

# Iowa SIDS Foundation

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- Volunteer at your local walk.
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- Submit an article for the newsletter.
- Participate in the Birdies for Charity event.
- Follow us on social media.
- Complete your parental consent/volunteer form.
- Make a monetary donation.
- Tell others about the Iowa SIDS Foundation.

## Supporting Families Today, Educating for the Future

### Saturday April 22: Hope & Healing Spring Grief Symposium

The Iowa SIDS Foundation is hosting a spring grief symposium on Saturday April 22nd 2023.

#### *You're invited!*

We are excited to bring back this event for families to find connection, support and hope. The "Hope & Healing" symposium will be held in Urbandale at the Urbandale Senior Center



Community Room 7305 Aurora Avenue from 10am-2:30pm. Attendees will hear from experts on topics such as the impact of grief on relationships, dad and grandparent grief, and legacy building and memory making. A memorial event and lunch are included as well as access to various resources. Registration for this event is required. You can register online on our website or by sending in the registration form in this newsletter on page 2, the registration fee is \$20 per person.

#### *Meet the Speakers!*

The Iowa SIDS Foundation is excited to welcome Laura Camerona and Jane Nady as speakers for this year's spring grief symposium. Both Laura and Jane have years of experience and expertise and will be able to share important information with attendees regarding grief and other topics. Learn more about each below!



**Laura Camerona**, CCLS, started her career as a Child Life Specialist in a children's hospital. After 15 years of working with children and families in a variety of stressful situations, Laura started writing books that caregivers could read with their children. The books help the caregivers find the words for hard, important conversations with their own kids. A mom of 3 herself, Laura knows that even when you know what you want to say to your kids, your own emotions and thoughts can get in the way. Laura created Words Worth Repeating with the idea that kids can benefit from simple honest explanations from the people they love. Words Worth Repeating creates both customized books for individual families and books that are appropriate for many different families dealing with similar stressful situations. Laura loves to collaborate with organizations (like the Iowa SIDS Foundation!) that can serve their popula-



## Hope & Healing Spring Grief Symposium Registration

tions by creating books that support families. Her books are inclusive of all family dynamics, races, and cultures. Many of her books are useful in therapy and support group environments as well.



**Jane Nady** is a Human Behavior Expert who holds a Master Certification as a Mindset & Trauma Coach, a Master's Degree in Education, certification in Emotional Intelligence/REBT/CBT/DBT, has ten years of experience as an educator, experience as both a first responder as well as a Suicide & Substance Use Prevention Coordinator for the Iowa National Guard, and a key speaker for many organizations/events/programs such as NAMI's Ending the Silence Program. She is the owner of Imperfect Pathways where she provides individual and group coaching, certified mental health training/education, and facilitates a variety of support groups to include those focused on First Responders/Military Service Members, Adults with ADHD, Grief/Loss, and more.

We look forward to hearing from Laura and Jane on Saturday April 22. We hope to see you there! Register online or by sending in the form below!

IOWA SIDS FOUNDATION	
<i>Hope &amp; Healing</i>	
SPRING GRIEF SYMPOSIUM	
SATURDAY APRIL 22, 2023	
NAME(s): _____	
ADDRESS: _____	CITY: _____ STATE: _____ ZIP: _____
\$20 fee/person: ___ check ___ cash	
EMAIL ADDRESS: _____	PHONE: _____
May we include your baby's name in the day's event? YES NO	
BABY'S NAME: _____	
*SPACE IS LIMITED. ALL REGISTRATIONS <u>MUST BE RECEIVED BY APRIL 7, 2023.</u>	
<b>*Mail registration form and payment to Iowa SIDS Foundation, 2963 100<sup>th</sup> Street, #2, Urbandale, IA 50322.</b>	

## NEW Free Safe Sleep Resource for Professionals

The Iowa SIDS Foundation now has a new FREE resources for professionals in Iowa! The Safe Infant Sleep Field Guide is a "pocket" resource designed to be used by various professionals that work with expecting parents, new parents, and any individual that cares for an infant. This booklet provides important information on SIDS, SUID, and risk reduction and also guided conversation starters and directives to help professionals have effective and in-depth conversations on safe sleep. With funding support from Iowa Title V and MICHEV, the Iowa SIDS was able to adapt this booklet with permission from Children's Health Alliance of Wisconsin and the Wisconsin Safe Sleep Collaborative Improvement and Innovation Network (CoIIN) to be specific for Iowa babies. We hope this new resource will help professionals have better conversations with families surrounding sleep and keep Iowa babies safe. If you are a professional and would like to order a copy for yourself or staff members contact the office or visit our website!



# Remembering Our Babies

## Happy Birthday

### March

Sterling Grayson McFerren  
Deztiny Love Donna  
Heisdorffer  
Logan Grant Higginbotham  
Bently M. Hullinger  
Katelyn Joy Lacey  
Konner Lihs  
Benjamin Scott Meints  
Mariah Pickering  
Kelly Ann Pitts  
Anthony Alan Ross  
Cody Raymond Rupe  
Marley Jean Schults  
Sawyer Reign Springsteen  
Emily Rose Studer  
Royce Sutton  
Benjamin James Swanson  
Sophia Halas Welch

### April

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

### May

Summer Sky Archer-  
Lawrence

Cael David Burmeister  
Jordan Lee Daniel  
Caitlin Rose Davis  
Cole Alexander Davis  
Joseph Dale Davis  
Joseph Laurence Devore  
Caden DeVries  
Parker G. Donaldson  
Teagon Lee Fowler  
Mattilynn Elizabeth Jade  
Goodner  
Marianna Sarina Guess  
Sullivan Garrett Hall  
Devon James Hayes-Jones  
Kristina Ann Krienert  
Ethan Troy Livingston  
Jaxon Matt  
Dominick Paul McFarland Jr.  
Matthew Timothy Otten  
Bjorn Kai Packard  
Mario Franisico Robles  
Justin Ryker Swick  
Dawson Thomas Vandello  
McKensie Lynn Wakeman  
Caleb Richard Williams

### June

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

## In Loving Memory

### March

Maria Irene Andersen  
Brianna Alexis Bostock  
Brianna Elizabeth Boyd  
Sophie Ann Kracht  
Taylor Rose Levi  
Hazel Christine Liston  
Baylee Ann Ludtke  
Robby Miller  
Grant Michael Palan  
Cameron Palmer  
Jessica Lynn Sammons  
*Nathaniel Charles Seymour*  
Gavin Lee Sievers  
Leavy Joel Simaj-Christianson  
Isaiah Thomas Swailes  
Zayden Robert Vote  
Wyatt James Wilson

### April

Cole Edward Clark  
Alyssa Coulbourn  
Matthew Paul Eckerman  
Kenneth Edward Giffin  
Brennan Charley Godfredsen  
Deztiny Love Donna  
Heisdorffer  
Katelyn Joy Lacey  
Shawn Leon Levi  
Jalen Joseph Litscher  
O'Malley  
La'Tianna Jo'Nae Luten  
Alyssa Renee Lux  
Frederick Robert "Robbie"  
Dean Mortimer III  
Madison "Maddy" Lynn  
Nesbitt  
Camden Ray O'Connor  
Riley Jane-Marie Perkins  
Benjamin David Person  
Maggie Ameila Rose Rog-  
erson  
Landon Scott Schaver  
Kennedi Eve Sherwood  
Preston Douglas Spahn  
Izzabella Maria Tambornino

### May

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

### June

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



## Board Member Spotlight: Mackenzie Alstott



In 2022, the Iowa SIDS Foundation Board of Directors welcomed new member Mackenzie Alstott. Mackenzie serves on the Board in honor of her daughter Kady Jo Pirie who died at the age of 3 weeks of SUID in August of 2019.

Mackenzie currently lives in Fort Dodge with her fiancé and 1 year old son. In addition to serving on the Board, for the last 3 years, Mackenzie has co-coordinated the Fort Dodge location for the annual Walk with her best friend Katie Elifrits. Both Mackenzie and Katie are very passionate about being a support for grieving families and parents of child loss in their area. Mackenzie also works as an elementary school counselor.



When she isn't attending or planning Foundation events, you can find Mackenzie coaching (she's an All-American softball player) and spending time with her family.

Thank you Mackenzie for your dedication to the Foundation and the priceless support you provide to families experiencing infant loss in the Fort Dodge area. We are so thankful that you are a part of our Board!



### You Dontae. Birdies Match. All for Iowa Babies.

If you are thinking of giving to the Iowa SIDS Foundation, why not get your donation matched?! At no extra cost to you!

The 2023 Principal Charity Classic will be held June 1-4, 2023 at the Wakonda Club in Des Moines. Birdies for Charity is a fundraising program for charitable organizations to generate contributions based on the number of 'birdies' made by players during the tournaments or through donations. **You don't have to wait until June to donate**, donate today! Send in the form below!

The Principal Charity Classic (PCC) Birdies For Charity program is a matching fund program that supplements individual donations to Iowa Children's charities like the Iowa SIDS Foundation. Together, we raised **over \$6,000** for safe sleep education and bereavement support in 2022.

**We couldn't have done it without our donors. We need your help in 2023 to do it again!**

When you donate through the Birdies for Charity program, the Iowa SIDS Foundation will receive every penny you pledge, **PLUS up to a 10% match** from the PCC and our friends at Sammons Financial Group and Wells Fargo.

**To mail in your donation:** Mail this completed form and check to:  
**Iowa SIDS Foundation 2963 100th Street #2, Urbandale, IA 50322**



Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Tax Receipt: Yes No

**QUESTIONS??** Call 515-965-7655 or email [info@iowasids.org](mailto:info@iowasids.org)

## Thank You... *The Iowa SIDS Foundation wishes to thank the following donors for their generous gifts.*

### Gifts Given In Memory Of:

**Mason James Bauer**  
Dean Paulson

**Lauralee Rose Bernau**  
Cherryl Eslick

**Ryan Michael Burris**  
Mike and Janice Burris

**Jory James Fisk**  
Helen Wares

**Steven Michael Jeneary**  
Greg and Anne Jeneary

**Adam R Jones**  
Sharon Becker

**Alex Thomas Marker**  
Gary and Delaine Marker Sr.  
Barbara Swaim

**Sterling Grayson McFerren**  
Brooke Zimmer

**Colin Michael McGaffin**  
Pam Strum

**Easton and Carly Mordock**  
Barbara Mordock

**Ryan Dennis Mougin**  
Jane Gent

**Jaxton Daniel Plathe**  
Joan Peterson

**Gavin Lee Sievers**  
Lois Poore

**Isaac Francis Stecker**  
Amanda Stecker

**Victoria Elizabeth Studer**  
Jessica Studer

**Beth Marie Stukerjurgan**  
Jay Stukerjurgan

**Isaiah Thomas Swailes**  
Russell Cellular

**Taryn Suzanne Tuttle**  
Julie Tuttle

**Zachary Richard VanVleet**  
Diana VanVleet

### General Donations:

Amazon Smile  
Anonymous Donors  
Marty Arndt  
Benevity Giving Fund  
BlackBaud Giving Fund  
Sidney Conrad-Cook  
Craig Davidson  
Deborah Duffy  
Facebook /Meta  
Fareway Coin Collection, Clive  
Elizabeth Feltman  
Bob Gonzales  
Iowa One Gift  
Jaimi Jenkins  
Keith Jonas  
Casey Manser  
Katie Matt  
Jill Matthias  
MidAmerican

Modern Woodmen  
PayPal Giving Fund  
Elizabeth Vanderschaff  
Words Worth Repeating

### Employer Pledges-Employer Match:

The Wellmark Foundation  
John Deere Classic

### In Honor Of:

**Judy Frideres**  
Gordon & Nancy Port  
Erica Wegner  
Justin Gibson  
Elizabeth Gindt  
Regina Hertz  
Jennifer Wilsbach

**Marge Nish**  
Joan Peterson  
Phil & Terry Holdren

**Donna Rasmussen**  
Kristina Simonsen

**Brian Maass**  
Thomas & Julia Gerhold

thank you!

Donations are an important and significant percentage of our support. They allow us to reach out to newly bereaved parents, provide resources to families, relatives, and professionals, print the newsletter, sponsor support group, conduct safe sleep educational programs and to support research.

These donations were received as of  
February 28, 2023.

## Walk for the Future 2023 to be held on Saturday, August 26th

Your local volunteers and Foundation staff are working on plans for the 24th annual Walk for the Future! This event is intended for family, friends, and our local communities to come together to honor and remember babies that have died tragically too soon, while raising awareness for SIDS and safe sleep. We hope you plan on joining us on August 26, 2023 at one of the seven planned locations. Visit our website for the most up-to-date information on all things Walk! Online registration will begin May 31. Interested in volunteering? Volunteers are needed for all locations. Our annual Walk would NOT happen without the dedication and time shared by each of our amazing local Walk Coordinators and a host of local volunteers! If you have an interest in helping plan your local walk or are limited to volunteering on walk day only, there is a job for you and we welcome you as a volunteer. Please contact the office to be connected with your local Walk Coordinator.

**2023 Walk Locations:** Carroll, Cedar Rapids, Dubuque, Fort Dodge, Le Mars, Urbandale (\*NEW central location) and Washington.

### How can my employer or Business be a sponsor?

Yes! We offer three levels of sponsorship: Bronze \$250, Silver \$500, and Gold \$1,000. If you are interested in learning more, a sponsorship packet can be requested by email or phone.

Sponsors are critical in helping defray the operating costs of the seven statewide walks, which allows the funds raised to be maximized. All sponsors must be confirmed no later than June 16, 2023.

### How can I add my baby's name to the back of the shirt?

If you are interested in including your baby's name on the back of the 2023 Walk shirts, a consent signed by one of baby's PARENTS is required to be on file at our main office. If you completed a consent in the past it does **not** need to be renewed yearly unless your preferences have changed. You can contact us to confirm your baby had a consent on file or request one. Forms can also be found online- [iowasids.org/our-angels.html](http://iowasids.org/our-angels.html)

Please note that the waiver found on the registration form that you are required to sign is for liability; this does NOT give us permission to include your baby on the shirts. All consents must be received no later than July 28, 2023.

### How do I register for the Walk?

There are three ways for you to register for your local Walk.

1. Online registration on our website will begin May 31.
2. Paper registrations will be mailed to database addresses in July.
3. Registration will be available on-site the morning of the Walk.  
\*We can not guarantee a shirt will be available in your preferred size and registration fees increase on Walk Day.

### What does it cost?

On or before 8/3/23: \$25 for adults and \$10 for youth.

On or after 8/4/23: \$30 for adults and \$15 for youth.

**Questions:** All other questions can be referred to the office at [info@iowasids.org](mailto:info@iowasids.org) or by calling 515-965-7655.



## New Walk Volunteers needed!

The Walks would not be possible without volunteers. Every location needs assistance! There are many ways to get involved. You can volunteer your time or skills, here's what we are looking for:

- Volunteers to assist in planning at various locations
- Assistance in securing silent auction and raffle items
- Corporate sponsorships

Volunteers to help facilitate Walk Day

If you are interested in getting involved with a location near you contact the office and we will connect you!



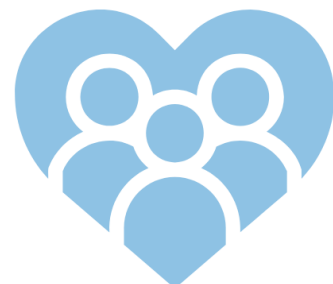
## Peer Contacts Needed

Are you looking for a way to get involved with the Iowa SIDS Foundation in 2023? We are in need of volunteers for our Peer Contact Program!

Peer Contacts are parents or grandparents that are responsible for reaching out to newly bereaved families and providing support. Peer Contacts are supported by the Executive Director and qualifications include:

- A parent or grandparent who has experienced a sudden unexpected infant loss.
- Be a minimum of one year post loss.
- Attend an in-person training.

If you are interested, or want to learn more, contact [casey@iowasids.org](mailto:casey@iowasids.org).



## Facebook Donations

Thank you so much to those who choose to host an online fundraiser to benefit our Foundation. Happy birthday to the following: Adam Port, Amanda Stone-Janssen, Ashley Bouma, Ciera, Elise Stephens, Erin Nicole, Kallie Rubendall, Kris Fox, LeAnn Winton, Lys Chamen, Rebecca Bunch, Shane Sievers, Speedy Schakel, Tammy Dalcourt, and Taylor Makenzie. The generosity and kindness of both the Facebook Birthday Fundraising sponsors and donors assists the Foundation in supporting families and providing safe sleep education. Thank you for choosing to be a part of our Foundation and helping fulfill our mission!

We appreciate all the following individuals making a Facebook donation through 2/28/2023:

Amanda Stone-Janssen	Jessica Hester	Ryan Carvalho	Susan Ruchti
Amy Baker-Seaman	Julie Johnson	Shane Sievers	Tammy Ruggles
Amy Kapustka Boyce	Justin Bucher	Shelby Stephens	Tiffany Flournoy
Brian Kawooya	Katiw Urso	Susan Hayden	
Brittney Steinkamp	Kaytie O'Dell		
Cady McCallan	Kris Fox		
Caitlin Bernau	Margo Sievers		
Carol Brown Hopkey	Mary Gates		
Cindy Duitsman	Matt Shroyer		
Deb Shank	Melissa Lickteig-Criswell		
Gabe Winter	Melody Hill		
Ginger McPeters	Michelle Van Zante		
Heather Banker	Milo Vukelich		
Jason Wilshire	Nicole Birch		





## Iowa SIDS Foundation

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515-965-7655

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IOWA SIDS FOUNDATION

# Hope & Healing

SPRING GRIEF SYMPOSIUM  
SATURDAY APRIL 22, 2023

## Summer Newsletter Deadline: June 12, 2023

### Executive Director

Casey Manser

### Administrative Assistant

Ruth Arndt

### Board Members

Tony Lipski, President  
Jessie Mireles, Vice President  
Karen Weiskircher, Treasurer  
Amy Gould, Secretary  
Mackenzie Alstott  
Audrey Bush  
Jeff Jarding  
Pam Jeneary  
Jessica Martinez  
Connie Sievers  
Janet Timm  
Tina Wagner  
Neal Wallace

### General Submissions

The Iowa SIDS Foundation offers all parents, grandparents, relatives, childcare providers and friends the opportunity to submit information for the newsletter. This may include letters, poems, sharing your family's story or perspective, or highlights of events held in your local community to benefit the Foundation or to bring awareness to SUID and SIDS. Please note that due to space limitations, submitted material may have to be edited or held until a later newsletter.

It is our hope to give as many parents and family members the opportunity to share. For additional information or to submit your story, please contact the Iowa SIDS Foundation by calling 515-965-7655 or by email at [info@iowasids.org](mailto:info@iowasids.org).

### Remembering Our Babies

If you would like to honor your baby in our Remembering Our Babies section of the newsletter, we do require a written parental consent to be on file. Consents may be printed from our webpage or can be mailed or emailed to you by contacting our office by phone or email.

**UNSUBSCRIBE:** If you would like to have your name removed from the Iowa SIDS Foundation mailing database, please notify us at 515-965-7655 or [info@iowasids.org](mailto:info@iowasids.org).

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