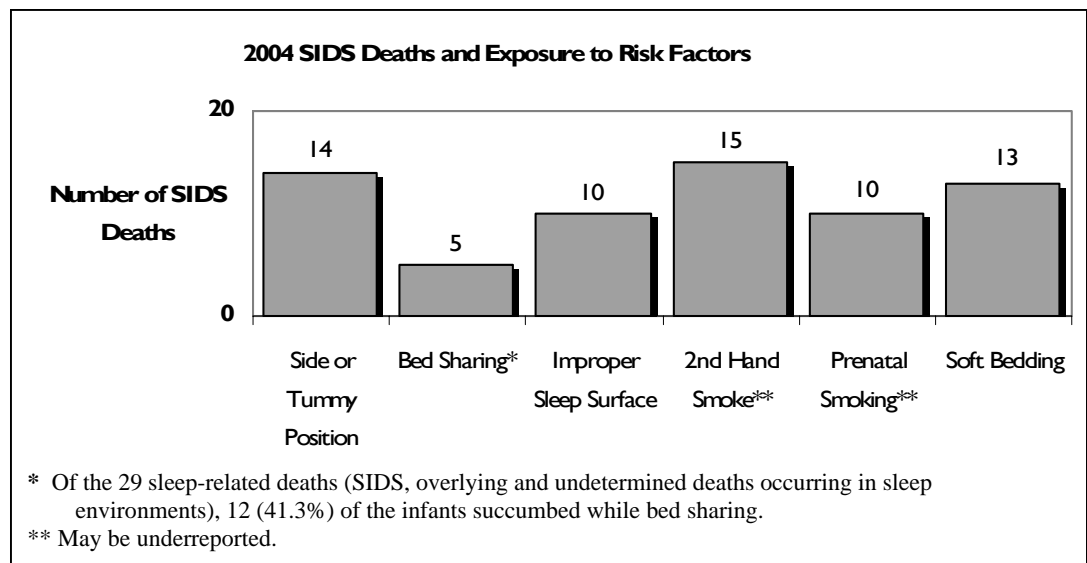
Iowa Child Death Review Team reports on 2004 Child Deaths

(Continued from page 2)

In nearly half of all 29 of 2004 Iowa SIDS and other sleep-related deaths, the infant was sharing a sleep surface with another person (bed sharing).

For instance, of the 29 sleep-related deaths (SIDS, overlying and undetermined deaths occurring in sleep environments), 12 of the infants succumbed while bed sharing. This is the equivalent of one Iowa baby per month. It is important to teach parents and other caregivers that placing a baby to sleep in its own safe sleep space (ie. a safety-approved crib) close to the caregiver (such as next to the caregiver's bed) is much safer than taking a baby into an adult bed or sleeping on a couch or recliner with a baby.

The ICDRT reviews every death of a child in Iowa, producing a yearly report to the Governor and General Assembly including information and recommendations to prevent future deaths. See Resources on www.iowasids.org for the full report.



Quick Takes

Family and Professional Conference Planned April 2007

The Iowa SIDS Foundation is in the process of planning a conference for medical and childcare professionals and for family members.

The conference, scheduled for mid-April 2007, will be held in the Quad Cities (Moline/Rock Island/Bettendorf/Davenport). Professionals and families from Iowa, Illinois and surrounding states will be welcome.

A memorial service will be held at the end of the conference.

Watch for more information and please plan to join us.

We've Moved!

The Iowa SIDS Foundation has moved to a new office. To send correspondence, you may either continue to use the PO Box or for faster response, send to:

Iowa SIDS Foundation
406 SW School St., Ste. 205
Ankeny, IA 50023

A special thank you to the following people who helped assist with the move:

Gary Marker, Jr.
 Gary Marker, Sr.
 Jay Stukerjurgan

Thank you for sharing your time and your muscles!

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 request 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 on Tuesday, June 13 from 7-8:30 p.m. at St. James Catholic Church basement. For information about additional 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.

Support SIDS Programs: Summits for Survival



SUMMITTS FOR SURVIVAL

The Climb

Russia's Mount Elbrus, is the site for the 2006 Summits For Survival climb. Led by world-renowned mountain climber Vern Tejas, the climb is the third in a series of seven climbs to benefit local SIDS programs and services. By raising funds for much-needed programs of SIDS education and family support services, the Summits For Survival campaign will bring us closer to our goal of ensuring that all babies have the best chance to survive and thrive.

The Summit

Upon reaching the 18,510-foot summit, Vern and his team climbers will erect a banner and dedicate a memory book of names submitted by surviving family members – in hopes that all babies will reach their first birthday and beyond.

Join our Team

Your gift will help ensure the availability of public and professional education programs that deliver risk reduction messages to parents and caregivers; and family support services for those who experience an infant death.

All those who have been touched by the life of a child are encouraged to pledge their support. Pledges can be made in honor of a special person, event or accomplishment or in memory of a loved one. Ideas include:

- Memorializing the life of a precious baby or another beloved individual;
- Celebrating a healthy baby's birthday or other milestone;
- Commemorating a special event in a family member's life, such as graduation, marriage or first baby.

I would like to join the Summits For Survival team at the following level:

Base Camp (\$25) Advance Camp (\$50) High Camp (\$100) Summit Camp (\$200) Other Amount (\$ _____)

I would like to support Summits for Survival in memory/honor of: _____
Life Dates: _____

Please send an acknowledgement to: _____

Please include this name in the memory book going to the summit of Mount Elbrus (**by June 15**).

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Please mail your donation to: Iowa SIDS Foundation, 406 SW School St., Ste. 205, Ankeny, IA

Shop and Support the Iowa SIDS Foundation



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Silicone Bracelet



P. Buckley Moss
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12"x13" unframed
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Order Form	Quantity	Subtotal
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Moss Print \$70 X	_____	= _____
		TOTAL: \$ _____

Your Shipping Address:

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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

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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.