

Iowa SIDS Foundation

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- Volunteer at your local walk.
- Host a fundraising event.
- Create a Facebook Fundraiser.
- Become a Peer Contact.
- Serve on the Board.
- Submit an article for the newsletter.
- Share and like our posts on social media.
- Complete your parental consent/volunteer form.
- Make a monetary donation.



Supporting Families Today, Educating for the Future

2023 Walk for the Future: August 26, 2023

Registration for the 24th anniversary of the Iowa SIDS Foundation's Walk for the Future has begun! The 2023 Walk is scheduled to be held on August 26th in seven cities across the state. Family, friends and community supporters will gather to raise awareness for SIDS/SUID and to honor the lives of Iowa babies. This family friendly event is our primary fundraising event for the Foundation and funds are used to fulfill our daily mission of offering grief support to SIDS/SUID families, educating professionals and the general public regarding SIDS/SUID and safe sleep, and to fund an annual contribution to research. We are eager to come together and work toward our total fundraising goal of \$50,000.

This statewide event would not be possible without our dedicated Walk coordinators and volunteers. A big thank you to Ashleigh Wiederin- Carroll, Andria Davis- Cedar Rapids, Tina Wagner- Dubuque, Kenzie Alstott and Katie Elifrits-Fort Dodge, Pam Jeneary-Le Mars, Amy Gould and Connie Sievers-Urbandale, and Tony and Tricia Lipski and Karen Weiskircher-Washington for their leadership in planning and coordinating their locations! It is not too late for you to get involved. If you are interested in assisting at a location on walk day please contact the office to get in touch with your local coordinator.

A few reminders as Walk Day approaches

- **The Walk is held rain or shine!** Don't forget an umbrella, just in case. If the Walk must be delayed due to dangerous weather, announcements will be posted on our Facebook page. If dangerous storms are predicted to last all morning and the Walk must be cancelled due to safety, no refunds will be provided and shirts will be given to those that pre-registered or registered the morning of the Walk.
- **Walk Day registrants or those registering after August 6th are not guaranteed a shirt in their preferred size.** Those that register at the event or after the August 6th deadline will be provided a shirt in their size if available. If not a size up or down will be offered.
- **Please bring cash or checks with you on Walk Day.** While there may be an option to pay online with a debit or credit card at some locations, checks and cash are preferred.
- **Respond to our Walk event on social media!** To stay up to date with all Walk happenings follow our social media pages and Walk event found by searching "2023 Walk for the Future" under events.
- **Collect pledges to earn a hooded sweatshirt.** Walkers who collect \$175 in pledges from family or friends can earn a hooded sweatshirt with the 2023 Walk shirt design. Contact the office for a pledge form!
- **Invite your friends and family.** We want to connect with as many people as possible to help raise awareness, reach out to friends and family members about our event and help us spread the word! **Register by August 6th to avoid an increase in fees and guarantee a shirt in your size!**



2023 Walk for the Future Information Continued

How to Register:

Option 1 (SUGGESTED OPTION): Register online at www.iowasids.org or by scanning the QR code below. Online registration is simple and easy! To keep up with the times and direct the majority of our budget to direct family services, the Foundation anticipates online registration to be the only option for events by 2025, but you can start now! If you need assistance with online registration please call us at 515-965-7655 or email info@iowasids.org

Option 2: Complete and submit a registration form to the Iowa SIDS office. These forms were mailed the week of July 4th; additional forms may be requested by calling 515-965-7655 or by email at info@iowasids.org.

Option 3: On or after August 6th, walkers can register on site the morning of the Walk at the location of their choice.

Reminder: Pre-registration (before August 6th) is highly encouraged! Fees increase after August 6th and if registering after that date, a shirt in your size is not guaranteed.

2023 WALK LOCATIONS

CARROLL

Swan Lake Education Center
22676 Swan Lake Dr.
Registration 8:00am - Walk 9:00am

CEDAR RAPIDS

Noelridge Park — Creekside Pavilion
4801 Golf St. NE
Registration 8:00am - Walk 9:00am

DUBUQUE

Dubuque Arboretum
3800 Arboretum Dr.
Registration 8:00am - Walk 9:00am

FORT DODGE

Oleson Park Shelter
1400 Oleson Park Ave
Registration 10:30am - Walk 11:30am

LE MARS

Le Mars Municipal Shelter House
813 Park Ln NE
Registration 8:30am - Walk 9:30am

URBANDALE-NEW CENTRAL LOCATION!

Walker Johnston Park— Giovannetti Shelter
8900 Douglas Ave
Registration 9:30am - Walk 10:30am

WASHINGTON

Sunset Park
Corner of W. Madison St. & Avenue D
Registration 8:30am - Walk 10:00am

Thank you to our 2023 Walk for the Future Sponsors!

Bronze Level: *Green State Credit Union-Cedar Rapids, Michael Wheatley DDS PC-Sioux City, Primebank-Le Mars, Dunes Dental 4 Kids-Dakota Dunes, Mr. James George-Le Mars, Iowa State Bank, Northwestbank-Spencer, L&L Distributing- Sioux City, Oral Surgery & implant Specialist- Dakota Dunes, Rexwinkel Funeral Home- Le Mars, The Turn Around Dance and Gymnastics Studio-Le Mars, American Bank-Le Mars, Kroese & Kroese- Le Mars, Kading Property Management-Urbandale, Wendt Repair-Le Mars*

Silver Level: *American Legion Post 562, Northwest Endodontics-Sioux Center, Floyd Valley Healthcare-Le Mars, NCMIC-Clive, Schuster Co-Le Mars, Ed & Gerry Sue Krienert, In memory of Dave M Vander Wel*

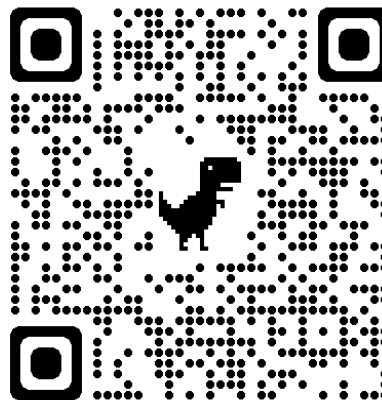
Gold Level:

Better Builders, Urbandale
Family of Libbi Bendickson, Le Mars
Jeneary Dental, Le Mars
The Birth Place at St. Anthony Regional Hospital, Carroll
Senior Savings Services, Urbandale
Beisser Lumber, Grimes
UnityPoint Health, Fort Dodge

Media Sponsors:

KCRG TV9
KLEM Radio

REGISTER NOW!



SCAN CODE

Board Member Spotlight: Meet Connie Sievers



Connie with her husband Shane and baby twin boys, Jaxon and Gavin.

After being born and raised in Holstein, Iowa, Connie Sievers moved to Johnston in 2012 with her husband Shane. In 2015 Connie and Shane welcome twin boys Jaxon and Gavin. On March 7, 2016 Gavin passed away from SIDS at 6 months old. Since becoming connected to the Iowa SIDS Foundation, Connie and her family have faithfully attended the central Walk location and supported the mission of the Foundation. This year, in March of 2023 Connie officially began her role on the Iowa SIDS Foundation Board of Directors serving in honor and memory of Gavin.

Despite just starting her term on the Board, Connie has already proven to be a valuable member. She is dedicated to furthering the reach of the Foundation and building up the community of parents impacted by SIDS/SUID in order to provide the most impactful support services.

In addition to her service as a Board Member, both Connie and her husband Shane have been trained Peer Contacts since 2021 and have provided valuable support to newly bereaved families in the state. This year, Connie is also taking on a new role as Co-Coordinator of the Urbandale location for the 2023 Walk for the Future. If you will be attending the Urbandale location this year, be sure to find Connie to say hello!

In her spare time you can find Connie spending time with family and attending the Iowa State Fair where now 7 year old Jaxon shows pigs. Between the Walk and Iowa State Fair activities, Connie is sure to have a busy August!

We are incredibly grateful to have Connie on the Board! Thank you Connie for ALL that you do!



Connie and husband Shane help Jaxon release a butterfly at the 2021 Walk for the Future-Grimes in memory of his twin brother Gavin who passed away from SIDS in 2016.

PCC Birdies for Charity Goal Reached!



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. After a successful year in 2022, we hoped to raise over \$6,000 this year to help support the mission of the Foundation. And we did. Thanks do our generous donors, we raised over \$6,900! Because of this program, the Foundation has received every penny donated and will also be allotted up to a 10% match from PCC and our friends at Sammons Financial Group and Wells Fargo. Thank you to all our donors. Excited to see what we can do in 2024!

We would like to say a special thank you to Gary Marker for his efforts in assisting with fundraising each year for the PCC Birdies for Charity event, THANK YOU GARY!!

Remembering Our Babies

Happy Birthday

July

Elizabeth Grace Atzen
Jerome Alexander Brown
Cole Edward Clark
Rylee Alizabeth Erwin
Owen Jay Fisher
Brennan Charley Godfredsen
Alana P. Gonzales
Ryder Martin Harnish
Zarena Rayne Jennings
Catherine Elizabeth Lafferty
Shelby Jo McConnell
Ethan Daniel McDermott
Darian Bea O'Connell
Jessica Lynne Otto
Carson David Phillips
Joshwa Izaiah Rivera
Jaycee Marie Schilling
Jacoby James Sickels
Danielle Rae Thomas
Bryton Thompson
Jordyn N. Thompson
Easton Allin Werner

August

Braxton Timothy Charles Bell
Emmet Lee Woodyard
Zoey Kaye Bestland
Silus J Bigbee
Max David Bushlack

Abel Cenicerros
Johnathon Oscar Danner
Jennifer Lynn Dyar
Dash Riley Ellingworth
Kenna Reese Henss
Kingston Richard Hronik
Hattie Jo Jenkins
Freya Lynn Kay Keith
Evan Dean Klemme
Abigail Ilene Knoop
La'Tianna Jo'Nae Luten
Amara C. Magee
Maverick James Lynn Miller
Carly Ann Mordock
Danielle Rose Noggle
Hope ElizaRae Ohrt
Kadyn Jo Pirie
Aaron Postel
Zachary Kyle Renaud
Aarie Jai Richardson
Analisa Ines Rodriguez
Maggie Amelia Rose Rogerson
Nolan Douglas Rubendall
Phoenix Isabelle Shank-Weaver
Hunter Dean Stevens
Cael Anthony Subject
Shane Adam Tate
Ella Elizabeth Timm
Kyle Anthony Timmons
Oakley Joe Van Patten

Shiana Lynn West
Kyler Lon Wilcox
September
Dylan Peter Christian Andersen
Maria Irene Andersen
Lauralee Rose Bernau
Benjamin Blowers
Kayla Sue Brewer
Ariana Marie Bunch
Cody Michael Coleman
Kory Lynn Dunkin
Jennifer Lynn Dyar
Allison Renee Elliott
Kaleb Dean Hargens
Chelsea Miranda Jones
Dominic Joseph Laurenzo
Hailey Erin Lincoln
Jacob Anthony Lipski
Ross "Rosco" Jacob McGlothlen
Brenden Meinecke
Alex Ostlund
Knox Owen Palmer
Darran Dasan Perkins
Johnathan Danial Prescott
Ariel Faith Rattler
Ashton Lavail Seaton
Gavin Lee Sievers
Beth Marie Stukerjurgan
Alec Robert Wagner
Warren Edwin White

Alec Arlan Woerdehoff
Emmett Lee Woodyard
Noah James Zarate

October

Matthew James Avery
Cody James Beck
Robert Carl Davis III
Cara Lynn Eddie
Sullivan Garrett Hall
Ryker Edward Huizenga
Alexa Jean Jonas
Peyton Jo Lehman
Dawson John Lewis
Quinten Matis
Justin Evan Miller
Robby Matthew Miller
Gunner Jacob Alex Nail
Madison "Maddy" Lynn Nesbitt
Avery Ann Palmer
Cameron Palmer
Samantha Alina Parks
Riley Jane-Marie Perkins
Isaac Thomas Pressley
Ryan Allen Robinson
DaeShawn Marquis Rodriguez
Jessica Lynn Sammons
Leavy Joel Simaj-Christianson
Kellan Rayne Christine Starrett
Erika Elizabeth Story

Grief came to you because LOVE came first. –Donna Ashworth–

In Loving Memory

July

Sydney Nicole Allen
Cole Alexander Davis
Rowan James Dolezal
Owen Jay Fisher
Brooke Louise Goodyk
Marianna Sarina Guess
Logan Grant Higginbotham
Ryan Dennis Mouglin
Matthew Timothy Otten
Mariah Pickering
Kelly Ann Pitts
Alexis Deane Rudkin
Douglas Ronald Tietge



Lauren Elizabeth Nichole Viaene
Austin Micheal Vogt

August

Olivia Nora Aikey
Jerome Alexander Brown
Cheyanne Marie Camp
Joey Cusick
Jordan Lee Daniel
Caitlin Rose Davis
Joseph Laurence Devore
Caden DeVries
Parker G. Donaldson
Gavin Eli Gratz
Devon James Hayes-Jones
Steven Michael Jeneary
Carson David Phillips
Thomas Jay Fallon Robinson
Tara Beth Schroeder
Dawson Thomas Vandello
Caleb Richard Williams

September

Mason James Bauer
Johnathon Oscar Danner
Landon Davis

Alana P. Gonzales
Mattilynn ElizabethJade Goodner
Evan Dean Klemme
Ethan Troy Livingston
Steling Grayson McFerren
Benjamin Scott Meints
Carly Ann Mordock
Hope ElizaRae Ohrt
Kaleb J. Peverill
Aarie Jai Richardson
Phoenix Isabelle Shank-Weaver
Jacoby James Sickels
Emily Rose Studer
Bryton Thompson
Andrew Jay "A.J." VanDerSchaaf
Zachary Richard VanVleet
Easton Allin Werner
Keaton James Wirtz
Emmet Lee Woodyard

October

Braxton Timothy Charles Bell
Zoey Kaye Bestland
Ariana Marie Bunch
Lane Kurt Carter

Thaddeus Charles Ernzen
Christopher Scott Evans
Teagon Lee Fowler
Kingston Richard Hronik
Hattie Jo Jenkins
Zarena Rayne Jennings
James Allen Magruder
Jaxon Matt
Ethan Daniel McDermott
Brenden Meinecke
Danielle Rose Noggle
Darian Bea O'Connell
Bjorn Kai Packard
Aaron Postel
Joshwa Izaiah Rivera
Mario Franisico Robles
Jaycee Marie Schilling
Sawyer Reign Springsteen
Hunter Dean Stevens
Jordyn N. Thompson
Oakley Joe Van Patten
Alec Robert Wagner
Sophia Halas Welch
Kyler Lon Wilcox

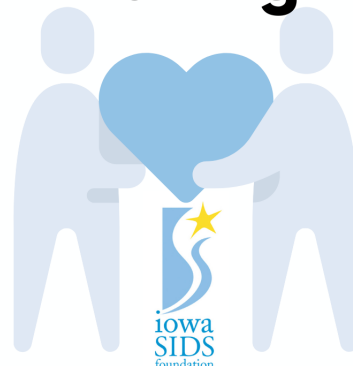
Peer Contact Training to be held in August

On Saturday August 12, 2023 a new Peer Contact training will be held virtually from 10am-2pm with breaks for those interested in joining the Peer Contact program. Peer Contacts play a vital role in the support services the Foundation offers. 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 of the Foundation and qualifications include:

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

If you are interested in attending this training or want to learn more about becoming trained please contact casey@iowasids.org. We would love to have you join us!

New Peer Contact Training



August 12th, 10am-Online
Contact: casey@iowasids.org

Baby Product Reminders

If you have done any shopping recently for a baby gift for a friend or loved one it is likely you were overwhelmed by all the options. There seems to be a gadget and gismo for everything these days and with more products come more questions. Recently, the FDA has announced approval of certain popular baby items which creates a great opportunity to remind the public about what is safe and necessary for baby. Here are a few reminders:

- Just because something is sold, does not mean it is safe. When buying any product for baby, ensure that it meets USCPSC safety standards. These are easily accessible online.
- Avoid second-hand, hand-me-down, and heirloom products. Be sure to visit the CPSC recall webpage to search for recalls if using older products.
- Only place baby to sleep in a product that is intended and approached for infant sleep like a crib, pack n play, or bassinet.
- When it comes to infant sleep, keep things simple. All baby needs is a safe sleep space (like a crib) with a firm mattress and a tight-fitting sheet! A pacifier is also recommended and sleep sacks are a great alternative to loose, dangerous blankets.

WHAT DOES BABY NEED FOR SLEEP?



The Iowa SIDS Foundation promotes and supports the American Academy of Pediatrics recommendations for safe sleep. Current “popular” items on the market that are **not safe** for infants as reported by the AAP include weighed sleep sacks and wearable monitors (among others).

Most of all, remember there is no product that exists that can “prevent” SIDS. By following safe sleep tips and staying informed about the latest safety guidance, you can help reduce babies’ risk of SIDS and other sleep-related deaths. If you have a safe sleep questions reach out to us!

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

In Memory Of :

Mason James Bauer

Dean and Becky Paulson

Lauralee Rose Bernau

Caitlyn Bernau

Ryan Michael Burris

Janice Burris

Cole Alexander Davis

Kevin Wood

Alexa Jean Jonas

Linda Jonas

James Allen Magruder

Sarah Black

Alex Thomas Marker

Gary and Delaine Marker Sr.

Donald Stanley

Colin Michael McGaffin

Pamela Strum

Ryan Dennis Mougín

Jane Gent

Vivian Mougín

Dee and Wayne Simon

Matthew Timothy Otten

Tim and Angela Otten

Toby Daniel Sejkora

Gary and Pamela Sejkora

Isaac Francis Stecker

Amanda Stecker

Zachary Richard VanVleet

Diana VanVleet

Gifts Given in Memorial Honor Of :

Kenneth Karl Lehmkuhl

Fred and Linda Lipton

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Donna Rasmussen

Sharon Weishaar

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Mark Stelzer

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Fareway

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Kingston Steakhouse Fundraiser

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Words Worth Repeating



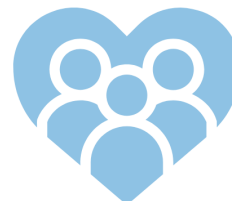
ISF Virtual Support Group Meets Monthly

The third Thursday of each month, parents, grandparents and other family members who have been impacted by a SIDS or SUID are welcome to join the virtual support group held via Zoom at 6:30pm. The virtual format makes the group more accessible by eliminating the need travel but rest assured, there can still be a great sense of connection and support.

Through the years, bereaved parents have provided feedback that being able to meet with a group that can understand SIDS or SUID can be really helpful in the grieving process as opposed to a general infant loss group. The Foundation is dedicated to supporting caregivers and is committed to holding this space for families on a monthly basis. If you would like to attend, registration is required. To get registered or learn more, email casey@iowasids.org



MONTHLY VIRTUAL SUPPORT GROUP



**3rd Thursday each month
6:30pm**

Social Media for Good: Facebook Campaigns Make Positive Impact on Foundation

It shouldn't be a big surprise to know that in 2023 fundraising can be done on social media. Not only are we able to use our Facebook page to spread the word about safe sleep and our supportive services, but we are also able to reach new donors. We are incredibly thankful to those who choose to host an online fundraiser to benefit our Foundation. We would like to thank the following individuals 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: Abigail Badger, Brenda Horman, Carter, Heidi Leohr, Karen Weiskircher, Melinda Chatfield, Roberta Studer, and Shane Sievers. In addition, we appreciate your friends and family, listed below, that supported you in your campaigns. Big or small, it all makes a difference. The generosity and kindness of both the event 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 3/1/2023-6/28/2023:

Facebook Campaign

Donors:

Beth McCallum
Bob Coffey
Brenda Horman
Bria Hanig
Cheryl Livingston
Craig Ludwig
Dana Topolinski
Dave Kolbe
Deb Sternhagen
Debi Roederer
Esther Gus Harlan
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Jessica Gomke
June Eggers
Justine Koss-McCallum
Kathy Kirby
Kim Conover
Krystal Steinfeldt
Linda Marlay
Lindy Hammel
Manni Balinasay
Matthew Welcher
Michael Kremer
Nanci Dietiker-Paulsen
Nanci Tuel
Patti Witten
Penelope Lumley Brancaccio

Peter Worrell
Ryan Veenstra
Sally Chandler
Steve Malicoat
Tiffany Flournoy
Tracy Urell Murphy
Trevor Theulen





Iowa SIDS Foundation

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

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24TH ANNIVERSARY IOWA SIDS FOUNDATION'S WALK FOR THE FUTURE AUGUST 26, 2023

CARROLL-CEDAR RAPIDS-DUBUQUE
FORT DODGE-LE MARS-URBANDALE-WASHINGTON



Fall Newsletter Deadline: October 6, 2023

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Ruth Arndt

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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.

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.

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