



Iowa SIDS Alliance

Fighting Sudden Infant Death Syndrome

Volume 13, Issue 1

Spring 2004

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From My Perspective

Once upon a time I was a sheltered child, full of innocence and optimistic dreams. Once upon a time, my biggest concern was whether or not I had aced my last test. The worst heartbreak I had encountered was when my dog was hit by a car. That was until two years ago. One unexpected event shook me to the core, changing who I was forever.

I am 17 and a junior in high school now. Sometimes it seems as though it was only a couple of months ago I sat through my nephew’s funeral. Other times when I think about it, I feel like a different person from a different time. And even though some of my memories about the night Nathaniel died and the days following are blurry, others play out in vivid detail in my mind from time to time. Regardless of whether or not I can describe what happened that night, its effect on me was still the same. I shed my childhood sugar-coated outlook on life for one that was more mature, less self-centered and much more calloused.

I remember that I chose not to join the rest of my family at the hospital that night, although I do not remember much of what I did while I sat at home by myself. I don’t remember the morning after or the car ride to my sister’s house. But I do remember the moment I sat down next to her in her living room, secretly refusing to cry because my pain in comparison to hers was not worthy of tears. I don’t remember going to school the next day, even though I know I was there. I do remember sitting with my best friend organizing pictures of Nathaniel and my family on a poster for the wake. I remember going back to school pretending like nothing had happened.

I really did not feel, talk or think about my nephew for almost a year. I tried to forget what happened, the crushing burden I watched my family endure. I am extremely close to my sister, who is 14 years older than me. She has always been a second mother and mentor to me. All of a sudden, I watched the strength drain from her and be replaced by a pain that I couldn’t understand. I felt helpless. I wanted to make her feel good again. I didn’t want my family to hurt anymore.

For the next year she was a constant reminder of Nathaniel’s impact on the world. Finally, I decided I could not pretend anymore. For one of my speech assignments I wrote an educational presentation about Sudden Infant Death Syndrome. I learned a lot about SIDS and grieving. But I could not believe the lack of awareness about SIDS. I modified my presentation for a 4-H exhibit, where it was selected to go on to the state fair. I was dumbstruck when, at the end of my presentation, a complete stranger walked up to me and thanked me with tears in her eyes. She went on to tell me that she had lost a son to SIDS over ten years ago and that I could not know what I had done for her by letting her know that someone young and ambitious was making a difference. Since then, I have created a display board with vital facts about SIDS and informational pamphlets that have made their way through several different doctor’s office lobbies and public libraries. I also have changed my original presentation to a PowerPoint presentation. I’ve given this to the child development class at my high school and the Iowa SIDS Alliance Board, both since January. After I talked to the Iowa SIDS Alliance Board, an article was printed in my

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From My Perspective

(Continued from page 1)

local paper that described what I've been doing. I received so much positive feedback from people in my community that I was not prepared for. For the first time since the day after my nephew's death, I felt like I could do something to make someone feel better, even if I couldn't undo what had happened to my sister.

For me, it's not going to stop here. I have a whole list of things on my agenda, this is just one of them. I spoke for the local police department about recognizing SIDS as opposed to abuse. I also spoke at the conference during April about the grieving process families go through after a SIDS death. I also want to reach out to people my age through family and consumer science classes at other schools as well as through babysitting programs.

Through reaching out to other people, I have started to address how deeply Nathaniel's life and death affected me. I have reevaluated what I consider important to me. My family comes first now, even before homework, because I never know if I will see them again. Even though I'm only seventeen, I have a true understanding of the value of life and take that into consideration in all the decisions I make as an average teenager. I am more empathetic of other people and their feelings because of what I watched my family deal with. It has also impacted me in so many other ways that I don't know how to put down on paper.

Nathaniel was only with us for 4 months, but that was enough to change my life in a tremendous way. Maybe I did grow up a little faster than I would have liked. Maybe I should be shopping for a prom dress instead of writing this article, but I'm not. Because of one little person, I know who and what is worth my hard work and time. I wish I could thank him now for the better person he's made me. I will go on and I know I will take him with me.

-Charissa Frideres

Editor's Note: To contact Charissa Frideres about giving her presentation to an audience in your community, email her at cfrideres_86@hotmail.com or call (515)795-3469.

Through reaching out to other people, I've started to address how deeply Nathaniel's life and death affected me.

New Arrivals:



Congratulations to the following families on their new additions:

Alyssa Marie Atzen was born September 26, 2003 to Jennifer and Craig Atzen. She weighed 7lbs., 7 oz. and was 19 inches long.

Ian Theodore Borelli was born December 31, 2003 to Ted and Tricia Borelli.

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.



Coming Soon... Iowa SIDS Foundation

The Iowa SIDS Alliance is changing its name to Iowa SIDS Foundation, and will soon have a new logo.

Since its inception as Iowa SIDS Alliance, the organization has operated as an affiliate and subordinate of the national SIDS Alliance, now called First Candle, sharing our parent organization's tax exemption status. In 2004 we continue our affiliation with First Candle as a charter member. Part of First Candle membership guidelines now requires that members acquire independent 501(c)(3) status.

***Iowa SIDS Alliance
is changing its
name to Iowa SIDS
Foundation***

Internal Revenue Service (IRS) for 501(c)(3) status independent of First Candle. In this process, it was discovered that at least one other organization has registered the name Iowa SIDS Alliance with the State of Iowa at some time. In order to avoid potential confusion with other organizations and to better describe what our organization is about, the board of directors voted to name our independent 501(c)(3) organization Iowa SIDS Foundation.

In the process of changing our name, we are also working on a new logo for the organization.

The next newsletter you receive will likely sport this new logo and our new name.

The Iowa SIDS Alliance has applied with the

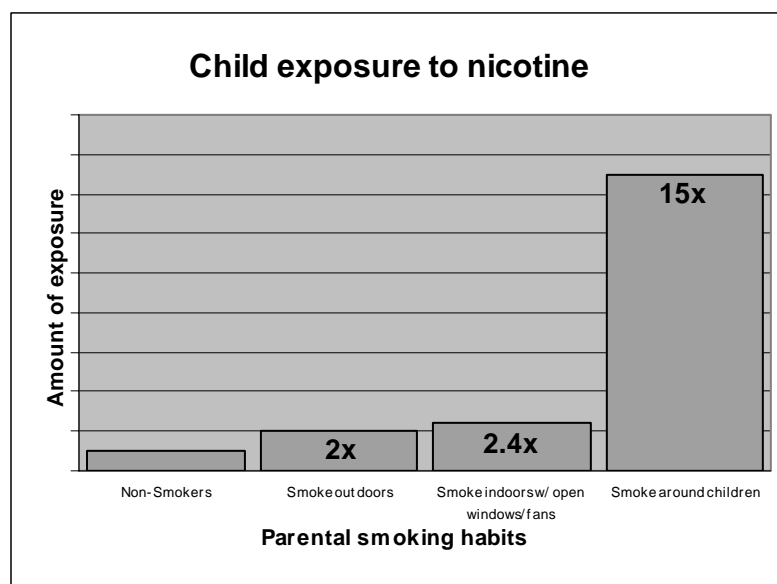
Even Smoking Outdoors Exposes Children

Parents who are smokers, even those who are careful to smoke outdoors away from their children, still expose their children to much higher levels of nicotine than children of non-smoking parents receive. This is documented by Annakarin Johansson based on her discoveries in her study for her doctoral dissertation at Linköping University in Sweden.

Johansson found that the cotine content (a metabolic product of nicotine) in the urine of children aged 2-3 years was still double in children whose parents smoked outside, with the door closed, away from them, compared to children of non-smokers. Children whose parents used other methods such as opening a window or using a fan to attempt to protect their children from smoke had 2.4 times the amount of cotine than children of non-smokers. Children whose parents smoked indoors around the children had fifteen times the cotine levels of children of non-smokers.

Another study by Blackburn, Spencer, Bonas et al. showed only a strict and total ban on smoking in the home could reduce infants' exposure to tobacco smoke, in turn reducing the risk of respiratory illness and Sudden Infant Death Syndrome.

Sources: Reuters Health; Linköping University; Clinician Reviews 13 (10):35-36, 2003



A Day on the Hill

Deborah Boyd, Executive Director of First Candle/SIDS Alliance invites SIDS parents and other advocates of SIDS and stillbirth initiatives to come to Washington and tell Congress their personal stories.

Ms Boyd writes:

Federal programs to enhance research, prevention, awareness, counseling and standardized investigation procedures exist within the Public Health Service agencies. Without the support of Congress, these programs would not be able to sustain themselves. That's why it is extremely important that families and advocates come to Washington and tell their personal stories to illustrate the importance of increased funding for federal SIDS and stillbirth initiatives so that Congress will continue to fund these meaningful programs.



Please join the First Candle community and come to Washington on May 18th to make a difference and educate your members of Congress.

-Deborah Boyd, Executive Director, First Candle/SIDS Alliance

First Candle/SIDS Alliance Day on the Hill

What: Advocacy Day. Members of and advocates for the First Candle/SIDS Alliance community will lobby their members of Congress

When: May 18, 2004

Where: Capitol Hill, Washington, DC

Why: Educating members of Congress and their staff is necessary in order to heighten awareness on the issues of infant health and survival, specifically on Sudden Infant Death Syndrome (SIDS) and Stillbirth

Contact Sara Arnold at Arnold@hmcw.org or 202-544-7499

United Way Campaign

The Iowa SIDS Alliance can be designated as the recipient of your United Way donation. If you participate in this campaign at your workplace, please think about designating the Iowa SIDS Alliance as an organization to receive your donation. To designate the Iowa SIDS Alliance as the recipient of your donation, you will need to write in the organization name and address on your form.



We appreciate those of you who have chosen to donate to the fight against SIDS in the past, and we thank those of you who have designated the Iowa SIDS Alliance to receive your 2004 United Way gift.

United Way Thank you to the following individuals who have committed to the Iowa SIDS Alliance through their workplace campaign:

Cindy Jager
Delaine Marker
Lisa Steinkamp
Tammy Cooklin
Melanie Davidson
Ronette Gannon
Lisa Goble

Jeanna Grant
Becky Hayes
Rachel Kersey
Jacki Kragel
Krissa Krusemark
Amanda Lewis
Tylonda Mason

Vicki O'Brien
Anette Poulson
Patricia Ridenour
Jay Stukerjurgan
Kent Tipping
Diana VanVleet

Memorials and Donations

The Iowa SIDS Alliance thanks the following individuals for their generous donations.

These donations were received as of April 20, 2004.

In Memory Of

Jerry Dale Evans
(Grandfather of Jordan
Evans)

Kurtis Weeks and Lori
Dawson-Weeks
Melissa Wilson
Deanna and Darin
Benningsdorf
Phyllis and Thomas Murphy
Rosemary Moody
Brad and Kris Barkley

Joey Cusick
Joe and Gloria Burkle
Stephanie and Bill Pettit

Ryan Mougín
Frank and Vivian Mougín
Bryan and Pam Mougín
Dick and Jane Gent
Brett and Angie Mehmen

Lindsey Krusemark
Mic and Becky Hayes

Caleb Williams
Chris and Marj Clark
Florence Lockrem
(Grandmother of B.J.)
The family of Florence
Lockrem

Alex Marker
Jill and Charles Matthias

Viola McWilliams
Catherine Koehler-Wright
Kathryn and William
Canaday
William Roland and Lila
Singley
Bonnie Glosser
Robert and Nicole
McWilliams
Robert and Sharon
McWilliams
Dalls and Nancy McWilliams
Buddy and Lola Williams

Nathaniel Seymour
Dwight and Judy Frideres

Beth Stukerjurgén
Jerry and Amie Stukerjurgén

Matthew Brian Blaskovich
Thomas and Jill Clark

Tjay VanLangén
Glenda and Steven Huisman
Doug and Konni VanLangén

Wade Thomas Moore
Debra Moore

Hope Ohrt
Jeremy and Janaé Ohrt

A.J. VanDerSchaaf
Betsy and Steven
VanDerSchaaf

Corporate Sponsors

Thank you to the following Walk for the Future 2003 corporate sponsors who did not appear in the Fall 2003 newsletter:

\$500

Valley Construction, Rock Island, IL
Builders Sand and Cement, Davenport, IA

Summits for Survival Campaign a Success

Thank you to those individuals who participated in Summits for Survival raising \$800 for the Iowa SIDS Alliance. In February, a team of mountain climbers, including Todd Phillips, climbed Mt. Aconcagua – the highest peak in all of the Americas. Todd Phillips used his climb to raise awareness about SIDS.

Todd's team successfully completed their ascent of Mt. Aconcagua. The team carried with them to the summit a small book with the names of

twelve Iowa babies, along with those of babies from across the nation who have died of SIDS.

This team completed their climb motivated by the courage and strength that surviving family members demonstrate each day. They were driven by the knowledge that they were making a difference. Working together, we are helping ensure that every baby in our community will survive and thrive.

2002 Iowa SIDS Data Released

The Iowa Child Death Review Team (ICDRT) has released its findings for 2002 child deaths in its 2003 annual report. This report contains statistics about all 2002 deaths in Iowa for children ages 17 and under.

The ICDRT is made up of 14 individuals representing a broad range of professions and also has 7 state government liaisons. This group reviews every death of a child in Iowa. Each year the ICDRT produces a report to the Governor and General Assembly, including information and recommendations for prevention of future deaths.

2002 Iowa SIDS Deaths

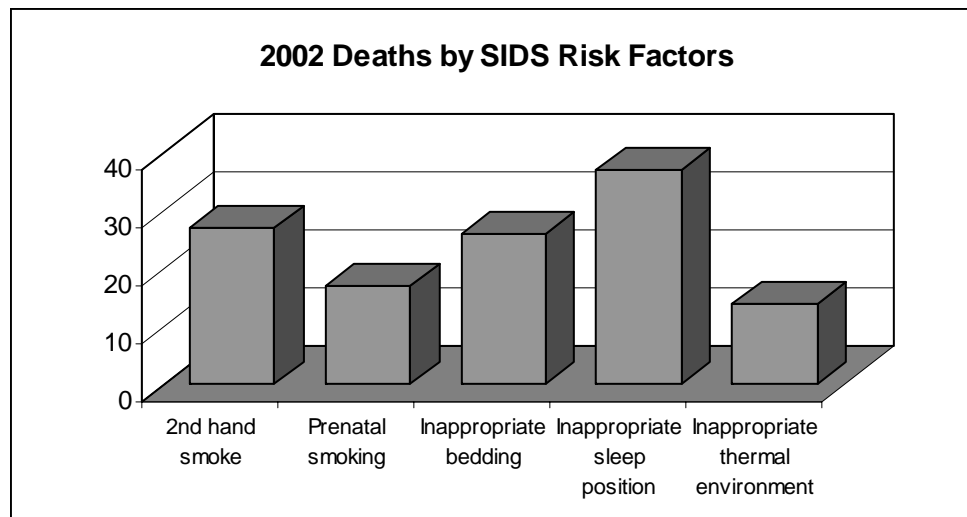
The ICDRT reported the following information about 2002 SIDS deaths in Iowa:

- 37 infants died of SIDS.
- Over 51 percent of SIDS deaths occurred in infants 2 to 4 months of age.
- 59 percent of the infants who died of SIDS were male.
- The majority of 2002 SIDS deaths occurred while a parent was caring for the infant.
- Most deaths occurred in November.

Risk Factors and 2002 SIDS Deaths

In relation to controllable risk factors, the following was reported about the infants who died of SIDS in Iowa in 2002:

- At least 73 percent of infants who died of SIDS were routinely exposed to secondhand smoke from at least one source after birth.
- 51.4 percent were found in either a tummy or side sleeping position.
- 17 infants were sleeping with at least one adult or older child on an adult bed or sofa.
- More than 70 percent were exposed to unsafe bedding.



Historical SIDS Rates

The report states that, for comparative purposes, SIDS rates are expressed as the number of deaths per 1000 live births.

The 2002 Iowa SIDS rate was .99 deaths per 1000 live births, holding relatively steady over the past three years. The preliminary 2001 national SIDS mortality rate was .555 per 1000 live births. SIDS rates in Iowa remain much higher than the rates of the nation as a whole.

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Get Ready for Walk for the Future 2004

Plans are underway for the fifth annual Walk for the Future, scheduled for August 28, 2004. Locations will include:

5th Annual Walk for the Future Saturday, August 28

- Iowa City—City Park
- Quad Cities—Scott County Park
- Belmond—Franklin Grove Heritage Biking and Walking Trail
- West Des Moines (instead of Des Moines)—Raccoon River Park
- Keswick (instead of What Cheer)
- Sioux City—Chris Larsen Park

Watch our Web site for more information: www.iowasids.org/Events/WalkInfo.htm.

Would you like to be involved? Please volunteers for one or more of the following roles:

- Planning for the walk
- Securing walk sponsors
- Securing walk prizes
- Helping on the day of the walk

If you are interested in any of these roles, please contact Ingrid Stukerjurgan at 515-279-6928 or Ingrid@iowasids.org.

Mark your calendar. Round up your friends and family for a fun way to raise money to continue SIDS education, grief support and research across Iowa.

Watch for registration fliers this summer.

Benefit for Iowa Alliance Co-Founder Quinn-Pangburn

A benefit for Melanie Quinn-Pangburn to establish an educational fund for her children and help cover expenses incurred due to her recent diagnosis of cancer will be held on Saturday, May 8 at Rookies Sports Bar in Davenport, Iowa from 3pm to 8pm.



*Benefit for Melanie Quinn-Pangburn
Saturday, May 8, 3pm—8pm
Rookies Sports Bar
2818 North Brady St., Davenport, IA*

For the last 6 years, Melanie has worked with families and children in crisis for a local charity.

Checks may be made out to: *Assumption High School, Memo: Scholarship Fund*. Mail to: *Sue Boyler, 1920 San Jose Court, Bettendorf, IA 52722*.

Food, beverages, live music and raffles will all be part of the event at 2818 North Brady Street.

For more information call Jackie VanMeighem (309) 755-5523 or Liz McDermott (563) 289-3933.

Quinn-Pangburn worked for 15 years as a volunteer providing community support services and support groups and teaching others about SIDS after losing her son Keaton to SIDS in 1986. She co-founded the Iowa SIDS Alliance in 1992.

The Kindness Project

The Kindness Project began in October of 1997 as a way for families to honor their deceased child and to help themselves heal. Now, years later, more than 400,000 Kindness Projects have been used around the globe to perform random acts of kindness in memory of a child, parent, friend, or spouse who died before their time.

The idea is to perform random acts of, usually anonymous, kindness-es in the community. A little card is left behind so that the person who benefits from the kindness knows that someone's life and death continues to matter. This beautiful movement has helped tens and thousands of families to heal and find positive outlets for an overwhelming grief.



The Kindness Project is a worldwide movement to share our children (or other loved ones) with those who never had the honor to meet them. Let me tell you why I am so excited about this project...

My daughter, Cheyenne, died in July of 1994. It was the worst day of my life. I never thought I would appreciate life again. I never imagined myself laughing or ever experiencing joy again. My pain was exacerbated by the seemingly casual attitude of some of my closest friends.

In supporting hundreds of bereaved parents, I know this is not unusual. Refusing to allow anyone to forget her, I began to seek out ways to keep Cheyenne alive to my family and to the rest of the world. I wanted people to know her and

more importantly, I wanted them to know how much she is loved and what an integral part of our family she was.

So I set out on a mission of "random kindness." On a daily basis, I looked for opportunities to reach out and do something unexpected and unusually kind for someone else. Most often, strangers were the recipients of these good deeds. I began to feel a sense of peace in knowing that Cheyenne was the *reason* behind the reaching out.

Our children are so very important to us that we are willing to extend the life and love of our child and share it with others!

The Kindness Project blossomed out of the extraordinary experiences I had while doing things for others. I discovered that my kindnesses were deeply appreciated by others, even when they did not know from whom the kindness came. Truly miraculous things happen to our spirit when we reach out to help others. It is our hope that through the Kindness Project, we can make incredible transformations within our community. Just imagine if every grieving parent partook in this project! What an impact this would have! ***Project Kindness*** will remind people that our children are so very important to us that we are willing to extend the life and love of our child and share it with others!

-Joanne Cacciatore-Garard

Founder, MISS Foundation

Find out more information about the Kindness Project on the Internet at www.missfoundation.org/kindness.

2002 Iowa SIDS Data Released

(Continued from page 6)

ICDRT Recommendations

The ICDRT listed several "actions and strategies that could prevent future SIDS deaths." Among them were recommendations to:

- Increase media efforts to promote back sleeping for infants.
- Ensure every baby has its own safe sleep space free of soft bedding and not shared with parents in any situation.
- Increase counseling to expectant parents, parents and other caregivers about the hazards of secondhand smoke to children—both before and after their birth.
- Encourage physicians to repeatedly counsel expectant and new parents about SIDS risk factors.
- Implement special efforts to educate non-English speaking parents about SIDS risk factors.

Write for SIDS Stamp Project

Angels in the Media (AIM), a division of SIDS Families, Inc., has started a campaign to help convince the Citizens Stamp Advisory Committee that a U.S. Postal Service stamp should be issued in the name of Sudden Infant Death Syndrome.

The process for developing such a stamp includes obtaining letters supporting the idea.

If you would like to include a letter of support, please carefully follow these steps provided by AIM:

Please do not contact the Post Office directly—it could initiate a review prematurely, before the full presentation of support is ready.

After a subject has been considered for a stamp and rejected, any letters received during the next year have no impact: there is a one-year moratorium on reconsideration. AIM wishes to gather thousands of letters first, and submit them all at once.

1. Write a letter on PAPER.

Use an impressive letterhead, if possible.
Explain why Sudden Infant Death Syndrome

should be honored with a postage stamp that will be seen by millions of ordinary people in the USA and around the world. Use your own reasons; give it a personal, testimonial touch, if possible.

2. ADDRESS the LETTER itself (but do not send it) to:

Citizens Stamp Advisory Committee
L'Enfant Plaza, Washington DC

3. SEND the LETTER to:

The Great Battle Against SIDS
C/o Melissa Clements
2257 A Mentone Blvd.
Mentone, Ca 92359

On July 1, 2004, Melissa Clements will assemble the letters, add a cover letter and send the package to the Citizens Stamp Advisory Committee along with background materials to assist in their research.

For more information about this project, visit the SIDS Stamp Project Web site at: www.geocities.com/sidsstamp.



Infant Safety—SIDS Education Training

On April 30, nearly 150 professionals representing health care, child care, social work and other professions came together in Newton for a conference on SIDS education, sponsored by the Iowa SIDS Alliance.

Conference participants learned about the history of SIDS, how Iowans are affected, what audiences need to be reached in their fields and risk reduction techniques. Participants left with a training kit enabling them to return to their work and communities and teach others about SIDS and reducing the risks for SIDS.

The all-day conference was made available free of charge and included continuing education credit for nurses and social workers.

The conference was made possible in part by a grant from the CJ Foundation for SIDS and funding from the Iowa Department of Public Health. Staff at Blank Children's Hospital were kind enough to print the invitations.

We appreciate our partnerships with these organizations in helping to educate Iowans about reducing the risks for SIDS.

Reminder: Please Report Speaking Engagements

If you present to others about SIDS for your job, or as a volunteer in your community, in your church or elsewhere, we want to hear about it. On an annual basis, we track how many people we reach about SIDS. Drop us a note, e-mail, or give us a call at 515-279-6928. Let us know how many people you spoke to and the type of audience (expectant parents, nurses, community group, etc.). Or complete our Speaker Evaluation form online at www.iowasids.org/SpeakerEvaluation.htm.

**For more
information
visit:**

[www.geocities.com/
sidsstamp](http://www.geocities.com/sidsstamp)

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 515-270-1344.

Quad City 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.

Sioux City group meets the second Tuesday of each month from 7:30-9 p.m. at the Siouxland Public Health Dept. 205 Fifth St. For information call Mona Scaletta at 712-279-6119.

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

Iowa City group meets as requested by appointment. Call Kori Cusick at 319-358-0778 for information.

Clarion group meets as requested by appointment. Call Tiffini Mericle at 800-944-1713.

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
Jackie VanMeighem (309) 755-5523
Tiffini Mericle (515) 532-3461
Gary Marker (Grandparent) (515)285-2605*

Other Resources

Des Moines Area

Compassionate Friends -Meets the first Tuesday of each month at New Hope United Methodist Church, 4525 Beaver 7:30-9:00 p.m. 515-965-1922.

Empty Arms - Meets along with Compassionate Friends, the first Tuesday of each month at New Hope United Methodist Church, 4525 Beaver, 7:30-9:00 p.m. 515-253-9739 or 515-270-8766.

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.

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

Share - A support group for those who have experienced miscarriage, stillbirth or early infant death. Meets the second Tuesday of the month at 7:30 p.m. at the Mercy Medical Plaza, in the Scanlon Room – lower level, 500 E. Market St. 319-339-3576.

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.

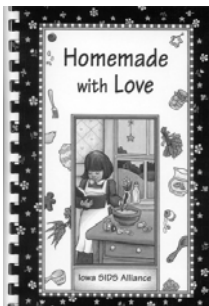
Nevada Area

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.

Shop and Support the Iowa SIDS Alliance



Cook Book
130 Pages,
Spiralbound



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



Tote Bag
100% Cotton
Red with yellow imprint



T-Shirts & Sweatshirts
Ash Gray
50/50 Cotton/Poly



Back of Shirts

Order Form	Quantity	Subtotal	
Cookbook \$5 X	_____ = _____		
Moss Print \$70 X	_____ = _____		
Sweatshirts \$15 X	_____ = _____		Size: _____
T-Shirts \$7 X	_____ = _____		Size: _____
Tote Bag \$3 X	_____ = _____		
TOTAL: \$		_____	

Your Shipping Address:
 Name _____
 Address _____
 Address _____
 City _____ ST ____ Zip _____

Mail Check and Order Form to:

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



Iowa SIDS Alliance

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

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In This Issue...

Name change... Child Death Review Team Report... Secondhand smoke and children...

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Ingrid Stukerjurgan

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Karen Swanson, President
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Mark Aschenbrenner
Jennifer Atzen
Pat Bjorklund
Tricia Borelli
Karen Doughan
Marla Hummel
Angie Miller
Roxanne Novak
Tim Otten
Deanna Robey
Mona Scaletta
Donn Stanley
Jackie VanMeighem

Iowa SIDS Alliance

Our Mission

The Iowa Sudden Infant Death Syndrome Alliance 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.