

# Iowa SIDS Foundation

## What's INSIDE

- 2025 WALK INFO
- SIDS RESEARCH SUPPORT
- FREE SAFE SLEEP SPACES FOR FAMILIES IN NEED
- SAFE SLEEP & FEDERAL GOV IMPACT
- REMEMBERING OUR BABIES
- PCC & DONOR THANK YOU

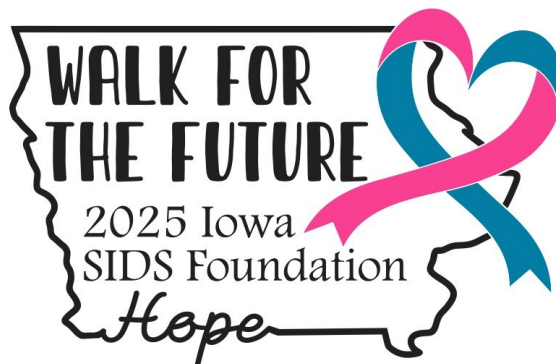


- Volunteer at your local walk.
- Host a fundraising event.
- Create a Facebook Fundraiser.
- Become a Peer Contact.
- Serve on the Board.
- Share and like our posts on social media.
- Complete your parental consent/volunteer form.
- Make a monetary donation.



*Supporting Families Today, Educating for the Future*

## 2025 Walk for the Future August 23, 2025



Registration for the 26th Anniversary of the Iowa SIDS Foundation's Walk for the Future has begun! The 2025 Walk is scheduled to be held on August 23rd in six cities across the state including Cedar Rapids, Dubuque, Le Mars, Mount Ayr \*NEW,\* 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.

Each year, we build off of the experiences from the past to hopefully create the best experience possible for our families that attended each location. In addition to a new Walk location in Mount Ayr, there are some other new things happening this year that participants need to know.

For the first time in over 16 years registration fees are increasing. 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). Based on popularity from last year, in 2025 in addition to t-shirts, hooded sweatshirts will also be available for purchase. Apparel will only be available to Walkers who register online by the registration deadline (July 28). Shirts will NOT be available to those who register after July 28 or on Walk Day at their location.

The 2025 Walk is earlier in the month of August which means that the registration deadline is too! The deadline to register with the option to have a 2025 shirt is JULY 28! While online registration will still be open after July 28, Walkers will not be eligible for a shirt.

And a big reminder from last year- Don't forget, online registration is the only option, 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.



**Register TODAY. Online Registration is NOW OPEN!**

## 2025 Walk Information Continued

All Walkers must register online! Our online system is easy to use! Scan the QR code to register or visit [www.iowasids.org](http://www.iowasids.org). If you have any issues or need assistance please contact us at 515-965-7655 or [info@iowasids.org](mailto:info@iowasids.org).

Please note, for safety and liability, any individual who attends the Walk must register! And don't forget, 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 registered by the July 28th deadline.

*Shirts are only available to those who register online by July 28th.*

### Thank you to our 2025 Walk for the Future Sponsors!

**Bronze Level:** American Family Insurance Charles Kudej Agency, Green State Credit Union, Dunes Dental 4 Kids, Michael Wheatley DDS, The Turn Around Dance and Gymnastics Studio, Iowa State Bank, The Golden Pheasant Steakhouse, Rexwinkel Funeral Homes, Primebank, Justin Bundy and Loren Wilken— Thrivent, Jason and Danyelle Vande Brake, Ringgold County Hospital, Wendt Repair, Bridgehaven Pregnancy Support Center, Brock Auction Co., American Bank, Northwest Bank, Makenzie Land

**Silver Level:** Physician's Clinic of Iowa, Cedar Memorial Funeral Home, Floyd Valley Healthcare, Northwest Iowa Endodontics, James George Attorney, Brighthouse, Schuster Co., Jensen Motors, Ed & Gerry Sue Krienert, Da Mar Company, House of Q2, Blank Children's Hospital

**Gold Level:** Senior Savings Services, The Schon Family, Fully Promoted Altoona, Joe and Amanda Susemihl, Tight Lines Consultancy

**Diamond Level:** Jeneary Dental, Family of Libbi Bendickson, Better Builders, Deck Central

**Media Sponsor:** *KLEM Radio*

### 2024 WALK LOCATIONS INFORMATION

#### **CEDAR RAPIDS**

Noelridge Park — Creekside Pavilion  
4388 Golf St. NE  
Registration 8:00am - Walk 9:00am  
WALK DAY ACTIVITIES:  
Raffle, memorial event, food, kids activities

#### **DUBUQUE**

Dubuque Arboretum & Botanical Gardens  
3800 Arboretum Dr.  
Registration 8:00am - Walk 9:00am  
WALK DAY ACTIVITIES:  
Raffle, Silent Auction, Memorial Event

#### **LE MARS**

Le Mars Municipal Shelter House  
813 Park Ln NE  
Registration 8:30am - Walk 9:45am  
WALK DAY ACTIVITIES:  
Raffle, Silent Auction, Merchandise, Door prizes, Memorial Event, Free Lunch

#### **MOUNT AYR — NEW in 2025!**

Fife's Grove Park  
2201 210th St. (1 mile north of Mt Ayr)  
Registration 10:00am - Walk 11:00am  
WALK DAY ACTIVITIES:  
Facepainting, playground, snacks and drinks, memorial event.

#### **URBANDALE**

Walker Johnston Park Giovannetti Shelter  
8900 Douglas Ave  
Registration 9:30 am—Walk 10:30am  
WALK DAY ACTIVITIES:  
Silent Auction, Merchandise, Playground, 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

## Iowa SIDS Foundation Continues to Support SIDS Research

Since the inception of the Iowa SIDS Foundation, part of our mission statement has included “supporting medical research into unexpected sleep related infant deaths.” Each year the Foundation makes a monetary donation in honor of Iowa babies toward SIDS research. Funds for this donation include a portion of the annual operating budget and donations received throughout the year that are earmarked specifically for research.

For the last several year, totaling over \$50,000, the Iowa SIDS Foundation has chosen to donate to Robert’s Program at Boston Children’s Hospital.

The Robert’s Program mission involves using translational science to shed light and counsel families in the aftermath of sudden unexplained deaths in their young children. And includes a clinical mission of providing comprehensive clinical care to families that have suffered the sudden and unexpected death of a child and a research mission of performing state-of-the-art research into sudden unexpected death in pediatrics and to understand fatal underlying vulnerabilities in children and prevent them.

Although advancements in scientific research regarding of Sudden Infant Death Syndrome have been made in the last 20 years, the cause of SIDS still remains unknown. It is with hope and faith that the Foundation continues to support medical research so that one day the cause of SIDS and other sudden unexplained infant deaths will have known causes and be preventable.

You can learn more about Robert’s Program on their website at [www.childrenshospital.org/programs/roberts-program](http://www.childrenshospital.org/programs/roberts-program). If you would like to make a donation to support medical research, visit our donation page where you can designate your support toward the annual research donation.



## Requests for Free Safe Sleep Spaces Increases



Sleep can’t be safe without the right environment. It’s important that babies only sleep in safety approved spaces such as a crib, pack n play, or bassinet. These spaces include a firm, flat, non-inclined surface and should always be free of toys, pillows, and blankets.

With rising prices on almost every manufactured product nowadays, these safe sleep environments can be expensive and difficult for some families to access. The Iowa SIDS Foundation never wants the inability to afford a safe sleep space to be a barrier for families. That’s why the Foundation became a Cribs for Kids partner in 2021. This partnership allows the Foundation to purchase pack n plays, an approved safe sleep space, at a discounted price to give to families in need.

Families can request a pack n play online through the Foundation website, and while there are no income requirements there are elements of eligibility including that the family must reside in the state of Iowa, have an infant under 12 months (or be expecting), and the infant must primarily reside with the adult requesting the pack n play.

Throughout the last several years, the requests for these free safe sleep spaces has steadily increased. However, so far in 2025 the Foundation has seen recording breaking numbers of requests already doubling what was provided in 2024. So far in 2025, the Iowa SIDS Foundation has provided over 82 free pack n plays to families in need across the state. These have gone to 34 Iowa cities in 21 different counties.

Thanks to current federal grant funding provided through a contract with Iowa HHS, the Foundation has been able to meet this need. As this current funding is projected to hopefully last another year, the Foundation is beginning to plan for the future need anticipating that request will only continue to increase. You can help support the future of this much needed program by earmarking your donation for “Outreach and Family Services” online. Every baby deserves to sleep safely! Learn more about Cribs for Kids at [www.cribsforkids.org](http://www.cribsforkids.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  
Huxley Maytum  
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  
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  
Samaya Sue Lochner  
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  
Leavy Joel Simaj-Christianson  
Kellan Rayne Christine Starrett  
Erika Elizabeth Story  
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  
Tara Beth Schroeder  
Laikyn Allyn Shutts  
Douglas Ronald Tietge  
Devon Owen Tripp  
Zachary Richard Van Vleet

## In Loving Memory

### July

Sydney Nicole Allen  
Emmett Leo Clary  
Cole Alexander Davis  
Rowan James Dolezal  
Owen Jay Fisher  
Brooke Louise Goodyk  
Marianna Sarina Guess  
Maverick John Healey  
Logan Grant Higginbotham  
Ryan Dennis Mougins  
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  
Jessica Lane VanMeighem  
Caleb Richard Williams

### September

Mason James Bauer  
Johnathon Oscar Danner  
Landon Davis  
Alana P. Gonzales  
Mattilynn Elizabeth Jade 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 Ernzen  
Christopher Scott Evans  
Bentley Earl Ewoldt-Jacobsen  
Teagon Lee Fowler  
Kingston Richard Hronik  
Hattie Jo Jenkins  
Zarena Rayne Jennings  
Samaya Sue Lochner  
James Allen Magruder  
Noah Oliver Martinez  
Jaxon Matt  
Huxley Maytum  
Ethan Daniel McDermott  
Brenden Meinecke  
Danielle Rose Noggle  
Darian Bea O'Connell  
Bjorn Kai Packard  
Aaron Postel  
Joshwa Izaiah Rivera  
Mario Francisco 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

## Federal Government Changes Likely to Impact National Safe Sleep Education



This past April, the Communications Office at the National Institute for Children's Health and Development (NICHD) was suddenly terminated. This office has been responsible for overseeing safe sleep education since the National "Back to Sleep" Campaign began in the early 90's. Shortly after the start of the Back to Sleep Campaign, the rate of SIDS in the United States was decreased more than 50% from 7,500 to 3,500 yearly. This campaign quickly proved to be successful in saving the lives of the most vulnerable.

The program was later renamed "Safe to Sleep" and continued to work to distribute safe sleep education continuing with the back to sleep recommendation that has remained unchanged since the beginning. Unfortunately, now the United States is seeing the rates of sleep related infant deaths rise again. And despite these increases, now due to the termination of the Communications Office, there will no longer be any safe sleep education support coming from the NICHD. Less education means the potential of more infant deaths. Despite these changes at the federal level, the Iowa SIDS Foundation stays committed to providing safe sleep education and support to all Iowa families, caregivers, and professionals.

Additional concerning news involves the CDC's National Center for Injury Prevention and Control. This organization is slated for potential elimination in the president's budget, threatening essential programs that help prevent injuries including sleep related accidents and protect the public's safety. One specific critical program at risk is the National Electronic Injury Surveillance System (NEISS). This system helps the Consumer Product Safety Commission (CPSC) identify hazardous products, including infant products and set safety standards.

If you feel passionate about these concerns, we invite you to reach out to your members of Congress and urge them to restore funding for the Safe to Sleep campaign and maintain current programs that help protect the lives of the smallest, most vulnerable Americans.

## 2025 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 benefiting 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.

From June 2024 through May of this year fundraising efforts resulted in a total over \$6,000 of funds raised. The Iowa SIDS Foundation will receive every penny donated and will also be provided with a match at no extra cost to donors that helps further support our mission. We want to thank all those who donated online or by mailing in a check this past year. Thank you to: Christiana Foster, Gerry Krienert, Gary Marker Sr., Jill Matthias, Paula Poli, and Dennis Smith.

The Foundation would like to send a special thank you to Gary Marker for his role as the Principal Charity Classic Birdies for Charity Champion. Each year Gary makes numerous generous donations to the PCC program and works as a volunteer reaching out to other potential donors to ask for support. The success of our yearly PCC Campaign can largely be contributed to Gary and his efforts. The Foundation is grateful for Gary and all our donors!

You can start contributing now to next year's campaign! If you plan to make a donation, just let the Foundation know you would like it added to the 2025-2026 PCC program!

5

  
**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.*

### Gifts Given In Memory of:

**Danielle Davis**  
Cheryl Valentine

**Alexa Jean Jonas**  
Linda Jonas

**Abigail Ilene Knoop**  
Emily Truitt

**Kristina Ann Krienert**  
Gerry Sue Krienert

**Lindsey Marie Krusemark**  
Joel and Krissa Krusemark

**Ethan Troy Livingston**  
Jennifer Meurer

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

**Brandon and Joseph Milroy**  
Maynard Siegel

**Ryan Dennis Mougín**  
Jane Gent  
Vivian Mougín Estate

**Mariah Ann Pickering**  
Christina Foster

**Toby Daniel Sejkora**  
Gary and Pamela Sejkora

**Beth Marie Stukerjürgen**  
Jay Stukerjürgen

**Zachary Richard VanVleet**  
Diana VanVleet

### Gifts Given in Memorial Honor of:

**Richard Huber**  
Donald Darnell  
Fr. Paul Hans Assembly 4<sup>th</sup> Degree  
Knights of Columbus  
John Garvey  
Bob and Kathy Lickteig  
Doug and Laveta Pfaltzgraff  
Linda Warner  
Patricia Ridenour

### Memory of Samantha Alina Parks:

Anonymous  
Cathy Bannick  
Judy Debord  
Kimerly DiMaria  
Catherine Keller  
Margo Kendrick  
James Mitchell  
Lynn Mitchell  
Jane Robinette  
Donna Sheil  
Marjie Sieck

### General Donations:

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Bill Parks  
Orchard Place  
PayPal Giving Fund  
Larry Sauer  
United Way of Atlanta  
United Way of Central Iowa  
Rebecca Wiederholt  
Words Worth Repeating

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Principal Financial Group  
Wells Fargo  
Wellmark Blue Cross Blue Shield

### Principal Charity Classic:

Christiana Foster  
Gerry Krienert  
Gary Marker Sr.  
Jill Matthias  
Paula Poli  
Dennis Smith

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 your dona-  
tion 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!



# Caffeine Proposed as a Potential Tool in Reducing Risk of SIDS

In June of 2025, the Journal of Perinatology released an article with a new hypothesis regarding reducing the risk of SIDS. This hypothesis, which does not currently involve any specific data set to examine but is rather an idea that warrants further investigation, involves the concept that SIDS is potentially due to intermittent hypoxia, or a periodic episodes of drops in oxygen level that may be treated with the use of caffeine as demonstrated in premature infants that are treated with caffeine for apnea of prematurity. The authors of the article also reference breastfeeding as a known contributor that decreases the risk of SIDS and hypothesize that this may be due to the higher caffeine content in breastmilk. It is important to note this remains a theory and further research is needed. If interested in learning more, you can read the full article here: <https://www.contemporarypediatrics.com/view/caffeine-proposed-as-a-potential-tool-in-reducing-risk-of-sids>



## Social Media Makes an Impact

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 thankful for those who use their platforms for good and the support of our organization. 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: Shane Sievers, Ally Clay, and Brooke Zimmer. In addition, we appreciate your friends and family, listed below, that supported you in your campaigns.

We appreciate all the following individuals making a Facebook donation through 3/1/2025-6/30/2025:

Amy Kapustka Boyce  
Angie Atkinson  
Bhupinder Brar  
Carla Barnhart  
Daniel Schrad  
Heather Shaul

Helene Donta  
Kari Hilton Draeger  
Kellie Zimmer Steffenson  
Kristin Birch  
Lindsey Kane  
Manni Balignasay

Michael Kremer  
Philip Rigdon  
Shannon Wedding  
Susan Stewart-Pope  
Zach Pope



## AAP Reminds Public: No Link Between Vaccines & SIDS

Vaccines have recently become a hot topic of discussion in national media and sometimes it can be difficult to separate fact from fiction, especially when fear is involved. The American Academy of Pediatrics recently released a reminder article that there is no link between vaccines and SIDS.



Many years of research have shown that vaccines do not cause SIDS, there is no increased risk of SIDS following vaccination and in fact, vaccinated babies may have a lower risk of SIDS. Science has also shown that immunizations protect against serious illness that can be fatal for babies such as whooping cough. If you have questions or concerns about your child's immunization schedule talk with your doctor, not the media.



## Iowa SIDS Foundation

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515-965-7655

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Cedar Rapids—Dubuque—Le Mars—Mount Ayr—Urbandale—Washington  
Registration now open! Register by July 28th

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Casey Manser

### Administrative Assistant

Ruth Arndt

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Jessie Mireles, Vice President  
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Audrey Bush, Medical Advisor  
Mackenzie Pirie  
Pam Jeneary  
Tricia Lipski  
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](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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