Holidays and Grief: Incorporating Those We Lost into Traditions
By Flora Richards-Gustafson
www.valleyoflife.com

Holidays are always spent with loved ones: this is the image we are always shown on TV and on advertisements leading up to big events celebrated in November and December. But this is an image that is hard to see and think about when coping with loss or grief over the holidays. The grief can begin to be healed in many cases however when the loved one is honored during this time.

The following are a few of many activities one can do to help incorporate lost loved ones into holiday traditions.

Include a Loved One Lost in Gatherings
Many people keep a photo of the person who has died as a keepsake. Bring out this special picture during gatherings and light a candle on special days in honor of their memory.

During holiday dinners, family and friends can take turns sharing a favorite holiday memory of the person lost. If talking about the person lost is an uncomfortable situation, a moment of silence can be taken before a meal or gift giving so others can gather their thoughts and memories about the departed.

Many families set a place at the holiday table for the loved one lost. This seemingly empty spot can be adorned with a candle on the dinner plate or even a small flower arrangement.

If hanging stockings are a tradition in the home, do not exclude the one that belongs to the deceased. Hang his or her’s up and, instead of filling it with toys or treats, have people write messages or memories on pieces of paper to stuff the stocking.

A Tree of Life and Lights
Many organizations and families have a tree lighting ceremony that may involve ornament hanging. This event is a way of remembering a loved one, accepting and celebrating their lives, and a way to start a new tradition. This type of ceremony brings together those who are going through the same emotions as you. Coming together can be a way of showing support to one another.

The way this type of ceremony typically works is that a person mourning the death of a loved one can sponsor a light on a tree or bring an ornament to place on the tree. After everyone has placed their special item on the tree, the end product creates a visual tribute to those being remembered. Many have found this to be an event that brings healing while being around others that truly understand the emotions holidays may bring.

A more personal tradition one can start if they do not feel like they want to be around others is to place a small fir tree next to a loved one’s headstone and illuminate a candle. The tree, if it is live, can then be planted after the holiday season in a memorial garden, forest, yard, etc. A live tree can act as a long-lasting memorial that can benefit others.

Make Something for the Home in a Loved One’s Honor
Some people find it beneficial to make an ornament for a loved one who has passed as a new holiday tradition. One may choose to add this new ornament to their own collection, give it to a person in need of a holiday ornament, or use the ornament in a tree-lighting ceremony. A family member or friend may also choose to place the ornament at the person’s grave with some other items to help dress it up for the holiday season.

Some families make ornaments of the loved one to be displayed during the following years. For example, a family that has lost a child or parent can put a picture of that person inside an ornament that can be personalized or use decoupage techniques to paste photos onto a bulb-shaped decoration.

Gift Giving in Their Name
A tradition that is becoming more common among families that give gifts to each other is to again buy presents for the person they are mourning. Instead of leaving the gifts unopened in the home, they are given to others in need in the loved one’s memory.

Do not try to pretend you are not thinking about a loved one during the holiday season. Instead, work through grief over the holidays by including a loved one’s memory into both old and new traditions.

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November 5  
Kansas NOW State Conference  
Topeka, KS
Infant Mortality Panel

November 15  
Neosho County Health Department  
Erie, KS
Safe Sleep 1-3 P.M.  
Sudden Unexplained Infant Death Investigation Training 4-8 P.M.

December 1  
St. Theresa Hospital  
Wichita, KS
Safe Sleep 5-6 P.M.

December 7  
Butler County Sheriff Department  
Andover, KS
Sudden Unexplained Infant Death Investigation Training 1-5 P.M.

January 19  
Central Christian Community Church  
Wichita, KS
Complexities of Grief Noon-1 P.M.

January 24  
Wesley Medical Center  
Wichita, KS
Safe Sleep noon-1 P.M.

January 30  
Harvey County Child Start  
Newton, KS, Safe Sleep 6-8 P.M.

- Mark your Calendar-  
December 11, 2011  
Memorial Candle Lighting  
May 5, 2012  
Step Up for SIDS

Congratulations to the following families…


Jason Ortiz and Alicia Ortiz Lilly welcomed a new baby girl, Antonia Lisette Lilly on September 4, 2011. Antonia weighed 8lb 6oz and was 20 1/2 inches long.

The mission of the SIDS Network of Kansas is to serve those who are or may be touched by the tragedy of SIDS by providing supportive services for all those affected, community awareness, professional development and support for medical research efforts.
SIDS Awareness Month: Governor Sam Brownback proclaimed October SIDS awareness month for the State of Kansas. Pictured to the right are, from left: Jane Stueve, Alicia Ortiz-Lilly, Sam Brownback, Brian Yelton, Hannah Yelton, Amy Huntley, and Lindsay Smith.

American Academy of Pediatrics Safe Sleep Revised Recommendations—October 18, 2011

SID and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment. Task Force on Sudden Infant Death Syndrome. Despite a major decrease in the incidence of sudden infant death syndrome (SIDS) since the American Academy of Pediatrics (AAP) released its recommendation in 1992 that infants be placed for sleep in a nonprone position, this decline has plateaued in recent years. Concurrently, other causes of sudden unexpected infant death that occur during sleep (sleep-related deaths), including suffocation, asphyxia, and entrapment, and ill-defined or unspecified causes of death have increased in incidence, particularly since the AAP published its last statement on SIDS in 2005. It has become increasingly important to address these other causes of sleep-related infant death. Many of the modifiable and nonmodifiable risk factors for SIDS and suffocation are strikingly similar. The AAP, therefore, is expanding its recommendations from focusing only on SIDS to focusing on a safe sleep environment that can reduce the risk of all sleep-related infant deaths, including SIDS. The recommendations described in this policy statement include supine positioning, use of a firm sleep surface, breastfeeding, room-sharing without bed-sharing, routine immunizations, consideration of using a pacifier, and avoidance of soft bedding, overheating, and exposure to tobacco smoke, alcohol, and illicit drugs. The rationale for these recommendations is discussed in detail in the accompanying "Technical Report-SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment," which is included in this issue of Pediatrics (www.pediatrics.org/cgi/content/full/128/5/e1341).

Cribs for Kids—Thanks to the Children’s Miracle Network for a generous grant to expand our Kansas Cribs for Kids Project. These funds will allow us to provide portable cribs to new families who deliver their baby at Via Christi Hospitals and are financially unable to provide a safe sleep environment for their infant.

Community Baby Shower for Safe Sleep—Thank you to the Wichita Black Nurse Association, the National Hispanic Nurse Association and Kansas Department of Health and Environment for partnering with the SIDS Network to host a community baby shower on October 1, 2011. Over 200 expectant mothers and their support people were present to learn about safe sleep, prenatal care, preterm labor, pregnancy and infant health. Each expectant mother received a portable crib, SleepSack™ and other information to provide the safest sleep environment for their infants.

Tinsel and Tears—November 19 and December 2

Each year Kidzcope hosts a holiday session for grieving families with children between the ages of 3 and 18. Please join Kidzcope with your family for free on:

- Saturday, November 19, 2011 from 10 A.M. – 2 P.M. at St. Francis of Assisi – Clare Hall (861 N. Socora St. Wichita)
- Saturday, December 3, 2011 from 10 A.M.—2 P.M. at Church of the Magdalen (12626 E. 21st N, Wichita)

Please pre-register by calling the Kidzcope office at 316-263-3335 or emailing kidzcope@kidzcope.org.

Bil Keane creator of The Family Circus died at the age of 89 on November 8, 2011. The Network will remember Bil for his gentle humor and generous gift of the initial SIDS Network of Kansas logo. Our thoughts are with his family and friends.
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Our deepest sympathy for the recent unexpected death of:

Elijah & Kyle Brooks  
9-19-11  
Sons of  
Shawnta Reed &  
Michael Brooks  

Aiden Dockens  
5-17-11 to 11-10-11  
Son of  
Anthony Dockens &  
Amanda Dockens-Mclain

Antwon Tucker  
7-10-11 to 11-5-11  
Son of  
Marco & Evana Tucker

Kinley Jolie Yelton  
5-10-11 to 8-11-11  
Daughter of  
Brian & Hannah Yelton

Our baby was a gift to us and a great teacher. We learned patience and compassion. We were given a crash course in values – things that once seemed so important all at once become meaningless.

There was a new depth to our souls, our beings, a learning, a wisdom, an understanding.

We would never be the same. We had made decisions of monumental importance. We had explained death to small children with wide eyes and eager, pointed questions.

We ourselves had touched death – death that came wrapped in a little blanket with lambs and bunnies on it. Death was not frightening; it was soft and smelled of baby powder.

We discovered friends we never knew. We discovered people we thought were friends were not. We learned we had to communicate with each other. We learned we were very different and exactly the same.

We learned how to let go and to go on. All these things were taught to us by a teacher who never spoke a word or taught a class and who weighed exactly 7 pounds and 2 ounces.

Dad in Arkansas

Memorial Donations

In Memory of Samuel Myers  
Betty & Roger Holechek

In Memory of Judy Pippitt  
Richard & Sylvia Gatton

In Memory of Kaylee Frye  
Stacey Frye

In Honor of Mike & Amber Tracy  
David & Diana Peters

We apologize for any errors made.  
Please call the office (1-866-399-7437) and we will make the necessary corrections.  
If you would like a picture of your child in the newsletter and/or on the web site, please send us a picture via e-mail or US mail. (We plan to return pictures, but please keep a copy just in case.)
In memory of our babies — September, October, November

Kyleigh Rosalie Aguilar
5-8-10 to 11-14-10
Daughter of Luis & Destiny Aguilar

Octavio Yawo Amorin
9-3-04 to 11-3-04
Son of Yawo Amorin & Melinda Edmondson

Zachariah James Anderson
7-4-06 to 9-8-06
Son of Douglas Anderson & Renea McBride

Joshua Nicholas Antle
5-31-80 to 9-25-80
Son of Tracey McNeely

Alexandria Suezanne Augustine
8-8-97 to 10-13-97
Daughter of Kim & Michael Augustine

Skyler d’Ene Austin
9-20-02 to 11-2-02
Son of Tammy Austin

Arabella Elizabeth Louise Baker
8-7-06 to 9-26-06
Daughter of Josh & Theresa Baker

Kloe Angel Barkley
7-1-05 to 9-17-06
Daughter of Brandy Barkley

Addison R. Bartell
10-17-08 to 10-23-08
Daughter of Brian & Heather Bartell

Kaia Bethel
7-28-07 to 10-21-07
Daughter of Jayson & Zan Bethel

Amber Marie Birch
7-29-92 to 9-1-92
Daughter of Teresa Muniz

James Lamarr Black, II
9-8-07 to 10-7-07
Son of James Black & Tammie Duvaucil-Black

Levi Bland
8-8-08 to 10-10-08
Son of Jerry & Zolene Bland

Kayla Michelle Blanton
5-22-99 to 10-26-99
Daughter of Angie & Bryan Blanton

Steven Blocher
9-20-98 to 11-5-98
Son of Christina & Earl Blocher

Roper Edward Bloomfield
9-17-05 to 10-8-05
Son of Amelia & Charlie Bloomfield

Daniel Lee Bockelman
6-26-05 to 10-12-05
Son of Jake Bockelman & Heather Castillo

Shialy Oliaya Rain Breedlove
8-13-99 to 10-9-99
Daughter of Angela Breedlove

Arielle Elizabeth Jane Broadstock
7-20-98 to 11-5-98
Daughter of Steven & Tabatha Broadstock

Marvin Brown
7-12-94 to 9-15-94
Son of Marcus Brown & Dorothy George

Christopher Burch
11-27-08 to 9-19-09
Son of Tami Burch

Jaqwan M. Byrd-Johnson
8-9-01 to 10-17-01
Son of Raylena Byrd & Charles Johnson

Juanita Calderon-Cordoba
7-2-01 to 10-17-01
Daughter of Mauricio Calderon & Ana Cordoba

Cloe Dawn Ann Chamberlain
8-1-03 to 10-19-03
Daughter of Daniel & Junell Chamberlain

Novia Ione Chapek
8-21-08 to 10-16-08
Daughter of Kabran & Drie Chapek

Lakayla Patricia Denise Coleman
6-1-05 to 10-3-05
Daughter of Ashley Coleman & Mark Raya

Kayante Duke Cook
1-6-06 to 9-29-06
Son of Johnny Cook & Tamisha Miller

Kelsey Lynn Cooley
6-10-95 to 11-18-95
Daughter of Kris & Shannon Cooley

Coby Allen Cozart
8-17-98 to 10-19-98
Son of Dwayne Cozart

Chris Cuevas-Salinas
7-1-05 to 11-15-05
Son of Ofelo Cuevas & Adriana Salinas

Avery Jeremiah Dahna
7-2-06 to 9-16-06
Son of Jasmine Dahna

Faith Fumiko Dashielh
9-6-09 to 10-6-09
Daughter of Robert & Edith Dashielh

Courtney A. Davenport
3-18-06 to 9-24-06
Daughter of Nicole Davenport

Leah Renee Dechant
7-13-00 to 10-9-00
Daughter of Lance Dechant & Toni Jackson

RaySean Daniel DeShazer
8-23-03 to 10-12-03
Son of Sean DeShazer & Lisa Mack

Ethan Dickey
7-12-98 to 11-30-98
Son of Trisha Waters

Vonteze Dixon
7-15-08 to 10-8-08
Son of Lavonte Dixon & Christy Hutton

Taileon Dunbar
9-9-97 to 10-27-97
Son of Samone Dunbar

Rachelle Lynn Durossette
10-26-00 to 11-26-00
Daughter of Michele Durossette

David Edward Ellis
9-21-94 to 11-5-94
Son of Jodi Ellis

Laura Enloe
5-20-05 to 9-8-05
Daughter of Tara Johnson

Jack Austin Estes
7-19-98 to 10-23-98
Grandson of Beverly & Stanley Estes

Anastasia Marie Faber
6-7-04 to 11-7-04
Daughter of Ashley & Brandon Faber

Kordell Jacob Floyd
5-12-99 to 10-30-99
Son of Alicia Kumle

Brandon George
9-1-98
Son of Patricia George

Kansas JoRiah Renee Gibbs
3-7-01 to 9-3-01
Daughter of Joseph Gibbs & Latasha Townsend

Elena Marie Gonzales
8-9-01 to 11-15-01
Daughter of Roger & Theresa Gonzales

Yovanni A. Gonzalez
7-4-08 to 10-19-08
Son of Fabian & Becky Gonzalez

Gannon J. Greenlee
9-7-08 to 11-12-08
Son of Jacob Greenlee & Brady Rebholz

Rebekah Lee Ann S. Grisamore
11-26-02
Granddaughter of Ben Grisamore

Kohl William Gropp
7-20-01 to 9-25-01
Son of Lance & Lisa Gropp

Asher Ray Grundmeyer
11-10-05 to 11-26-05
Son of Stephanie Blair

Phay’Bein Marquis Halcombe
8-26-05 to 9-26-05
Son of Willie Halcombe & Tenika Marquis

Trenton Hanchett
8-12-96 to 10-25-96
Son of Chrystal Hanchett

Alessandra Lynn Hardwick
7-21-04 to 10-7-04
Daughter of Cassandra Hardwick

Aiden Edward Harley
10-28-09 to 10-28-09
Son of Jackie Brown

Megan Hinton
6-24-02 to 9-13-02
Daughter of Erin Hinton

Ethan Lamar Hinnen
9-6-03 to 10-22-03
Son of Dustin Hinnen & Heather Ruiz

Lebron V. Hollingsworth
8-7-07 to 10-27-07
Son of LaQuetta Johnson

Ethan Wayne Houser
11-19-10 to 11-19-10
Son of Tim Houser & Andi Hall

Taylor Jackson
7-21-10 to 10-4-10
Daughter of Leticia Jackson

Biloxi Breeze Jacob
9-8-05 to 10-7-05
Daughter of Jace Jacob & Melinda White

Amesha T. Jones
9-22-02 to 10-14-02
Daughter of Latisha Sutherland

Austin L. Jones
9-9-01 to 10-31-01
Son of Amy Avery & Charles P. Jones

Oceola Matthew Jones
2-6-08 to 9-27-08
Son of Christopher & Abigail Jones

Elizabeth Renee Kates
8-17-00 to 10-3-00
Daughter of Melissa Kates

Winter 2011  SIDS Safety Net  7
In memory of our babies — September, October, November

Kayden Alexander Kauffman
9-21-00 to 11-9-00
Son of
Justin & Rhonda Kauffman

Brydon Douglas Keane
7-10-02 to 10-11-02
Son of
Brandy & James Keane

Gavin Michael Kennedy-Bordwell
7-13-04 to 9-24-04
Son of
Aaron & Deborah Bordwell

Eli William Krueger
8-6-07 to 9-26-07
Son of
Brandy & Kenneth Krueger

Ariah Lawrence
7-4-05 to 9-23-05
Daughter of
Mark Holley & Shanell Lawrence

Christopher Luebert
2-2-90 to 8-3-90
Son of
Mary Luebert

Justus N. Madden
7-17-07 to 9-19-07
Son of
Jennifer Jones &
Michael Madden

Erlan Maldonado-Ortiz
8-26-05 to 11-17-05
Son of
Gelacio Maldonado &
Yolanda Ortiz

Tina Ann Marshall
10-27-09 to 11-27-09
Daughter of
Eric Marshall & Kyla Colbert

Arianna Maskrid
5-20-95 to 10-19-95
Granddaughter of Dana Maskrid

Landry Kathleen McClaskey
7-2-95 to 9-6-95
Daughter of
Mary McClaskey

Eshay D’Juan McCulter, Jr.
8-13-04 to 11-11-04
Son of
Eshay McCulter

Alyzae Marie McCulley
9-4-05 to 10-8-05
Daughter of
Jeremy McCulley & Elise Strobel

Jayden E. McNealey
8-29-07 to 11-30-07
Son of
Miranda McNealey

Alexis Cory Meeds
6-10-03 to 10-4-03
Daughter of
Amara Meeds & James Epps

Abigail Ann Moody
8-29-02 to 9-18-02
Daughter of
Curtis Moody

Malakai Malik Mosley
8-18-04 to 11-10-04
Son of
Rikki Mosley

Remico Charles Munoz
6-20-02 to 9-5-02
Son of
Howard Bradley & Tamica Munoz

Joshua Murphy-Williams
7-13-06 to 9-17-06
Son of
Jason Murphy & Brandy Ridge

Amera Marie Myers
8-28-08 to 9-29-08
Daughter of
Zachary & Brittany Myers

Samuel Lorence Myers
7-25-05 to 9-13-05
Son of
Brian & Jamie Myers

Mikaila Nikole Nevergall
9-22-02 to 10-10-02
Daughter of
Casey & Melissa Nevergall

Eli Norman
10-8-01 to 11-9-01
Son of
Elias Norman &
Karlton Williams

Lance Elie Oakley
8-7-03 to 10-2-03
Son of
Daniel & Vanessa Oakley

Adrian James O’Brien
8-13-07 to 9-1-07
Son of
Meagan O’Brien

Cody Olson
8-24-02 to 10-21-02
Son of
Wendy Olson

Waylan Doyle Omstead
9-3-03 to 11-29-03
Son of
Rusty Omstead & Vicky Robey

Gunner Dean Owen
9-17-07 to 10-21-08
Son of
Morgan Owen

Kyd D. Paschal
8-14-09 to 11-10-09
Son of
Breauna Trotter &
Travell Paschal

Brandon Dean Pearce
8-24-94 to 9-27-94
Son of
Adam & Shelly Bauman

Lauren Phillips
9-7-02 to 10-3-02
Daughter of
Rachael Sizemore

Abigail Phillips
5-16-11
Daughter of
Danny & Melissa Phillips

Ely Ann Pippitt
5-26-04 to 9-9-04
Daughter of
Stacy & Tammy Pippitt

Jordan M. Pressler
7-27-01 to 10-20-01
Daughter of
Tabitha Taylor

Dillon Robert Reece
8-20-99 to 11-15-99
Son of
Ginger & Mike Oroke

Avery Marie Reno
7-5-99 to 10-6-99
Daughter of
Kenneth Reno

Shawn Alan Roy
5-16-97 to 11-9-97
Son of
Michelle Roy

Destiny Dawn Ruddle
10-19-99 to 11-6-99
Daughter of
Patricia & Travis Ruddle

Andrew Patrick Sargent
6-30-95 to 11-27-95
Granddaughter of Donna Wolf

Sergio Miguel Solis
7-26-04 to 9-26-04
Son of
Michelle Davis &
Sergio Solis

Aaron Stallbaumer
9-18-08 to 10-31-08
Son of
Tommy Day &
Jessica Stallbaumer

Evans Ray Stumblingbear
11-26-01 to 11-26-01
Son of
Mark & Megan Stumblingbear

Abella Swan
9-22-06 to 10-9-06
Daughter of
Sarah Swan

Layla Mae Vaughn Tacy
8-1-07 to 11-15-07
Daughter of
Jeanne Clinton & Kyle Tacy

Kala Jade Tegethoff
5-18-04 to 10-24-04
James & Tonya Tegethoff

Korbin A. Thomas
7-7-07 to 9-5-07
Son of
Rebekah Thomas

Tank Tyler Thornton
6-15-03 to 9-10-03
Son of
Stephanie Bell & Bart Thornton

Iain Michael Tinsley
5-28-02 to 10-19-02
Son of
Erin Jones

Lilly Madgeline Treat
8-25-09 to 10-27-09
Daughter of
Jason & Amy Treat

Andre’ Turner-Ibara
7-2-05 to 10-5-05
Oiga Ibara & Angenro Turner

Damien Vanderhoof
8-6-81 to 11-20-81
Son of
Damiend Vanderhoof

Brody Ray Wallace
9-2-09 to 11-13-09
Son of
Dale Wallace &
Amber Thompson

Charles Wesley Washington
9-7-93 to 9-29-93
Son of
Edna Williams

Celsius Ann Webb
4-22-99 to 11-12-99
Daughter of
Cara Hoese &
Phillip Webb

Harli Nicole Weber
6-18-04 to 10-11-04
Charles & Natasha Weber

Draven Michael Whitley
7-12-98 to 9-17-98
Son of
Christy English

Aydin Levi Wilder
5-10-08 to 9-1-08
Son of
Devan & Stephanie Wilder

Gabriella Ashlynn Wiley
7-20-92 to 9-9-92
Daughter of
Cathy & Tom Wiley

Christopher T. Williams
9-24-09 to 11-30-09
Son of
Rachel Smalley &
Duane Williams

Joshua James Winze
8-21-96 to 9-12-96
Son of
Douglas & Susan Winze
Contributions

Alpha Kappa Alpha
Jocelyn Baeza
Charitable Foundation Inc.
Children’s Miracle Network
Susan Christensen
Dana Decker
Emily Docking
Charles W. Engle
Mabel & Dennis Friesen
John & Muriel Hansen
Healthy People 2020
KDHE
Mona Krievins
March of Dimes
Jonathan & Margaret O'Brien
Pete Sargent
Terri Shurtleff

SIDS Scramble
Dave Ackerman
Adoption Centre of Kansas
All Star Sports
Dion Allard
Ron Allen
Allen, Gibbs & Houlik
Bad Bean Productions
Chris Bailey
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Floyd Bess
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Todd Bishop
Cody Blasi
Robin Blasi
Blue Cross Blue Shield of Kansas
BOB FM/100.5 The Wolf
Eric Bowen
Dave Bowlin
Brandon Steven Motors
Brittian & Sons Roofing
Dale Brown
Ray Brundige
Bubba's Nekked BBQ
Kevin Burkey
Caffe Moderne
Cara Campbell
Carlos O'Kelly's
Carrie B's Bar & BBQ
Clint Carrier
Charisma Salon
Chester's Chophouse
Chicken Poop
Brian Childers
Cintas Document Management
Jermain Colbert
David Coldwell
Manny Cowzinski
Bill & Nika Cummings,
Cummings & Cummings
Davis Moore Auto Group
John DeCesaro
Doonan Truck
Dr. George and Brenda Farha
Dudley's Irish Pub
Colby Ericson
Bruce Fahsholtz
Robin & Karen Foley
Freddy's Frozen Custard
Brian Gehring
Genesis Health Club
Goebel Liquor
Golf Headquarters
Goffland Training Center
Walt Hagerty
Linda Hall
Finley Halsig
Hana Café
Harry's Uptown Bar & Grill
David Hawley
Dave Henderson
Kirk Henderson
Glendell Henderson
Randall Hernandez
Hilton Garden Inn
Gary Hively
Dr. Paul Cheatum, Innovative Vein
International Brotherhood of Electrical
Workers No. 271
J & J Liquor
Danielle Horn, Jagged Edge Salon
Jamie Train Imagery
Anthony Jenkins
Joe's Car Wash
Mac Knighton
Randy Lair
Mark Lazzo
Darrin Leibham
Louie's Bar & Grill
Dan Lyon
Jeffery Massey
McDonald's Restaurants of Wichita
McGreevy's Mid West Meat Co.
Norm McNeely
Mid-Continent Energy Corp.
Mid-Kansas Women's Center
Rod Moore
Mulligans Pub
P.F. Changs
Dal Peterson
Mike & Sonia Phillips
Physicians & Surgeons Exchange
Plains Marketing L.P.
Planet Sub
Chad Mullens,
Professional Golfers of America
Pump House
Quincy's Bar & Grill
Jeff Ranney
Stuart Ray
Mike Razook
Red Beans
Redrock Canyon Grill
Al Roberts
Cory Ross
Phil Ruffin
Sabor
Stefani Schaffer
Ken Schmidt
Eric Schmidt
Michael Schmidt
Kurt Schmidt
Darren Schopf
Craig Schulte
Scooters Coffeehouse
Scotch & Sirloin
Dr. Sensesman
Lance Slaymaker
Ron Slaymaker
Shawn Sokolosky
Jeffrey Sommer
Spangles
Steve Stotts
George Stecker
John Stecker
Marietta Stecker
Brian Sullivan
Sean Tarbell
Trace Taul
Bob Taylor
Dave Teichmann
The Golf Warehouse
Nick Thomas
Scott Thompson
TLC Muffins
Tommy's Restaurant & Lounge
Total Home Solutions
Tracy's Automotive
Two Brothers BBQ
Dr. Michael & Amber Wilson,
Via Christi Clinic
Village Pediatrics
Erick Von Merveldt
Darren Walker
Walmart
Walt's All American Bar & Grill
Walt's Sports Bar & Grill
Warren Theater
Mike Watkins
Wellness @ Work
Wichita Thunder
Wichita Wingnuts
Allen Winfrey
Tom Wohler
Rich Wohlgemuth

Winter 2011 SIDS Safety Net 9
Halo SleepSacks™ & Sleepsack Swaddle-Me™
infant wearable blankets have arrived for the fall and winter months.
Order yours now for shower or holiday gifts.

The Halo SleepSack™ is a wearable blanket with a zip front closure for easy changing. The design eliminates the need for loose blankets in the bed and encourages caregivers to place their baby on its back for sleep.
Available by calling the SIDS Network at 316-682-1301 or toll free 1-866-399-7437.

The SleepSack Swaddle-Me™ Wearable Blanket has an adjustable, removable swaddle feature. The 2-in-1 SleepSack™ Swaddle hugs your baby to prevent the startle reflex and eliminates the need for loose blankets in the bed.
Available by calling the SIDS Network at 316-682-1301 or toll free 1-866-399-7437.

All are available in microfleece, for the cooler months, and come in an array of colors and prints. For more information contact the SIDS Network office toll-free at 1-866-399-7437. All profits go to SIDS research through the CJ Center without Walls.

For more information about the Halo Infant SleepSack™ please go to: www.halosleep.com/

Parents, family members and friends are welcome to attend. A children’s grief group and child care will be available. 

Please RSVP by Monday, December 5.

If we don’t already have a picture of your child for the memorial slideshow, please e-mail or mail a picture to the SIDS office at: info@sidsks.org or US Mail, 1148 S. Hillside, Suite 10, Wichita, KS 67211.

If you are unable to attend the SIDS Network memorial, please light a candle in recognition of the Worldwide Candle Lighting, initiated by The Compassionate Friends, and place it in your window to honor all children who have died too soon. http://www.soul-awakening.com/quotes/quotes-bereavement.htm

Halo SleepSacks™ make great Christmas gifts or stocking stuffers!
Haley’s 11th Annual SIDS Scramble
was held September 26, 2011 at Tallgrass Country Club in Wichita, KS.
This year Haley’s Scramble hosted 80 golfers and raised over $16,000 to support bereavement and community outreach across the State of Kansas.
The Network is grateful for the hours of preparation dedicated by the 2011 volunteer Scramble Committee: Norm McNeely (chair), Brian Childers, Linda Hall, Sonia Phillips, Pete Sargent, and Kurt Schmidt.

Thank you to all the golfers, sponsors and volunteers who helped make the 2011 Scramble a success.

Mark your calendars for the 9th Annual Step Up for SIDS 5K & Memory Walk
Saturday, May 5, 2012
5k Run begins at 8:30 a.m.
Memory Walk 9:30 to 10:30 a.m.
WSU Cessna Stadium in Wichita
Step Up for SIDS is the signature fundraising event for the SIDS Network of Kansas.

Please call, e-mail or visit the SIDS Network web site for details.
Phone: 316-682-1301
E-mail: info@sidsks.org
Web site: sidsks.org
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How to contact us—
We want to hear from you. Whether you or someone you know needs services, or you want to volunteer with the SIDS Network of Kansas, we look forward to hearing from you. We can be easily reached through:

Mail: SIDS Network of Kansas, Inc.
      1148 S. Hillside, Suite 10
      Wichita, KS 67211
Phone: 1-866-399-7437 (toll-free) or 316-682-1301
Fax: 316-682-1274
Web site: sidsks.org
E-mail: General e-mail—info@sidsks.org
       Christy Schunn—christys@sidsks.org
       Lindsay Smith—lindsays@sidsks.org
       Bridget Koenig—sidsbrk@aol.com
Office hours: please call to ensure staff is present.

SIDS Support Meetings

Wichita
Meet 4th Monday of the month, 7:00 p.m. SIDS Office, 1148 S. Hillside, Suite 10, Wichita. Childcare available—Please call in advance so arrangements can be made.

Topeka
Meet 3rd Thursday of the month, 7:00 p.m. Pozaz Education Center—1505 S. W. 8th, Topeka. RSVP (1-866-399-7437) is required otherwise meeting will be canceled.

Salina
Meet 1st Monday of the month, 7:00 p.m. R.S.V.P. 1-866-399-7437
Salina Public Library—301 W. Elm St., Salina, KS
RSVP is required otherwise meeting will be canceled.

If you are interested in attending a group in Hays, Hutchinson or Pittsburg please call the SIDS office at 1-866-399-7437.

Online Support Groups

General Web site: www.sidsfamilies.com

Support Groups:
—General SIDS Discussion:
  www.groups.yahoo.com/group/sidsfamilies
—SIDS Grandparents:
  www.groups.yahoo.com/group/sidsgrandparents
—SIDS Fathers:
  www.groups.yahoo.com/group/sidsdads
—Expecting SIDS Moms & Moms w/subsequent babies:
  www.groups.yahoo.com/group/babiesaftersids
—SIDS Moms Trying to Conceive:
  www.groups.yahoo.com/group/sidsmomstrying
—SIDS Siblings:
  www.groups.yahoo.com/group/sidssiblings
—SIDS Parents a Few Years Down the Road:
  www.groups.yahoo.com/group/sidsdtr
—Help with SIDS websites and related graphics:
  www.groups.yahoo.com/group/wsneg
—SIDS Aunts:
  www.groups.yahoo.com/group/sids-aunts
—SIDS Awareness:
  www.groups.yahoo.com/group/angelsinthemedia
—Online support (live chats or specific sessions) for parents, grandparents, and siblings (over the age of 18) grieving the death of a child:
  www.compassionatefriends.org/resources/Online_Support.aspx