

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.
- 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

2024 Walk for the Future August 24, 2024



Registration for the special 25th Anniversary of the Iowa SIDS Foundation's Walk for the Future has begun! The 2024 Walk is scheduled to be held on August 24th in seven cities across the state including Cedar Rapids, Clarinda *NEW*, Dubuque, Fort Dodge, Le Mars, Urbandale, and Washington. 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 hope to make this year extra special as we celebrate a big milestone of 25 years of the annual Walk for the Future! In addition to a new Walk location in Clarinda, there are some other new things happening this year that you need to know. First, online registration will be the only option this year, there will be no mailed paper registration forms. If you need assistance registering through our online system, don't hesitate to contact the office at 515-965-7655. See more about registration below. We are also excited to be offering sweatshirts in addition to long sleeves this year for purchase. Of course, you receive a t-shirt with the registration fee, but starting this year Walkers can add on a long sleeve shirt, hooded sweatshirt, or crewneck sweat shirt! You will also see some new merchandise available for sale at your location on Walk Day (if your location sales merchandise).

Register TODAY. Online Registration is NOW OPEN!

In 2024 and beyond, Walkers must register online! Our online system is easy to use! Scan the QR code to register or visit www.iowasids.org. If you have any issues or need assistance please contact us at 515-965-7655 or info@iowasids.org.



To guarantee a shirt in your size register before August 1st! Late registration will open on August 2, those registering after August 1st are not guaranteed a t-shirt. Registration cost also increased on August 2 to \$30 for adults and \$15 for children.

Weather: Rain or shine the walks will still take place. If the Walk must be delayed due to dangerous weather, announcements will be posted on our website's event page and on social media. 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.

2024 Walk Information Continued

T-Shirt Reminder: If you would like your baby's name on the back of the Walk shirts, a signed consent is required. If you have signed a consent in the past you do not need to complete again unless your preferences have changed. If your baby was on the shirt last year, they will automatically be included this year. To request a consent form or check that your baby's name is on file please email us at info@iowasids.org. Consent forms are due July 25th.

Shirts are only guaranteed for those who register on or before August 1st!

Thank you to our 2024 Walk for the Future Sponsors!

Bronze Level: American Family Insurance Charles Kudej Agency, Green State Credit Union, James George Attorney, Michael Wheatley DDS, The Turn Around Dance and Gymnastics Studio, Total Motors, Jason Vande Brake, Kroese & Kroese PC, Rexwinkel Funeral Homes, Besser Company, Primebank, Bridgehaven Support Center

Silver Level: Cumming American Legion Post 562, Dunes Dental 4 Kids, The DaMar Company, Northwest Iowa Endodontics, Tight Lines Consultancy LLC, Floyd Valley Healthcare, UnityPoint OBGYN Fort Dodge, John and Lorene Rexwinkel, Schuster Co, Cedar Memorial Funeral Homes, House of Q 2

Gold Level: Senior Savings Services, The Schon Family

25th Anniversary Diamond Level: L&L Insulations, Jeneary Dental, Family of Libbi Bendickson, Better Builders, Deck Central

Media Sponsors: KCRG TV Show you Care, KLEM Radio

Thank you for the donations from Northwest Bank and C&C Custom Cycle.

2024 WALK LOCATIONS INFORMATION

CEDAR RAPIDS

Noelridge Park — Creekside Pavilion

4900 Council St. NE

Registration 8:00am - Walk 9:00am

WALK DAY ACTIVITIES:

Raffle, Merchandise, Balloon animals, Kids games, Memorial Event, Food provided by Daisy's Garage and Cruz's Cafe

Clarinda — NEW in 2023!

Clarinda Lied Center Shelter

1140 E Main St.

Registration 10:00am - Walk 11:00am

WALK DAY ACTIVITIES:

Face painting, Playground, Water balloons, Photo opportunities, Memorial Event, Food

DUBUQUE

Dubuque Arboretum & Botanical Gardens

3800 Arboretum Dr.

Registration 8:00am - Walk 9:00am

WALK DAY ACTIVITIES:

Raffle, Silent Auction, Merchandise, Face painting, Memorial Event

FORT DODGE

Oleson Park Shelter

1400 Oleson Park Ave

Registration 10:30am - Walk 11:30am

WALK DAY ACTIVITIES:

Raffle, Silent Auction, Merchandise, Memorial Event, Food

LE MARS

Le Mars Municipal Shelter House

813 Park Ln NW

Registration 8:30am - Walk 9:45am

WALK DAY ACTIVITIES:

Raffle, Silent Auction, Merchandise, Door prizes, Visit from Santa, Bake sale, Memorial Event, Free Lunch

URBANDALE

Walker Johnston Park Giovannetti Shelter

8900 Douglas Ave

Registration 9:30 am—Walk 1:30am

WALK DAY ACTIVITIES:

Silent Auction, Merchandise, Playground, Visit from a princess, Kids activities, Memorial Event, Food

WASHINGTON

Sunset Park

Corner of W Madison St. & South Ave

Registration 8:30am - Walk 9:30am

WALK DAY ACTIVITIES:

Raffle, Silent Auction, Merchandise, Activities, Memorial Event

Summertime Safe Sleep Reminders

The safe sleep recommendations should be followed for every sleep, even during the busy summer months when family vacations and travel are happening. Be sure if you are making travel plans to prioritize sleep safety. If planning to visit family or friends be sure to bring our own safe sleep space, pack n plays are great for travel! Many hotels or rentals may provide these as a perk! Call a head and check in to ensure the environment they provide meets current safety standards and has not been recalled.

Those long car rides to get to your destination can be intimidating especially with little ones! It can be helpful to give your baby breaks on long road trips by stopping every few hours. Babies should always be in a car seat in a moving vehicle even if they fall asleep but once you reach your destination be sure to remove baby from the car seat in place in a safe sleep environment as soon as possible.

And don't forget, as the temperatures continue to heat up also ensure you are keeping your baby comfortable without overheating. Remember to take off baby's hat when indoors, dress baby appropriately for the temperature of the room and watch for any signs of overheating during sleep like sweating or hot, red skin.

To stay in the know on all things safe sleep be sure to follow us on social media (Facebook and Instagram) or visit our website, www.iowasids.org. We are here to help answer any safe sleep questions you may have, feel free to reach out to us anytime!



The Brain and Grief

To any of those who have experienced loss and grief of any kind it is no surprise that the impacts are more than just emotional. Grief affects the body in many different ways. Research has shown that the brain is specifically impacted. Grief and loss can affect the brain and body by causing changes in memory, behavior, sleep, and even body function. Grief impacts the immune system, hear, and can cause cognitive effects like brain fog. More interestingly, science has shown that the brain rewires itself in response to emotional trauma and can even reinforce brain wiring that effectively locks the brain in a permanent stress response.

Trained Neuroscientists are looking specifically at the action of trace-cells in the brain that have neurons that are firing when something we are anticipating to be present is not. In grief, this means that every time we are expecting to see our baby and they aren't there, these special neurons are firing telling us something, or in this case someone, is missing.



When someone says that grief or loss has changed them, they mean it. Grief changes our bodies and brains. The person we were before is no longer. Don't feel like you have to "get back" to the way things were. Things are different now and they always will be. The Iowa SIDS Foundation is a community here to support you.

If you are interested in learning more about the brain and grief check out the book, *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* by Mary-Frances O'Connor.

If you are looking for immediate support please contact the Foundation office at 515-965-7655 or email Casey Manser at casey@iowasids.org.

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
Kacy Lee Hartman
Zarena Rayne Jennings
Catherine Elizabeth Lafferty
Shelby Jo McConnell
Ethan Daniel McDermott
Darian Bea O'Connell
Jessica Lynne Otto
Carson David Phillips
Joshua 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
Kylar Lon Wilcox

Emmett Lee Woodyard

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

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
Carson T. Sickler
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
Justin Ryker Swick
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
Billie Jo Thul
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 Erzen
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
Joshua 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
Kylar Lon Wilcox



Board Member Spotlight: Meet Tony and Tricia Lipski



Tony and Tricia Lipski serve on the Iowa SIDS Foundation's Board of Directors in honor of their son Jacob who passed away in 2005. Tony joined the Board in 2006 and has served as President for many years and Tricia recently joined the ranks this past year.

Both Tony and Tricia are dedicated advocates for not only safe sleep but SIDS awareness and family support. Residing in Washington, Tony and Tricia have also planned and hosted the Washington Walk for many years and are both volunteer Peer Contacts.



Jacob Lipski

In addition to Jacob, Tony and Tricia are the parents of Joseph, Aidan, and Hannah. When they are not attending Board meetings or Foundation functions you'll find them cheering on the Hawkeyes, or attending archery events for their daughter.

Thank you Tony and Tricia for your dedicated service to the Iowa SIDS Foundation and the families we serve!

Interested on learning more about becoming a volunteer Board member?

We are looking for individuals with various backgrounds with interest in furthering our mission. Contact casey@iowasids.org to learn more about the roles of responsibilities of Board membership!

2024 Principal Charity Classic Birdies for Charity

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. The Iowa SIDS Foundation has participated as a benefitting charity for many years and has been grateful for the support of our donors and the support of Principal, Sammons Financial Group and Wells Fargo for making this all possible.

2023 was another successful year and we worked hard in 2024 to achieve our goal of \$6,000. Through our efforts and our generous donors, we raised over \$7,400 this year to help support the mission of the Foundation!

The Iowa SIDS Foundation will receive every penny donated and will also be provided a 10% match to further support our mission. We want to thank all those who donated online or by mainlining in a check in 2024. Thank you to: Mark Ahrens, Christina Foster, Doris Lang, Cheryl Livingston, Jill Matthias, Jennifer Meurer, Ginny Otto, Lesa Quinn, Dennis Smith, Pam Strum, Ingrid Stukerjurgan, and James and Janet Wachuta.

A special thank you to Gary Marker not only for his generous donations to the PCC program but also for being our PCC Champion and helping the Foundation reach out to potential donors and ask for support. We are grateful for Gary and all our donors! We are eager to set some big goals in 2025!


Thank You!



Principal Charity Classic
Wells Fargo
Sammons Financial Group

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

In Memory Of :

Elizabeth Grace Atzen

Jan Driscott

Mason James Bauer

Dean and Rebecca Paulson

Libbi Marsha Bendickson

Mark Ahrens

Alyssa Lynn Coulbourn

Cassie Thurn

Gina Marie Dolphin

Andrea Dolphin

Matthew Paul Eckerman

Mary Eckerman

Thaddeus Charles Ernzen

Jeff Jarding

Brock Adam Gould

Amy Gould

Alexa Jean Jonas

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Amanda Stecker

Beth Marie Stukerjurgan

Jay and Ingrid Stukerjurgan

Zachary Richard VanVleet

Diana VanVleet

Employer Pledges-Employer Match

Mid American

Principal Financial Group

The Wellmark Foundation

UMB

General Donations

America Online Giving Fund

Bellevue Community School District

Dennis Smith

Doris Lang

Facebook/Meta

Fareway - Clive Customers

James and Janet Wachuta

Lesla Quinn

PayPal Giving Fund

Rebecca Wiederholt

UK Online Giving Fund



You can get involved too! See below for the easy ways to make a donation today!

1. Mail a check to:
2963 100th St. Suite 2 Urbandale, IA 50322

2. Scan the QR code and donate online!



3. Host a Facebook Giving Campaign!

You can choose where you would like your funds to go. Indicate you donation either for General Operating Funds, Research, or Outreach and Family Services.

We promise to use your donation wisely to support families in Iowa and make a difference!

Donations are an important part of our support. These donations were received as of 6/01/24.

Let's Talk About Our Baby Available July 11



In our Spring newsletter we were excited to announce a new support resource coming for families with young children and now we have an official date! Beginning July 11, our new book *Let's Talk About Our Baby: A Book for Families After A Sudden Infant Death* will be available for purchase on Amazon! Back in 2021, the Iowa SIDS Foundation added a new resource book titled *Remembering Our Baby* to the children's grief packets that are provided to families following the loss of a baby due to SIDS or SUID. In collaboration with Words Worth Repeating, a local Des Moines business, a book was created that provides a developmentally appropriate explanation of SIDS to children, the book also explores the feelings children may have after

experiencing the loss of a baby, reminding them that they are still big brothers or big sisters. While this book has been a useful tool for families these last few years we have identified the need to make support and this resource specifically more inclusive for families. With this new book, *Let's Talk About Our Baby*, we will be able to help support families who have lost a baby to any cause of Sudden Unexpected Infant Death instead of just SIDS. Iowa SIDS Foundation recognizes that the loss of a baby impacts the entire family, including siblings and we hope this book helps many families. Beginning July 11, head over to Amazon and search "Let's Talk About Our Baby" to find our book!

Social Media can be used for good!

Social media is a great way to spread education on safe sleep and awareness on SIDS and SUID. Social media users who choose to host an online fundraiser to benefit our Foundation, such as a birthday fundraiser, or those that make an online donation through Facebook help support the mission of the Iowa SIDS Foundation. We are so appreciative of those folks! 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: Ginger McGill, Jazmyne Hightower, Olivia Forbes, Rusty Rogerson, Shane Sievers, Stacy Lynn Hodge-Jong, and Tenna Dreckman. In addition, we appreciate your friends and family, listed below, that supported you in your campaigns. 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 through 6/24/2024:

Daniel Schrad
Diane Dreckman
Ginger McGill
Heather Gierstorf
Julie Jensen
Kari Hahn-Sauer
Kenny Fortner
Melissa McDaniel
Olivia Forbes
Samantha Mahrt
Shane Muth
Stacy Lynn Hodge-Jong
Tami Woerdehoff
Tracy Urell Murphy

Follow us on
social media!

 @IowaSIDSFoundation

 @iowasids

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Be a part of our community!



Iowa SIDS Foundation

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Connie Sievers
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.

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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