

SIDS Safety Net



Sudden Infant Death Support Network of Kansas, Inc.

The Critical Importance of Seeking Support: Learning from the Geese

By Alan Wolfelt, PhD

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We Need Not Walk Alone magazine



If there is ever a time in life when we need others to support and nurture us, it's when someone we love dies. In many ways, "grief work" is the most difficult work we will ever do. And hard work is less burdensome when others lend a hand. Sharing the devastation that results from the death of someone

precious won't make the hurt go away, but it does make it more bearable. In reflecting on this need to support one another during times of grief, we might be well-served to observe the five natural instincts for support and companionship demonstrated by wild geese.

Observation One: When the flock is on a journey, the flapping of the wings of each individual goose results in an uplift for the bird that follows. By flying in a "V" formation, the entire flock achieves 71 percent greater flying range than if each bird flew alone.

Implication: When we are grieving the death of someone loved, we, too, are on a journey. Others who are grieving are on a similar journey, and we can all be uplifted by journeying together. No, you need not travel alone, nor should you try!

Observation Two: Whenever a goose falls out of formation, it experiences the drag and resistance of trying to fly alone. The goose then realizes it needs to get back into formation to take advantage of the collective lifting power of the flock.

Implication: Just as geese are well-served to stay in formation with those on a similar journey, we as humans are better off if we accept the lifting power of those who go before us. We are grace-filled when we open ourselves to the support of our fellow travelers.

Observation Three: If any one goose has a problem, two other geese will always drop out of formation and follow the wayward goose to help support and protect it. They stay present to the goose that has

special needs until it is able to continue the journey on its own.

Implication: If we humans can learn from the wisdom of geese, we will always companion one another in difficult times. Receiving help from others strengthens the bonds of compassion and love that help us survive when we are devastated by loss.

Observation Four: When the goose leading the flock gets tired and overwhelmed, it rotates back into the formation, and another goose flies at the point position.

Implication: No one person on a grief journey can lead the way all the time. At times it is wise to acknowledge you are tired and need others to care for you and protect you from the headwinds.

Observation Five: While flying in formation, the geese honk to one another as a form of encouragement and mutual support.

Implication: There are times in life when we all need encouragement from those around us to remind us of our interconnectedness. We must allow ourselves to rely on one another; otherwise, when we are in grief we end up feeling totally alone and completely isolated.

Where to Turn for Help

"There is strength in numbers," one saying goes. Another echoes, "United we stand, divided we fall." This is a time in your life when you need to let other people in. You needn't let everyone in all the time, but I encourage you to make room for those you trust the most. Carefully chosen friends and family members whom you feel safe with can often be at the center of your support system. Seek out people who encourage you to be yourself and who acknowledge your many thoughts and feelings. Open your broken heart a little at a time to those people in your life who are compassionate and loving listeners. In an ideal world, this is your family and friends. If this is not true for you, my hope is that you will seek out other sources of support. The darkness that grief brings into your life is a place from which you might be tempted to judge others, particularly their motivations. True, they cannot feel your profound loss the way you do, so don't expect them to be able to. Except in cases in which there is evidence that you can't trust someone's intentions, try to be open to letting others be of support to you. Remember—you are doing the best you can, from moment to moment, from day to day. You may also find comfort in talking to a minister or other religious leader. When someone loved dies, it is natural for you to feel ambivalent about your faith and question the very meaning of life. A clergy member who responds with empathy to all of your feelings can be a valuable resource. Just be certain the clergyperson you look to for support is a good match for your unique needs. A professional grief counselor may also be a very helpful addition to your support system. In fact, a good counselor can be something friends and family members can't: an objective listener. A counselor's office can be a place of sanctuary where you can give voice to those feelings you may be afraid to express elsewhere. As with everything else in this overwhelming grief journey, counseling is

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Trainings and Community Awareness across the State

SAFE SLEEP TRAININGS

October 20

Lenexa, KS

Safe Sleep Training for childcare

October 24

Hutchinson, KS

Safe Sleep Training for childcare

November 3

Buhler, KS

Safe Sleep Training for childcare

Contact the office for further details

COMMUNITY HEALTH FAIRS

September 15

Café Con Leche

4H Building, Wichita, KS

October 2 & 3

**Kansas Public Health Association Fall
Conference**

Capitol Plaza Hotel and Convention
Center, Topeka, KS

October 5 & 6

Parent Leadership Conference

Ramada Hotel and Conference Center,
Topeka, KS

October 14

Welcome Baby Jubilee

Pozez Education Center, Topeka, KS

October 16 & 17

**36th Annual Governor's Conference
for the Preventions of Child Abuse
and Neglect**

Hyatt Regency, Wichita, KS

Congratulations to the following families...

Brian & Hannah Yelton
welcomed a baby boy,
Colby Daniel Yelton
on May 23, 2012.
Colby weighed 6 lbs 5 oz.,
and was 18 ¾ inches long.

Chris & Jamie Keller
welcomed a baby boy,
Camden James Keller
on June 20, 2012.
Camden was 7lbs 9 oz.,
and was 19 inches long.

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an intensely personal choice. However, when you find the right counselor, you may well have found a safe haven in which to experience the terrifying jumble of feelings impacting you. Not all but many mourners discover that grief support groups are one of the best helping resources. In a group, you can connect with others who have experienced similar thoughts and feelings. You will be allowed and gently encouraged to talk about the person who died as much and as often as you like. In these groups, each person can share his or her unique grief experience in a nonthreatening, safe atmosphere. Fellow group members are usually very patient with one another and understand your need for compassionate support with no set time limits. As a grief counselor, I have been privileged to have thousands of grieving people reach out to me for help. Among the lessons they have taught me is that sharing their grief with others is an integral part of the healing process. Perhaps it is helpful to remember that by definition, *mourning* means "the shared response to loss." Remember, help comes in different forms for different people. The trick is to find the combination that works best for you and then make use of it. I hope this article has helped you understand the importance of reaching out for help during this time in your life. Please don't try to confront your grief alone. Wrap your arms around yourself, but also open your arms to the loving support that wants to embrace you. You need and deserve companions—friends, relatives, counselors, and others who have experienced similar losses—who will walk with you as you make the difficult journey through grief.

Dr. Alan Wolfelt is a respected author and educator on the topic of healing in grief. He serves as director of the Center for Loss and Life Transition and is on the faculty at the University of Colorado Medical School's Department of Family Medicine. Dr. Wolfelt has written many compassionate, best-selling books designed to help people mourn well so they can continue to love and live well, including Understanding Your Grief, The Mourner's Book of Hope, and Healing Your Traumatized Heart. Visit www.centerforloss.com to learn more about the natural and necessary process of grief and mourning and to order Dr. Wolfelt's books.

Network News

Wichita Community Baby Shower for Safe Sleep—Thank you to the **Wichita Black Nurse Association, the National Hispanic Nurse Association and Sedgwick County Healthy Babies** for partnering with the SIDS Network to host community baby showers in English and Spanish on August 18, 2012. Over 250 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. Thanks to the **March of Dimes and Healthy People 2020** for their generous grants to support the Community Baby Showers for Safe Sleep. (See pictures below).



Healthy Baby Begins with You—Thank you Wichita City Council for proclaiming August 18, 2012 as “Healthy Baby Begins with You Day.” (Pictured at right: Wichita Mayor Carl Brewer and Wichita Black Nurse Association).



2nd Annual SIDS Walk of Topeka—Saturday, October 6, 2012, 1-3pm at the Kansas State Capital Building in Topeka. The SIDS Walk of Topeka is a FREE memory walk and balloon release in honor of our babies who have died too soon. The event will promote safe sleep community awareness and support for our grieving families. Please invite friends and family so our crowd will be seen...the bigger the crowd the more awareness we create. Volunteers are also welcome. For more information please contact Elise Strobel via <http://www.facebook.com/events/195038830593155/>. Hope to see you all there to help prevent SIDS!



Wade's Ride—Sunday, Oct. 14, 2012, 7:30am-4pm at Wagon Wheel Streakhouse and Grill, 2909 W. 9th Avenue, Emporia, KS. There will be a live auction, food and t-shirts for sale. For more information please go to the SIDS Network Facebook page at: <http://www.facebook.com/events/399379733440933/>.

October is SIDS Awareness Month—Resources are available to support SIDS awareness. Consider distributing safe sleep materials within your community, submit a proclamation to local government or a press release to local media. Free posters (example at right) are available by contacting the SIDS Network of Kansas at info@sidsks.org/1-316-682-1301. Samples of other awareness materials are available at sidsks.org.

All you need to know about safe sleep, CPR and injury prevention—Saturday, October 20, 2012 at Johnson County Health Department, 11875 S. sunset Dr. Olathe, KS. Registration begins at 8:30 am. Register online for a \$5.00 registration fee at: <https://events.jocogov.org/pbh>. Classes include: Safe Sleep, CPR, first aid training for infants and children, injury prevention for infants and children, and an update on the new KDHE childcare regulations. There will be goodie bags, giveaways and lunch.

Welcome New SIDS Network Board Members: Dr. Maurice Duggins, M.D., Clinical Associate Professor, Dept. of Family and Community Medicine, KU School of Medicine; Cindy Henderson, SIDS Grandparent; J. Kolbe Sheridan, Wesley Medical Center.

State Employees—Please remember you can donate to The SIDS Network of Kansas through payroll deduction in the Community Health Charities Campaign this fall. The SIDS Network of Kansas code is 0051. Thanks for supporting the Network in this way.



The ABC's of Safe Sleep for Babies

safe sleep

Alone, on their Back and in a Crib

Tell Everyone

Creating Safe Sleep Environments for Babies

- . Place a baby to sleep **Alone**, on their **Back**, in a safety approved **Crib**
- . In a smoke-free, well-ventilated room
- . Remove all soft, fluffy, loose bedding (including pillows and blankets), toys, stuffed animals from the sleep area
- . Bumper pads, wedges and positioners should not be used
- . Consider using a wearable blanket to avoid loose blankets in the sleep area
- . Always use a firm sleep surface—car seats and other sitting devices are not recommended for routine sleep
- . The safest place for a baby to sleep is in a room where others sleep, but not in a shared bed
- . Consider offering a pacifier at naptime and nighttime after one month of age
- . **Share this information with everyone who cares for a baby.**

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.)

Birthday babies — September, October, November

Brianna Allen
9-29-03 to 2-16-04

Octavio Yawo Amorin
9-3-04 to 11-3-04

Kevin Donnell Anderson
11-16-93 to 12-9-93



Skyler d'Ene Austin
9-20-02 to 11-2-02

Kayla Balsters
10-2-92 to 1-26-93

Shelly Barnett, Jr.
11-11-09 to 4-6-10

Addison R. Bartell
10-17-08 to 10-23-08



Tate Beier
9-13-05 to 2-8-06



Marta Beatriz Pardo Bernal
10-11-59 to 4-7-60



James Lamarr Black, II
9-8-07 to 10-7-07

David A. Blanton
9-22-06 to 12-23-06

Steven Blocher
9-20-98 to 11-5-98



Roper Edward Bloomfield
9-17-05 to 10-8-05

Rebecca Jo Bonnesen
10-1-74 to 12-24-74

Zane D. Bowell
11-30-09 to 1-25-10

Kyle & Elijah Brooks
9-19-11

Sharae Monique Brown
11-4-93 to 1-12-94



Ja'Kobe O. Bryant
9-2-10 to 1-28-11

Christopher Burch
11-27-08 to 9-19-09

Damen Jr. Burns
10-1-05 to 12-18-05

Damari Lee Alex Caddell
9-29-09 to 12-11-09

Paul Jacob Riley Campbell
10-25-04 to 12-19-04

Jesus Cardoza, III
11-13-07 to 2-20-08

Halee Nicole Cline
11-24-00 to 1-30-01



Kody Lane Cobb
9-16-06 to 12-19-06

Laken Cheie Collier
10-4-97 to 3-28-98

Simone Collins
10-4-11



Kylie Edith Conrad
9-20-04 to 12-31-04



Wayne Harrison Conway
11-12-93 to 2-7-94



Arianna Nichole Cormack
9-28-03 to 2-16-04

Trevor Crighton
11-9-95 to 6-13-96



Adam Ray Edward Cutler
10-18-00 to 1-3-01

Faith Fumiko Dashiell
9-6-09 to 10-6-09

Thomas Christopher Davidson
10-22-71 to 12-12-71

Alyssa Grace Davis
10-21-02 to 1-1-03

Andrew Deason
11-5-00 to 1-28-01

Alexander W. DeMoss
9-1-99 to 12-9-99

Payton L. Deneff
11-17-05 to 3-9-06

Janae M. Dennis
10-21-93 to 4-20-94

Adeline E. Dockers
10-22-02 to 3-10-03

Tailleon Dunbar
9-9-97 to 10-27-97



Jonathon Rusty Dunfee, Jr.
10-27-99 to 1-31-00

Rachelle Lynn Durossette
10-26-00 to 11-26-00

Wyatt J. Easterbrook
11-27-02 to 2-7-03



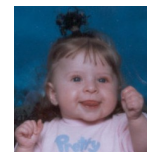
David Edward Ellis
9-21-94 to 11-5-94

Julian A. Martin Enriquez
11-10-04 to 3-27-05

Claudio Escajeda
11-29-94 to 5-25-95



Brandon Thomas Fisher-Tyrrell
10-4-92 to 12-7-92



Maria Inez Foley
10-25-01 to 8-13-02

Alissa Renae Foster
9-11-97 to 1-14-98

Azhanae French
11-3-06 to 12-16-06

Ethan Logan Garner
10-2-02 to 1-12-03

Tyler Georzen
10-8-97 to 1-1-98

Ava Ginther
10-29-07 to 4-3-08

Birthday babies — September, October, November



Breckyn D. Gish
11-19-06 to 3-1-07



Adrianna Marie Gollihar
9-13-01 to 12-31-01

Brendan Calvin Graber
10-16-03

Skyler James C. Graber
9-9-02 to 1-12-03



Brenden Navejar Granado
11-20-97 to 4-1-98



Jet R. Greene
9-12-89 to 2-20-90



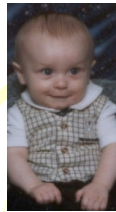
Gannon J. Greenlee
9-7-08 to 11-12-08



Nevaeh L.M. Roxanne Grimes
11-8-09 to 2-7-10

Asher Ray Grundmeyer
11-10-05 to 11-26-05

Dryden Jonathan Hale
10-9-02 to 12-11-02



Braydn Izzic Hammond-Stuber
9-21-01 to 3-2-02

Trenton David Harbert
10-23-96 to 2-1-97

Zachary Taylor Harbert
10-29-93 to 12-16-93



Aiden Edward Harley
10-28-09

Kendra Harper
9-2-10 to 12-8-10



Avery Paige Henderson
11-15-06 to 4-12-07

Jazmyne Marie Hendrix
10-26-07 to 1-12-08

Henri Hernandez
9-6-00 to 1-6-01



Shaylee Alyea Hernandez
11-13-97 to 4-4-98

Jalen Hernandez-Mitchell
11-26-07 to 4-28-08

Ethan Lamar Hippen
9-6-03 to 10-22-03

Cravin C. Holder
9-24-11 to 5-27-12



Ethan Wayne Houser
11-19-10 to 11-19-10

Bryan Ray Huffman
10-29-04 to 12-24-04

Micah Hurr
10-30-08 to 12-28-08

Biloxi Breeze Jacob
9-8-05 to 10-7-05

London J. Johnson
11-24-09 to 1-17-10

Michael Noel Johnson
11-11-75 to 1-6-76

Amesha T. Jones
9-22-02 to 10-14-02

Austin L. Jones
9-9-01 to 10-31-01

Jackson Juneman
11-28-00 to 2-8-01



Kayden Alexander Kauffman
9-21-00 to 11-9-00

Calvin Keehner
11-1-98 to 1-13-99

Ashton Taylor King
10-21-89 to 2-1-90

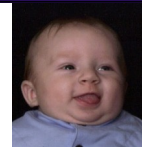
Cole Kirkwood Kitt
11-4-05 to 12-29-05



Timothy Michael Lamberti
11-19-99 to 1-24-00

Cody Lange
9-23-01 to 3-22-02

Nevaeh Lynn LeShore
11-19-07 to 12-15-07



Logan Long
10-4-10 to 3-29-11



Corey Leigh Lovett
10-22-93 to 2-16-94

Ethan Howard Mahon
9-27-01 to 12-13-01

Tina Ann Marshall
10-27-09 to 11-27-09



Anna Marie McCormick
10-16-01 to 1-11-02



Alyzae Marie McCulley
9-4-05 to 10-8-05

Abel Brittan McDermed
10-30-03 to 12-16-03

Patricia Anne McMullen-Tatum
9-17-00 to 2-23-01

Seaneice Miller
10-24-97 to 12-6-97

Joycelyn Moreno
11-16-09 to 3-17-10

Kylie Motte
10-7-95 to 12-27-95



Ivey Nicole Murphy
9-27-03 to 2-20-04

Birthday babies — September, October, November



Mikaila Nikole Nevergall
9-22-02 to 10-10-02

Kory Niehaus
10-2-95 to 12-19-95

Eli Norman
10-8-01 to 11-9-01

Cadyn M. Nuss
9-2-08 to 1-2-09

Alexandria Oliver
10-26-07 to 1-10-08

Waylan Doyle Omstead
9-3-03 to 11-29-03

Gunner Dean Owen
9-17-07 to 10-21-08



Zachary Lawrence Pageler
11-27-01 to 2-27-02

Gaileana M. Passafume
11-12-91 to 12-13-91



Tanna Marie Petersen
10-25-99 to 1-17-00

Lauren Phillips
9-7-02 to 10-3-02

Ryan Allen Pilkington
11-19-98 to 2-25-99

Alexander Price
10-6-11 to 12-16-11

Tyler B. Quilty
10-19-00 to 5-11-01

Joseline Corae Rainey
9-22-10 to 2-8-11

Dustin J. Ridgeway
11-28-00 to 5-16-01

Payton Lynn Riley
11-1-97 to 1-28-98

Brett Scott Roberts
9-2-93 to 12-3-93

Kimberly Rodger
9-21-01 to 2-11-02

Destiny Dawn Ruddle
10-19-99 to 11-6-99

Hanna Salas
11-4-99 to 8-16-00



Alyx Jordan Sasser
10-5-11 to 3-27-12

Nicholas Cortez Sebelski
10-29-03 to 4-9-04

Naomi Nicole Segrest
10-1-02 to 11-27-02



Nikolas Aaron Seyler
11-9-99 to 1-17-00

Payne F. Shannon
10-9-06 to 1-20-07

Kyndal Smith
10-26-00 to 1-5-01

Adley Idell Soler
11-20-02 to 2-16-03

Aaron Stallbaumer
9-18-08 to 10-31-08

Brentley Gavin Standridge
9-21-11 to 12-27-11

Andrew Raven Stockwell
10-28-97 to 3-12-98

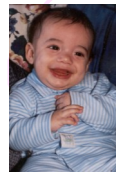
Theodore Mathias Stuhlsatz, Jr.
10-1-75 to 3-20-76

Evans Ray Stumblingbear
11-26-01 to 11-26-01

Abella Swan
9-22-06 to 10-9-06

Andrew Michael Synes
11-9-05 to 5-30-06

Nyla Gabriella Thomas
11-14-99 to 2-12-00



Michael David Torres
11-21-02 to 3-30-03

Raill Trotter
9-17-98 to 12-23-98



Jared T. Vaughn
9-8-06 to 5-10-07

Taylr J. Vickers
10-31-01 to 12-4-01



Brody Ray Wallace
9-2-09 to 11-13-09

Charles Wesley Washington
9-7-93 to 9-29-93

Michael Watson
9-8-98 to 1-4-99

Montel D. Weaver
11-25-01 to 4-11-02

Peyton Lee Welch
11-19-08 to 4-23-09



Wyatt James Wilder
10-12-04 to 1-27-05

Christopher T. Williams
9-24-09 to 11-30-09

Jaleel Woodard
11-28-00 to 4-25-01

Our deepest sympathy for the recent unexpected death of:

Lillion Bayes

Makayla Fletcher
8-17-12 to 8-21-12
Daughter of
Donald & Jessica Fletcher

Memohis C. Harvey
6-1-12 to 8-31-12
Son of Heather Buckelaw &
Donny Harvey

Daniel Lopez
6-9-12
Son of Daniela Lopez

Stephen Moore
8-16-12
Son of Melissa Brown &
Stephen Moore

Mia Michelle Quitt
7-10-12 to 8-25-12
Daughter of
Hollie & Elijah Quitt

Javen J. Vinyard
6-26-11 to 6-9-12
Son of
Nicole & Jeremy Vinyard

Kenneth R. Wilkins Jr.
6-12-12
Son of Susan Ferris &
Kenneth Wilkins

In memory of our babies — June, July, August

Trevor James Allen 2-13-97 to 6-28-97 Son of Grant & Shelley Allen	Jasmine Marie Chism 8-25-00 Daughter of Jessica Chism	Niqo Gallardo 4-20-01 to 7-31-01 Son of Julie McCarter & Javier Gallardo	Monica Ann Hudson 4-13-99 to 8-29-99 Daughter of Mike Hudson & Alta Valles
Wade Barrett 3-24-10 to 6-24-10 Son of Mike & Gayle Barrett	Jessica Nachelle Clemence 6-4-97 Daughter of Todd & Missy Clemence	Paul Stephen Gile 5-26-67 to 8-8-67 Son of Bob & Elaine Gile	Mahnesha Dee'Lucia James 1-17-00 to 6-9-00 Daughter of Raymond & Jasmine James
Jeremiah James Bessent 5-19-10 to 7-6-10 Son of Dylan Barbe & LeeAnn Bessent	Skyler Rain Cook 5-4-01 to 6-2-01 Daughter of Jimmy & Christina Cook	Craig (CJ) James Hamel 5-17-94 to 7-19-94 Son of Stephen & Christina Hamel	Arianna MaRae Johnson 12-20-00 to 8-28-01 Daughter of Deborah Johnson
Colton Black 4-27-95 to 7-18-95 Grandson of Larry Black	Tavion Cooper 5-15-01 to 7-7-01 Son of Lisa Cooper & Michelle Salazar	Porsha T. Hampton 4-19-03 to 7-7-03 Daughter of Kenya Hampton	Giselle S. Jones 12-23-08 to 6-6-09 Daughter of Demetria Fultz
Brett Bogan 3-29-95 to 8-25-95 Son of Jennifer Spence & Loran Bogan	Trevor Crighton 11-9-95 to 6-13-96 Son of Joe & April Crighton	Kaleb Harden 1-22-03 to 6-11-03 Son of Adomma Harden	Trenten Jones 4-4-06 to 8-29-06 Son of Becky Adams & Tony Jones
Emily Kaetin Bonnesen 4-18-07 to 8-15-07 Daughter of Wayne & Kandace Bonnesen	Laura Lucia Cummings 4-12-97 to 7-11-97 Daughter of Bill & Nika Cummings	Kali Ilene Harris 3-13-86 to 6-2-86 Daughter of Melissa Carrell	Avery Miranda Kearney 3-24-08 to 7-30-08 Daughter of Arthur & Karla Kearney
Lavonne Bradford 6-12-07 to 8-19-07 Daughter of Ananda Bradford	Kile Mae Darnell 2-11-08 to 7-2-08 Daughter of Chrystal & Jason Darnell	Peyton M. Harris 5-14-09 to 6-14-09 Son of Michael & Kurstie Harris	Marshall Dean Keller 3-15-10 to 7-1-10 Son of Chris & Jamie Keller
William "Cole" Brandenburger 3-30-98 to 8-29-98 Son of Bill & Renee Brandenburger	James Patrick Andre Donnally 2-12-07 to 7-16-07 Son of Joe & Amelie Donnally	Destiny Rayn Hart 1-24-00 to 7-7-00 Daughter of Randy & Stacy Hart	Chance Killen 4-16-09 to 8-10-09 Son of Earisha Metzger & Jedediah Killen
Hunter Brewer 4-23-02 to 8-29-02 Son of Andy & Mary Brewer	Garett V. Dreiling Stimpson 1-27-94 to 7-20-94 Son of Dori Smalley	Joseph Gray Haynes 6-5-98 Son of Robert & Pamela Haynes	Ashley Kirby 6-22-00 to 8-20-00 Daughter of David & Barbara Kirby
Jacob Michael Brown 6-23-09 to 8-3-09 Son of Ashley Moody & Roger Brown	Annie Elwick 3-25-81 to 6-28-81 Daughter of Ray & Debbie Elwick	Matthew Logan Hoffman 1-21-00 to 7-4-00 Son of James Hoffman & Rosina Urbaneck	Jordan Little 6-15-11 Infant of Audrey Little
Jaden Buehler 4-10-05 to 8-23-05 Daughter of Lori & Michael Buehler	Caroline M. Fernandez 3-31-02 to 8-26-02 Daughter of Amber Buckingham & Ricardo Fernandez	Rigo Holguin 5-27-09 to 8-30-09 Son of Ruby Holguin	Isaac Loder 4-8-02 to 6-7-02 Son of Krystal Hixenbaugh
Amarion Byrd 12-7-06 to 7-20-07 Son of LaToya Byrd	Maria Inez Foley 10-25-01 to 8-13-02 Daughter of Elizabeth Foley & Matthew Downing	Andrea T. Holloman 5-22-06 to 8-23-06 Son of ToiAnn Henderson & Phillip Holloman	Maria Amella Bonilla J. Lopez 7-11-00 to 7-29-00 Daughter of Lucio & Teresa Lopez
Alluzae Carson 7-10-09 to 8-31-09 Son of Regina Fischer	Kaylee Shae Frye 5-23-97 to 8-19-97 Daughter of Mike & Stacey Frye	Collin Dale Hon 5-9-03 to 6-11-03 Son of Steven Hon & Jennifer Lieftring	Alexis N. Martin 4-16-11 to 7-5-11 Daughter of Chelsea & Patrick Martin
Navaeh Sierra D. Castleberry 7-12-11 to 7-25-11 Daughter of Brittany Dunn		Ju'Liyah Lynn Marie Hubbard 8-4-11 Daughter of Latrisha Hill & Justin Hubbard	Domanic Martinez 2-22-00 to 7-21-00 Son of Benji Martinez & Denise Mendoza
Anthony Scott Chesbro 5-12-00 to 8-10-00 Son of Bryan & Jennie Chesbro			

In memory of our babies — June, July, August

Jaiden Marts
8-12-10 to 7-4-11
Daughter of Amy Hughes &
Braeden Marts

Seneca Lynn Mason
3-23-01 to 6-1-01
Daughter of
Carlton & Stephanie Mason

Thomas Allen McCloskey
4-7-01 to 7-27-01
Son of Tom McCloskey &
Amanda Shock

Savanna Meek
4-9-03 to 8-20-03
Daughter of
Jeremy Meek & Rocio Molina

Jeremiah Aiden Neal
12-6-07 to 6-18-08
Son of Andrea Winter

Aydan Alexander Nelson
4-25-05 to 8-23-05
Son of Sarah Sherar

Natalie Maye Nunn
7-19-02 to 8-20-02
Daughter of
Kelly Vanley & Jessie Nunn

Kalib Parisi
7-14-08 to 8-28-08
Son of Nichole Parisi

Haley Pierce
12-18-08 to 8-10-09
Daughter of
Zach Peters & Betty Pierce

Chance Potts-Pearson
7-23-06 to 7-23-06
Son of Jennifer Potts &
Zach Pearson

Riley J. Powers
7-3-01 to 7-14-01
Daughter of
Mike & Amy Powers

Joshua Ratzlaff
5-24-06 to 8-14-06
Son of
Joseph & Samantha Ratzlaff

Jackson Robinson
8-28-10
Son of Kassie Robinson &
Patrick Dooley II

Jason Rodriguez
4-1-98 to 6-1-98
Son of
Benito & Veronica Rodriguez

Thomas Daniel Rubalcaba
3-10-88 to 7-2-88
Son of Pam Carlton

Cooper Sala
8-19-11 to 8-28-11
Infant of Kendra Sala

Hanna Salas
11-4-99 to 8-16-00
Daughter of
Hector & Michelle Salas

Isaiah Sanders-Galbraith
7-28-11 to 7-28-11
Son of Diana Sanders

Daquen Sawyer
6-20-00 to 8-23-00
Grandson of Linda Martinez

Caitlyn Jo Shaw
5-20-02 to 8-14-02
Daughter of
Kelly & Tracy Shaw

Tyeyon Sherman
7-19-99
Son of Melanie Sherman

Haley Elizabeth Slaymaker
12-9-96 to 6-16-97
Daughter of
Lance & Katie Slaymaker

Taylor Small
6-5-98 to 7-27-98
Infant of Trianna Small

Micaiah Smith
1-5-96 to 6-5-96
Granddaughter of
Jennifer Mills

Enoch Snowbarger
4-21-07 to 8-16-07
Son of
Tyler & Tina Snowbarger

Alejandro J. Soto
1-5-08 to 7-21-08
Son of
Robert Soto & Tiffany Carroll

Christopher Sprague
4-3-96 to 6-19-96
Grandson of Debra Sprague

Haelie Alison Wella Springer
5-18-00 to 8-3-00
Daughter of Kelly Springer &
Daniel Moser

Hannah Rose Standiferd
5-14-08 to 6-28-08
Daughter of
Jack & Darby Standiferd

Gabriel Richard Storrie
4-3-94 to 7-16-94
Son of Wendy Storrie

Jayden Taylor
5-6-09 to 6-19-09
Daughter of
Bock & Jena Taylor

Alyssa Nichole Thornton
5-6-08 to 6-29-08
Daughter of Amanda Thornton

Odin Markus Tolten
7-20-09 to 8-29-09
Son of Sylvia Trask

Conner True
2-27-08 to 7-25-08
Son of
David True & Ashley Morgan

Zachary Typer
1-4-07 to 7-2-07
Son of
Michael & Jennifer Typer

Conner Underwood
6-20-07 to 8-28-07
Son of
Shannon & Julie Underwood

Clayton G. Vath
5-12-06 to 6-12-06
Son of Andy & Jaclyn Vath

Kylie Viergever
7-28-06 to 8-27-06
Daughter of Erica Hallenbeck
& Trent Viergever

Madison Alexandra Vividor
6-21-97 to 8-24-97
Daughter of Mayerling Vividor

Malea Lynea Whitfield
4-11-03 to 6-16-03
Daughter of
Bryan & Dana Whitfield

Eris Williams
7-9-11
Son of Olivia Curtis

Isaiah Malachi Williams
6-22-01 to 7-17-01
Son of Jessica Williams

Daniel Wilson
3-1-98 to 8-11-98
Son of Theresa Stuber

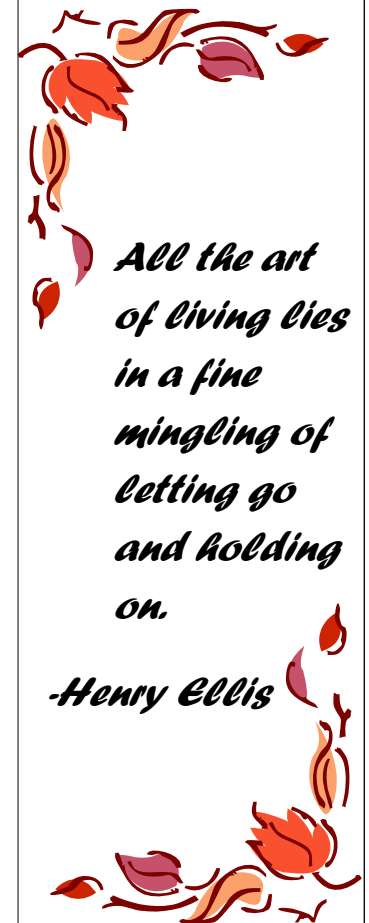
Maliki Wilson
4-8-08 to 6-21-08
Son of Karlee Wilson

Logan Winstead
3-21-05 to 7-9-05
Son of Calvin Winstead &
Shawna Salsman

Bode James Wolfe
5-11-10 to 8-26-10
Son of
Matthew & Gretchen Wolfe

Dante R. Wood
5-23-02 to 8-11-02
Son of Kyle & Dana Wood

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



SIDS Network of Kansas 2013 Annual Candle Lighting Memorial

Date: Sunday, December 9, 2012
Where: The Wichita Boathouse
515 South Wichita Street
Wichita, KS 67202
Time: 2:30 p.m.
RSVP: 316-682-1301/1-866-399-7437

*We do this...that
their light may
always shine!*

The SIDS Network of Kansas 13th Annual Candle Lighting Memorial will feature poetry, a memorial slideshow and candle lighting.

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 3.

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>



**Mark your calendars for the
10th Annual Step Up for SIDS
5k & Memory Walk**

**Saturday, May 4, 2013
10am - Noon
WSU Cessna Stadium in Wichita**

**Step Up for SIDS is the signature
fundraising event for the SIDS
Network of Kansas.**

- Mark your Calendar-

**December 9, 2012
Memorial Candle Lighting**

**May 4, 2013
Step Up for SIDS**

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.

Haley's 12th Annual SIDS Scramble

was held September 27, 2012 at Crestview Country Club in Wichita, KS.

This year Haley's Scramble hosted 105 golfers and raised over \$20,000 to support bereavement and community outreach across the State of Kansas.

The Network is grateful for the hours of preparation dedicated by the 2012 volunteer Scramble Committee: Norm McNeely (chair), Brian Childers, Linda Hall, Pete Sargent, and Kurt Schmidt.

Thank you to all the golfers, sponsors and volunteers who helped make the 2012 Scramble a success.



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Dr. Michael & Amber Wilson

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Volunteers

Trudy Baker
Julius Bell
BJ
Sheila Blackmon
BOB/The Wolf
Daniela Calderon-Cordoba
Patty Calderon-Cordoba
Brian Childers
Gail Childers
Sukkie Cleaver
Brenda Davis
Darren Dawdy
Billy Dempsey
Chase Dempsey
Devin Dempsey

Midge Dempsey
Dr. Lopez
Karen Foley
Patricia Govert
Darlynn Hagen
Linda Hall
Rod Harris
Cindy Henderson
Misty Henderson
Paola Koppang
Danny Krug
Natalie Krug
Betty Ladino
Ed Lindeman
Whitney Lindeman
Melody McCray-Miller

Norm McNeely
Lindsey Medina
Mary Medina
Desmond Nergent
Felicia Oltean
Josefina Osio
Michelle Redmond
Cole Richardson
Emma Richmond
Christopher Rodriguez
Cristina Rodriguez
Jose Rodriguez
Raquel Rodriguez
Emalyn Rogers
Pete Sargent
Ryan Sargent

Julie Schillings
Jessica Schmidt
Kurt Schmidt
Norma Schmidt
AJ Smith
Amanda Stroh
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SIDS Scramble

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 Walker Construction
 Walt's Sports Bar & Grill
 Wendy's
 Wichita Technical Institute
 Dr. Michael & Amber Wilson,
 Via Christi Clinic-Andover
 Gary & Karen Wilson
 Allen Winfrey

Thanks to the **Wichita Community Foundation and Downtown Wichita Kiwanis** for their generous grants which allowed us to purchase sleepsacks for our "Six Steps to Safety" packets which were distributed to Healthy Start Home Visitors from across the State at the Governor's Conference on April 24, 2012. Healthy Start Home Visitors will distribute the packets throughout the State to families at risk. The packet provides tangible educational items and information to new parents to generate a higher level of safety in the homes of high-risk babies, increase SIDS awareness, and thus reduce infant mortality due to SIDS and other sleep related deaths.



NETWORK OF KANSAS, INC.

1148 S. Hillside, Suite 10
Wichita, KS 67211

Change Service Requested



Sudden Infant Death Syndrome

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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
Amanda Yoder—sidsayod@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. Pozez 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

Online E-mail Support Groups:

<http://health.groups.yahoo.com/group/sidsfamilies/>

This site provides a general grief e-mail support group as well as other more specific groups including:

- SIDS Dads
- SIDS Moms
- SIDS Grandparents
- SIDS Aunts
- Babies After SIDS
- SIDS Twinless Twins
- SIDS Families (any family member)

Additional Online Support:

Faces of Loss, Faces of

<http://facesofloss.com/about/welcome-2>

IRIS (Infants Remembered in Silence)

<http://www.irisremembers.com/welcome.cfm>

Still Standing - <http://stillstandingmag.com/>