

# Iowa SIDS Foundation

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- DAY ON THE HILL
- FAMILY SHARE STORIES
- REMEMBERING OUR BABIES
- UPDATED & NEW RESOURCES
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- 2025 WALK
- FACEBOOK DONATIONS



- 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.
- 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

### Bereaved Mother's Day Virtual Tea



You are invited to join us online via Zoom on Sunday May 4th at 2pm as we honor International Bereaved Mother's Day.

Each year, the Sunday before Mother's Day is recognized as "Bereaved Mother's Day." Bereaved Mother's Day is a day for moms who have lost their children. An opportunity to share or talk about all they may have endured.

As with other holidays and celebrations, Mother's Day can be a difficult time for moms whose children are

not with them. Oftentimes, our society does not recognize these moms and sensitivity to their feelings is lacking. We strongly believe that **women grieving for children are mothers too — even if their babies are no longer with them.** These women, these moms, deserve a special day of recognition where they may receive comfort and support for their loss.

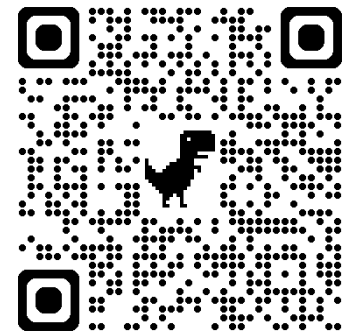
This year we are hosting an online tea for any and all bereaved Iowa mothers. We will gather in this online space and share words of hope and healing, and honor the precious babies gone too soon. This event is completely free but registration is required. Included with all registrations by April 28th is a giftbox that will be mailed directly to you and include a few small gifts and of course tea!

Register today using the QR code or find out more on our website's event calendar.

If you are looking for a special way to recognize a bereaved mother in your life on Sunday May 4th, here are some ideas.

#### Ideas for honoring moms on Bereaved Mother's Day

- Send or deliver flowers.
- Write a note or send a card. Even a text!
- Make a donation to a charity in honor of their baby.
- Say their baby's name, tell them you are thinking about them.
- Share a meal with them and talk about their baby.



## Raising Awareness for SIDS at the DSM Capitol

On Wednesday January 29th, Iowa SIDS Foundation staff, Board members, and volunteers gathered at the Capitol to raise awareness of SIDS and SUID and Iowa SIDS Foundation services.

Attending and hosting community events is key to expanding the reach of safe sleep information and increasing knowledge of the impact of SIDS and SUID on Iowa families. With recent increases in referrals to the Iowa SIDS Foundation for grief and bereavement support and services, now more than ever, conversations with community members matter. The annual Day on the Hill, provides an opportunity to share with advocates, lawmakers, and community members about the services of the Iowa SIDS Foundation and the impact of SIDS and other sleep-related deaths in the state of Iowa.



On January 29th, we had some great dialogue with state representatives and even Iowa's Lieutenant Governor Chris Courmpyer about what can be done to continue to promote safe sleep education and outreach to help reduce the number of Iowa families impacted by the tragedy of SIDS. We are grateful for the attention and care provided by some of Iowa's government leaders and hope the connections made on this day will help fuel changes in safe sleep messaging and support.

This year was made extra special by the donation of mini donuts from Donutland Des Moines which helped sweeten our message and ensure that Iowans "donut" forget the critical work and services we provide!

If you would like to serve as a volunteer with the Foundation and attend and help organize events such as the annual Day on the Hill, we would love to have you! Contact [casey@iowasids.org](mailto:casey@iowasids.org).

## Searching for Families to Share their Story

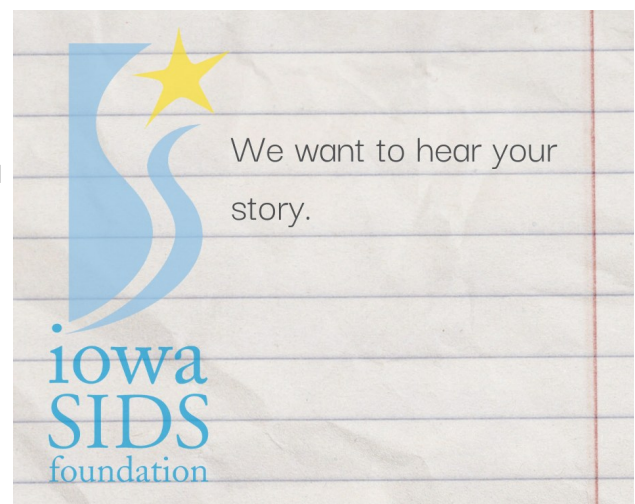
In 2025 the Iowa SIDS Foundation is beginning a special outreach project using families personal stories to create awareness of SIDS and SUID and to help educate on risk reduction. We are looking for families willing to share their personal stories in a variety of ways.

When it comes to educating on SIDS the Foundation has noticed that there seems to be a constant battle of the misconception from people that SIDS and sleep-related deaths are just something people hear about online or in the news and it could never happen to them. The Foundation wants the general public to understand this is very real and happening to families right here in our local communities.

The Foundation is looking for families who are willing to "share their stories" for this initiative. A form has been created to help guide willing participants to share their story.

The plan with this information is to make shareable content on social media and other outlets to help reach families and raise awareness. These stories may also be used during trainings and presentations for educational purposes, hoping to get the information that is being shared to really resonate with the public and professionals and get them to take risks seriously.

If this is something you may be interested in, please reach out to [casey@iowasids.org](mailto:casey@iowasids.org) for the form or to find out more.



# Remembering Our Babies

## Happy Birthday

### March

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

### April

Olivia Nora Aikey  
Rachel Marie Anderson  
Mason James Bauer  
Emma Nicole Bright  
Alice Anna May Christen  
Joey Cusick  
Gina Marie Dolphin  
Jordan Lynn Evans  
BROCK OUR ROCK  
Brooke Louise Goodyk  
Gavin Eli Gratz  
Brianna Jo Green  
Emily M. Havens  
Gretchen Lynne Hummel  
Steven Michael Jeneary  
Lindsey Marie Krusemark  
Ryan Dennis Mouglin  
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  
Harley Rae Carruthers

Emmett Leo Clary  
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  
Jessica Lane VanMeighem  
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 Erzen  
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  
Brianne Alexis Bostock  
Brianna Elizabeth Boyd  
Sophie Ann Kracht  
Taylor Rose Levi  
Hazel Christine Liston  
Baylee Ann Ludtke  
Robby Matthew 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  
Spenser Charles Walker  
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 Rogerson  
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  
Harley Rae Carruthers  
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  
Colin Michael Tipping  
Tjay Scott VanLangen  
Lexis Dawn Zeibig

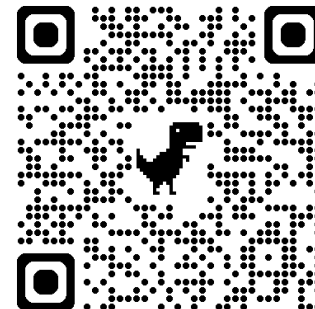


## Iowa SIDS Night with the ICubs!



Join us at Principal Park in Des Moines on Friday June 13th to cheer on the Iowa Cubs as they take on the Louisville Bats. The game will begin at 7:08pm and will conclude with fireworks and hopefully an ICubs win! What a better way to kick off Father's Day weekend than with a night of baseball. Tickets are \$15 with proceeds benefitting the Iowa SIDS Foundation directly, we would love to see you there. Scan the QR code below to order your tickets now.

A few things to remember about Principal Park, they are a cashless park and cash will not be accepted, they also have a clear bag policy. Learn more about game day details at [iowacubs.com](http://iowacubs.com).



Friday June 13, 2025  
7:00pm

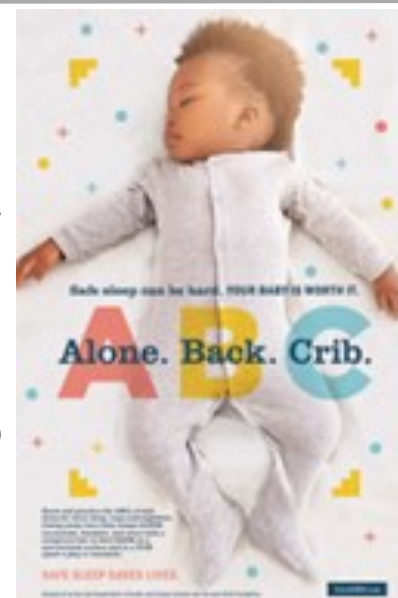
## New and Updated Safe Sleep Education Resources



Thanks to federal grant funding received by Iowa Health and Human Services, the Iowa SIDS Foundation has been able to create new material and make updates to the free educational resources that are provided to any professional in the state of Iowa. These resources include safe sleep brochures in both English and Spanish, a field guide for professionals to help facilitate effective conversations on safe sleep, and 3 unique posters that include promoting the ABCs of safe sleep, the benefits of tummy time, and new this year, a poster that shares the benefits of breastfeeding in relation to SIDS risk reduction. These resources are instrumental in helping educate the public about safe sleep and a large part of Foundation services. In 2024, the Foundation provided over 20,000 materials throughout the state.

In addition to new and updated resources, this grant funding is allowing the Foundation to meet an increased need for safe sleep spaces for families in need. In 2024, the Foundation provided 42 free pack n plays to families in need. From January 1-March 1 2025 the Foundation has already provided over 24 free pack n plays and anticipates the trend to continue upward.

If you would like to learn more about our free resources or free safe sleep spaces visit our website, [www.iowasids.org](http://www.iowasids.org) and visit the "What we do" tab.



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

### Gifts Given In Memory of:

#### **Elizabeth Grace Atzen**

Jan Driscoll

#### **Brock Adam Gould**

Amy Gould  
Vaughn Livingston

#### **Steven Michael Jeneary**

Greg and Anne Jeneary

#### **Alexa Jean Jonas**

Linda Jonas

#### **Abigail Ilene Knoop**

Emily Truitt

#### **Thomas James Kochuyt**

Becky Kouang

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Joel and Krissa Krusemark

#### **Katelyn Joy Lacey**

Duane and Andrea Dolphin  
Alan and Jodi Mcgee

#### **Ethan Troy Livingston**

Cheryl Livingston

#### **Samaya Sue Lochner**

Derek Lochner

#### **Alex Thomas Marker**

Gary and Delaine Marker Sr.

#### **Jaxon Floyd Matt**

Katie Matt

#### **Joseph Stuart Maughan**

Julia Correa  
Peggy VandenBerg

#### **Shelby Jo McConnell**

Jim McConnell

#### **Colin Michael McGaffin**

Duane and Andrea Dolphin

Alan and Jodi Mcgee  
Pamela Strum

#### **Katie Rose McKenna**

Jean Jackson

#### **Ryan Dennis Mouglin**

Jane Gent  
Wayne Simon

#### **Jaelyn Maci Jo See**

Duane and Andrea Dolphin  
Alan and Jodi Mcgee

#### **Robert Benjamin Shaw**

Bob and Stephanie Shaw

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Ronnie Sievers  
Lois Poore

#### **Isaac Francis Stecker**

Amanda Stecker

#### **Beth Marie Stukerjurgan**

Jay Stukerjurgan

#### **Zachary Richard VanVleet**

Diana VanVleet

#### **Taylor John Vote**

Maribeth Vote

#### **Spenser Charles Walker**

Daniel and Andrea Walker

#### **Caleb R Williams**

Marjorie Clark

### Gifts Given in Memorial Honor Of :

#### **Joseph "Chi" Moreno**

Victor and Sharilyn Brunk  
Steven and Roxanne  
Steven and Roxanne Eversoll  
Teresa Fahrenkrug  
James Frandsen  
Scott and Leann Hess

Robert and Loretta Johnson  
Richard and Beverly Koos  
Julie Labarre  
Michael Matsas  
Sharon Rangel  
Susan Robinson  
Jim Tremble  
Alice Wolfe

### General Donations:

American Online Giving Fund  
Anonymous Donors  
Benevity Giving Fund  
BlackBaud Giving Fund  
Days of Giving Campaign  
Dubuque Racing Association  
Facebook /Meta  
Fareway Coin Collection, Clive  
Homesteaders—Day of Giving  
Mark and Heidi Hotvedt  
Brian and Regan Klug  
Jill Matthias  
MidAmerican  
Orchard Place  
PayPal Giving Fund  
United Way of Atlanta  
United Way of Central Iowa  
UK Online Giving Fund  
Rebecca Wiederholt  
Words Worth Repeating

### Employer Pledges-Employer Match:

Farm Credit Services of America  
Mid American  
The Wellmark Foundation  
The Principal Financial Group  
UMB Bank  
Wells Fargo



## Walk for the Future 2025– August 23rd

Spring is upon us and that means we are already busy preparing for the 26th annual Walk for the Future! 2024 was a big year as we celebrated the 25th anniversary but we are hoping to make this year special too. This statewide event, always held on the 4th Saturday in August, will be on August 23rd. Each year the Foundation looks for opportunities to enhance Walker's experiences at our locations and ways to make sure this fundraising event is as successful as possible to help support our mission and services. We have some new updates to share below! Be sure to check out the details and mark your calendars!

**2025 Walk Locations:** Cedar Rapids, Dubuque, Le Mars, Mount Ayr and Urbandale.

*\*Washington location is pending for 2025.*

*Want a location closer to you??* We are always looking for volunteers interested in stepping up to host new locations in their area. It's not too late to become a Walk Coordinator and bring a Walk to your home town. Contact [casey@iowasids.org](mailto:casey@iowasids.org) to learn more!

### Can my employer or business be a sponsor?

Yes! This year we are excited to be offering FOUR levels of sponsorship again: Bronze \$250, Silver \$500, Gold \$1,000 and Diamond Level \$1,500+. 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 statewide walks, which allows the funds raised to be maximized. All sponsors must be confirmed no later than June 20, 2025 in order for the Foundation to honor all sponsorship benefits. See sponsorship level information and benefits on page 7!

### Can I donate a raffle or Silent Auction Item?

Please! We would welcome products, gift cards, goodie baskets or any applicable item. Your family, friend group, or coworkers can come together and shop for some items that can be used on Walk Day. Contact the office for more info!

### Are volunteers needed?

Always! Volunteers are critical in helping the Walk be successful and there are many ways to get involved. Here are some ways you can help out:

- Volunteer to assist in planning at various locations- Share your ideas and connections!
- Volunteer to help facilitate Walk Day- Help is needed to set up, clean up and make the experience family-friendly.
- Assistance in securing silent auction and raffle items— Approach your favorite business for a product donation or create a gift basket and donate to your location!
- Corporate sponsorships— Reach out to your employer or a business you frequent to ask for sponsorship. The office is happy to provide support for this, just reach out!

If you are interested in volunteering in any of the above mentioned ways, reach out to us for connection to your local Walk Coordinator, [casey@iowasids.org](mailto:casey@iowasids.org) or call 515-965-7655.

### 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 2025 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 has a consent on file or request one. All consents must be received no later than July 21, 2024.



### NEW for 2025 Shirts and apparel:

Based on popularity from previous year, in 2025 we will be offering t-shirts and hooded sweatshirts only. Apparel will only be available to Walkers who register online by the registration deadline. **Shirts will not be available on Walk Day and a later order will not be placed.**

### 2025 Registration Information:

For the first time in over 16 years registration fees are increasing beginning in 2025. Walkers will have an option to register for the Walk for \$25 (\$10 youth) without a t-shirt OR register and have a t-shirt included for \$35 (\$20 youth). This increased fee will help offset increased costs for hosting the Walks. Hooded sweatshirts will be available for \$42. Walk day registration will be \$25, reminder, shirts will not be available for those registering on Walk Day.

*Want to support our cause but can't attend on Walk Day?* You can register as a "Non-Walker" and your shirt will be mailed directly to you! In 2025, non-walker fees will be \$40.

**Online registration will begin on May 31st.**

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

## 2025 Walk Sponsorship Levels

Need an invoice? Proof of nonprofit status or a copy of our W9? No problem, email [casey@iowasids.org](mailto:casey@iowasids.org)

SPONSORSHIP FUNDS ARE DUE BY JUNE 20, 2025  
FUNDS MAY BE MAILED TO: 2963 100TH ST. SUITE 2 URBANDALE, IA 50322

<b>\$250</b> <b>Bronze Level</b> <ul style="list-style-type: none"><li>✓ Company recognized in our fall newsletter.</li><li>✓ Company acknowledged on all Foundation social media outlets before the Walk.</li></ul>	<b>\$500</b> <b>Silver Level</b> <ul style="list-style-type: none"><li>✓ All Bronze Level benefits.</li><li>✓ Company logo on all event posters.</li><li>✓ Company name listed on Foundation's website.</li></ul>
<b>\$1,000</b> <b>Gold Level</b> <ul style="list-style-type: none"><li>✓ All Silver Level benefits.</li><li>✓ Company logo on Walk shirts.</li><li>✓ Company logo and link to company website on Foundation's website.</li><li>✓ Recognized on social media pages before <i>and</i> after the Walk.</li></ul>	<b>\$1,500+</b> <b>Diamond Level</b> <ul style="list-style-type: none"><li>✓ All Gold Level benefits.</li><li>✓ Company logo printed on a 2.5' x 6' vinyl banner to be displayed at each location on Walk day.</li><li>✓ Verbal recognition at all Walk locations.</li></ul>

## Facebook Donations

Thank you so much to those who choose to host an online fundraiser to benefit our Foundation! It is a simple way to make a big impact! A special thank you to Felecia Meigs for hosting a Giving Tuesday Fundraiser on Facebook and a special thanks to those who chose to celebrate their birthdays by hosting a birthday fundraising campaign to benefit the Iowa SIDS Foundation! Happy birthday to the following: Ashley Bouma, Dan Thompson, Darcy Coulbourn, Jennifer Holdgrafer, Keli Wiley, Samantha Jo Holschlag, Shane Sievers, and Tami Sue Hartwig . 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 10/1/2024-3/3/2025:

Amy Kapustka Boyce  
Andrew Kachel  
Angela Kay  
Bhupinder Brar  
Daniel Schrad  
Heather Shaull  
Jessica Gomke  
Joe Newsom

Kari Hilton Draeger  
Ken Krie  
Kim Manzella-Kane  
Kimberly Sammons  
Kimmie Andresen-Reed  
LaDana Sogard  
Lindsey Kane  
Matt Shroyer

Michael Kremer  
Milo Vukelich  
Nancy Van Cleave  
Pam Jeneary  
Tami Cull  
Tami Hartwig  
Tara Wostrel  
William Bastyr





## Iowa SIDS Foundation

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[www.iowasids.org](http://www.iowasids.org)  
515-965-7655

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### Summer Newsletter Deadline: June 1, 2025

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#### Administrative Assistant

Ruth Arndt

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Jessie Mireles, Vice President  
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Amy Gould, Secretary  
Audrey Bush, Medical Advisor  
Mackenzie Pirie  
Pam Jeneary  
Tricia Lipski  
Connie Sievers  
Angela Van Horn  
Tina Wagner  
Karen Weiskircher

#### 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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