

Iowa SIDS Foundation

Supporting Families Today, Educating for the Future

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2022 Walk for the Future Recap

On Saturday, August 27th, 2022 participants from all over the state gathered at one of the seven Walk locations to honor and celebrate Iowa babies. Walks were held in Carroll (new!), Cedar Rapids, Dubuque, Fort Dodge, Grimes, Le Mars, and Washington.

Walk participants totaled over 690 with 59 first-time walkers! It is always our hope that each and every family and walker found support in the day, made connections with other families, and were surrounded by family and friends as our precious babies were honored and remembered.

2022 was another recording breaking year with a total of \$60,206.79 raised!

These funds will be used for the daily operation of the Iowa SIDS Foundation and support services including grief resources for newly bereaved Iowans, educational materials and presentations to Iowa healthcare and childcare providers, and to support SIDS/SUID research.

The 23rd annual walk was made possible by thirty-eight generous corporate and community sponsors including 6 brand new, first-time sponsors.

Please consider thanking those listed by visiting their businesses, referring their services, or simply taking the time to say thank you!

Each site is led by a walk coordinator and their team of local volunteers. From reserving parks, to gathering prizes, securing food, and hosting the walk, these teams of volunteers make your local Walk happen!



Continued on page 2



2022 Walk for the Future Recap Cont.



Their commitment, teamwork, connections, and creativity make each Walk unique and special for the families that attend. *Thank you to Ashleigh Wiederin, Andria Davis, Tina Wagner, Kenzie Alstott, Katie Elifrits, Jes Sauser, Erin Veenstra, Pam Jeneary, and Tony & Tricia Lipski for your time and leadership in guiding your team of volunteers!! We couldn't do it without you!*

Thank you again to all of our sponsors, volunteers, walkers, and community businesses! We look forward to seeing you at the **2023 Walk on August 26, 2023!**



If you would like to be involved in planning, have a connection for a corporate sponsor or are simply interested in helping on Walk Day, please call our office or email us at info@iowasids.org.

Ideas for Honoring your Baby this Holiday Season



Many people find comfort and healing during the holiday season by intentionally honoring their loved ones who have passed. Here are a few ideas and ways you can honor your baby this holiday season;

Decorate an ornament or other holiday decoration

Write your baby's name on an ornament or purchase one that reminds you of them.

Purchase and donate a gift

Buy a gift that you would for your baby and donate it to a charity or give to a person in need.

Light candles

Place candles on your holiday table or in a special place in your home and light them to honor your baby.

Create a new tradition

This could be as simple or as extravagant as you wish. Something you do alone or as a family to memorialize your baby.

Holiday Donation to Benefit Research or SIDS Support Services

We appreciate that each of you have many worthy and notable causes and hope you will consider supporting the Iowa SIDS Foundation during your holiday giving. Generous donations, of any size, are the key to our success and allow the Iowa SIDS Foundation to offer support to newly bereaved families, safe sleep education to Iowa parents and providers, and financial support for SIDS research. Thank you for thinking of us this season!

This holiday donation is in memory of: _____

Donated by: _____ **Email:** _____

Address: _____

Amount: _____

_____ **I would like 100% of this donation to be included in the research campaign.**

_____ **I would like this donation be used for general operating funds.**

_____ Please send a note to the above baby's family to let them know that I was thinking of them and their baby.

_____ Please send me a receipt for my tax deductible donation.



Mail to: Iowa SIDS Foundation, 2963 100th Street, Suite 2, Urbandale, IA 50322.

Remembering Our Babies

Happy Birthday

November

Anthony Allan Appley
Jacob Alexander Boles
Katie Marie Clarey
Sydney Ann Davidson
Jory James Fisk
Adam Randal Jones
Sophie Ann Kracht
Shawn Leon Levi
Taylor Rose Levi
Grant Michael Palan
Matthew Thomas Samuelson
Jaelyn Macie Jo See
Nathaniel Charles Seymour
Easton Steele Sims
Tanner Richard Skelton
Isaiah Thomas Swailes
Taryn Suzanne Tuttle
Tjay Scott VanLangen

December

Robin Christopher Carrell
Beimer
Isaac Paul Gellett
Brock Adam Gould
Nekeia L. Hunt
Catherine Louise Jacoby
Ashlee E. Kallsen
Baylee Ann Ludtke
Alyssa Renee Lux
Camden Ray O'Connor
Jaxton Daniel Plathe
Kennedi Eve Sherwood
Preston Douglas Spahn
Presley Nicole Whitaker
Andy Duane Whiteside
Tyler Wayne Williams
Wyatt James Wilson
Keaton James Wirtz

January

Kai Maurice Barnhill-Philus
Libbi Marsha Bendickson
Dalton James Bixby
Joseph Landon Blades
Brianna Alexis Bostock
Brianna Elizabeth Boyd
Lane Kurt Carter
Rita Marie Chadwick
Matthew Paul Eckerman
Gavyn Scott Judd
Logan James Lamoreux
James Allen Magruder

January

Frederick Robert "Robbie"
Dean
Mortimer III
Justice Marie Ruthann
Newsom
James Nupp Jr. "JJ"
Benjamin David Person
Landon Scott Schaver
Skyler Eugene Smith
Derek Steinkamp
Austin Micheal Vogt

February

Tyree R. Barnes
Hannah Jo Blair
Alyssa Coulbourn
Rowan James Dolezal
Bentlee Jacob Edwards
Christopher Scott Evans
Grant Philip Evans
Kenneth Edward Giffin

James Ray Griffin
Tysen Jacob Imbus
Danika Jo James
Hazel Christine Liston
Jalen Joseph Litscher
O'Malley
David Mikel Logan
Abigail K. Mar
Jackson Andrew Mueller
Rylan Joseph Ogden
Tanner Lee Port
Alec John Schlotfeldt
Izzabella Marie Tambornino
Presley Nicole Sapphire
Whitaker
Lauren Elizabeth Nichole
Viaene
Zayden Robert Vote
Elizabeth "Ellie" Christine
Williams

In Loving Memory

November

Elizabeth Grace Atzen
Silus J Bigbee
Nathaniel Frederick Borelli
Cody Michael Coleman
Rylee Alizabeth Erwin
Kristina Ann Krienert
Dawson John Lewis
Amara C. Magee
Abigail K. Mar
Shelby Jo McConnell
Johnathan Danial Prescott
DaeShawn Marquis Rodriguez
Laikyn Allyn Shutts
Beth Marie Stukerjurgan
Devon Own Tripp
McKensie Lynn Wakeman
Gavyn Darwin Webb
Warren Edwin White

December

Kayla Sue Brewer
Cael David Burmeister
Max David Bushlack
Cara Lynn Eddie

Dash Riley Ellingworth
Ryder Martin Harnish
Ryker Edward Huizenga
Chelsea Miranda Jones
Abigail Ilene Knoop
Quinten Matis
Jackson Andrew Mueller
Knox Owen Palmer
Darran Dasan Perkins
Isaac Thomas Pressley
Jaelyn Macie Jo See
Erika Elizabeth Story
Shane Adam Tate
Kyle Anthony Timmons
Noah James Zarate

January

Dylan Peter Christian

Andersen
Kai Maurice Barnhill-Philus
Cody James Beck
Robin Christopher Carrell
Beimer
Shialoh Marie Christopher
Sydney Ann Davidson
Robert Carl Davis III
Kory Lynn Dunkin
Isaac Paul Gellett
Ryker Edward Huizenga
Hailey Erin Lincoln
Jacob Anthony Lipski
Gunner Jacob Alex Nail
Jessica Lynne Otto
Ariel Faith Rattler
Zachary Kyle Renaud
Easton Steele Sims
Kellan Rayne Christine Starrett
Taryn Suzanne Tuttle
Andy Duane Whiteside

February

Matthew James Avery
Jacob Alexander Boles
Rita Marie Chadwick
Kaleb Dean Hargens
Nekeia L. Hunt
Alexa Jean Jonas
Ashlee E. Kallsen
Peyton Jo Lehman
Samantha Alina Parks
Ryan Allen Robinson
Matthew Thomas Samuelson
Skyler Eugene Smith
Jadin Diane Vega
Alec Arlan Woerdehoff

Your life was a blessing,
Your memory a treasure.
You are loved beyond words,
And missed beyond measure.



Board Member Spotlight: Janet Timm



Janet Timm serves on the Iowa SIDS Foundation Board of Directors in honor and memory of her daughter Ella. Janet resides in Cedar Rapids with her son Aiden, daughter Chloe and her 6-year-old Soft Coated Wheaten Terrier, Freyja. She is an avid sports fan and loves to cheer for the Iowa Hawkeyes, St. Louis Cardinals, and New England Patriots.

When not attending Foundation meetings and events you can find her enjoying time outside biking, kayaking, walking, running or gardening! Janet explains why she joined the Iowa SIDS Foundation Board of Directors:



"I don't ever want anyone to ever experience the pain of losing a child, especially not to SIDS. SIDS is real, and our community needs to know how important of an issue it is. The devastating spontaneity of SIDS doesn't pick and choose; any family can suffer from its atrocities. I want to support a foundation that provides the education that our community dramatically needs, funds research, and helps those who have lost a baby to SIDS. I want to honor Ella's life by being an advocate for other families and babies so that they may never endure such unbearable pain."

In recognition of October being SIDS Awareness Month, Janet bravely shares Ella's story:

I was so excited to pick up my daughter, Ella, on the evening of my 35th birthday, after having dinner with my husband. Before going to dinner that night, I pleaded with my mom not to smoke around Ella and insisted she was placed in her sleep sack and on her back when my mother would eventually lay her down. I automatically assumed something had happened to one of my parents as we approached their house, as I saw the dancing of lights from the emergency vehicles. When I exited our car and saw that both my mother and father were fine, I started screaming, demanding my daughter's whereabouts. She was rushed to the hospital. My mother's intuition instantly felt the dread and the truth. My mom did none of what I had asked. To top it off, I later learned my mom placed her on her stomach and on top of their fluffy comforter, which lay on their bed. She was still in her clothes which ranked of smoke.

The screams of pain, the shock, and the unbearable emptiness kicked in when the emergency doctor, who worked tirelessly to bring her back, stopped, looked up at me, and shook his head. I lost all feeling in my legs and fell to the ground. I always thought that was a drama add to Hollywood movies and didn't believe that sort of thing happened in real life. The pain was excruciating, it was a pain I had never felt before and one I would never wish on my worst enemy. You hear it told, the loss of a child is considered the ultimate tragedy, one that goes against nature: For a child to die before their parents. Having experienced the loss of my daughter, I continue to live amid tragedy.



It was all too surreal that we were left with no explanation for why our beautiful, healthy baby girl died at seven weeks old. SIDS? That wasn't good enough. I had to have answers as to Why? Why? WHY??!!!! I read 25 books in two weeks in a sad attempt to find the answers (I couldn't sleep, so I had plenty of time).

A few weeks after she died, we received a call from a parent who had lost their baby to SIDS. She informed us she was a part of the Iowa SIDS Foundation. I felt less alone in my struggle through involvement with the SIDS Foundation. The peer contact and the Foundation's support helped my husband and I leave this imaginary stranded island. We were no longer lost at sea.

Upcoming Online Winter Bereavement Gathering

We are excited to offer a free opportunity for families to come together virtually this winter to remember their baby and find support. The “Tea & Cookies Bereavement Gathering” will be offered online in 2023 on **January 19th**. The event will begin at 7pm.

During this online event, participants will have time to hear and share healing words of love and loss as we move into the new year. All Iowa bereaved families are welcome to participate. The event is free but registration is required. Upon registration, a kit will be mailed with tea, a cookie and other items needed to participate.



To register or find out more contact Casey at casey@iowasids.org. Participants must RSVP by January 11, 2023 to ensure package delivery before event.

Facebook Fundraising Campaigns

We continue to be humbled by the number of people choosing to host an online fundraiser to benefit our Foundation. Special thanks to the following who opted to celebrate their birthday by raising funds to help support newly bereaved families and to advocate safe sleep. Happy Birthday to the following: Geri Brouwer, Ashley Frier, Tami Garvey, Brittany Hyde, Abigail Hope Linville, Sydney Rae, and Amanda Starrett. Your kindness and advocacy is very much appreciated. Thank you!



We appreciate all of the following individuals for supporting these campaigns or making a Facebook donation 7/1/2022-10/1/2021.

Alyssa Weber	Jan Welch	Rose Reed
Ama Bartlett	Janet Griner Butler	Shannon Stevens
Amanda Smothers	Jennifer Berg	Stephanie Larsen
Amanda Starrett	Jessica Steinhart	Susie Hervey Fowler
Beth Kilker	Joleen Phelan	Tabitha Wright
Koerselman	Jolie Crawford	Teresa Ahrens
Brenda Lee Linville	Josh Bergstrom	Vansteenburgh
Brent N Panyik	K.J. Davis	
Burned Hearts	Kelsey Mews	
Connie Bentrutt	Linda Haven	
Courtney Cetera Costello	Lindsey Ohlwine	
Danny Hunn	Marilyn Castrop	
Denise Denly Conrad	Maureen Mantrop-Utterback	
Diana Greeson	Melanie Ranae	
Dianne Castellano	Michelle Herman	
Gayle Tom Rekowski	Michelle Perry	
Jaci Conard-James	Nicole Dixson-Harris	



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

Gifts Given In Memory Of:

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Steven & Elizabeth

Vanderschaaf

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in memory of:

Steven Michael Jeneary

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Elizabeth Vanderschaaf

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Mid American Match Program

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Wave of Light October 15, 2022



The Wave of Light is an global event held on the 15th of October each year. On this day every year, families, friends and loved ones are invited to light a candle for the baby they are remembering at 7pm in their local time zone creating a 24 hour wave of light throughout the world. The month of October is recognized as SIDS Awareness Month, Infant and Pregnancy Loss Awareness Month and the week of October 9-15 is specifically recognized as Baby Loss Awareness Week.

This year, in honor of all Iowa babies lost to SIDS and SUID the Iowa SIDS Foundation was a sponsor at all 4 locations of No Foot Too Small's annual event. This year, No Foot Too Small, a non-profit organization dedicated to raising awareness of pregnancy loss and infant

mortality while encouraging the celebration of angels, hosted Wave of Light events in Cedar Rapids, Cedar Valley, Des Moines, and Sioux City.

These events are provided completely free to families and included a ceremony with reading of baby's names, a candle lighting, refreshments, and most importantly an opportunity for families to come together to remember and find support. It was a special evening to come together with other families and find communities, thank you to all those that participated!

We want families and loved ones to know that we remember your baby with you every year, every month, and every day. They are always loved and always missed.



New Website Coming Soon!

You spoke and we listened! This summer we experienced various technical issues with our current website. Various issues with online registration for the 2022 Walk really brought some specific problems forward. We are excited to announce creation of a new updated website is currently in the works with hopes for completion at the end of November 2022!

It is important that providers and families are able to easily navigate our website and find what they need. We want to ensure that our website provides people with the most updated safe sleep recommendations and grief resources. Besides a new more modern look, our new website will also include more applicable content and easy access to Foundation event information. Be sure you are following our social media pages so you can know when the new website goes live!

Thank you to everyone for your patience in the meantime and to all of those that provided feedback. We are a Foundation founded by parents for parents and we are excited that now our new website will reflect our mission more adequately!

Until the new website is up and running you can stay in the know by following us on Facebook and still access the old website.





Iowa SIDS Foundation

2963 100th Street, Suite 2
Urbandale, IA 50322
www.iowasids.org
515-965-7655

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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 SIDS and SUID. 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 more information or to submit your story, please contact the Iowa SIDS Foundation by calling 515-965-7655 or by email at info@iowasids.org.

New Arrivals

Congratulations on your newborn! If you are interested in sharing your new family member with our readers, please provide your baby's name, birthdate and parents' names to the office.

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 requested to either be mailed or emailed to you. Contact our office by phone or email to request a parental consent.

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.

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