



# SIDS Safety Net

Sudden Infant Death Support Network of Kansas, Inc.

## Magical Tricks...

to help bereaved parents have wondrous holidays

by Francis Morgan

So, by now, we all understand... there is no magic... never was... never will be... to make holidays wondrous for a bereaved parent when your wondrous child has died. Making them more bearable for yourself and “gentling” yourself through them is what I would love to help you with.

Some people say to make a decision on how you want to spend them. Some people say to play it by ear and be flexible about how you want to spend them.

Some people say to go to a different place for the holidays. Some people say to stay home and be surrounded by family and friends.

Some people say to have a Menorah or a Christmas tree, as you have always done. Some people say not to have a Menorah or a Christmas tree, as you have always done.

Some people say not to use your precious energy sending out holiday cards. Some people say to snap out of it and use your precious energy to send out holiday cards.

Some people say to put the pictures of your beloved child away. Some people say to put the pictures of your beloved child out and light a candle in front of them at this time of year.

Some people say to go out to a restaurant for dinner. Some people say to go to friends or family for dinner. Some people say to stay home and bake for dinner and try to ignore the empty chair.

Some people say to reach out to others. Some people say to curl up and give in to the lethargy of grief.

Confusing, isn't it? In the beginning, I wanted to read a rule book on how to grieve, what to do to obliterate the sadness of life without Peter. So far, that book has not been written. Many good ones are out there, but because your precious child was so unique, each parent's grief is unique, also.

The universal tenets for me are: Run, don't walk away from anyone who “shoulds” on you—“You should remember you have other children, you shouldn't keep bringing his name up, you should be like my sister's neighbor who goes Line Dancing, blah, blah, blah...”

Seek out bereavement support groups and select friends and family who know how to nurture you.

Cry. Some people attend churches different from their own because they are embarrassed to cry in public. Trying not to cry takes too much effort and usually helps no one.

An annual tradition in remembrance of Peter helps our family. We commission a creatively talented friend or florist to make a grave blanket of evergreens, silk poinsettias, pine cones, and holiday ribbons for our son's grave. (Many florists have grave blankets ready-made.) We buy a holiday card, “To Our Son,” just like we do for our other children and write all our feelings on it. I insert it into a plastic folder or a large Zip Lock bag and tie it with a festive ribbon. The symbolism of the evergreen blanket to keep him warm is soothing to my heart. The candle lighting ceremony is a lovely idea and brings comfort to many bereaved parents.



Remember that grief work takes more energy than anything in life. Rest and be vigilant about proper nutrition. Be gentle with yourself. You are allowed to because you are in crisis.

I began taking vitamins for stress that first year after Peter's death—High Complex B—as well as One-A-Day vitamins, and I still do. Exercise was a big help. Walking in the sunlight for even ten minutes a day and taking deep breaths as I walked was helpful to me then and it continues to be. Be careful of alcohol and high sugar foods. Though they seem to momentarily lift our spirits, they are major depressants, unless taken in moderation, and can add to the blues.

Choosing to open myself to the love of the people in my life helped me. I found writing five things each day that I was grateful for, forced me to remember the good in my life; and that habit enriches me. Praying to God to grant me the serenity to accept what I cannot change has given me a measure of tranquility.

Throughout the holidays, I will pray that comforting angels on earth come to you with understanding and kindness, allowing you to speak of your beloved child as often as you need to. It is my daily prayer that our merciful God gives us the peace that surpasses all human understanding.

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### From the Director's Desk by Christy Schunn, LCSW



What is hope? Where do we find it and why do we need it? In their book, *Finding Hope (Willowgreen, 1999)*, Ronna Jevne & James Miller identify ways to find hope during times of grief and loss. We might also ask, "How do we redefine hope when we are faced with tragedy?"

Hope, according to Jevne and Miller, "is looking forward with both confidence and [uncertainty] to something good." However, at times of great adversity, these concepts are difficult to consider when the world appears consumed with sorrow. Grief can strip a people of all their coping skills, leaving them with chaos and feelings of despair. Fortunately, there are resources out there to help you find hope.

These resources may be internal or external: Meaning you may look within yourself for strength or use outside entities to help find hope. Internally, you can look back to a time when you experienced hope. Focus in on what it looked like and how it felt. Notice other signs of hope in your environment: How people interact with each other; how others have overcome adversity; how some simply look to nature to see the ways in which hope is alive. Jevne and Miller also suggest that we need to expect to find hope. Anticipate that it is out there and hone in on it.

Hope is there if we search for it. Sometimes we must rely on outside forces to help us find hope. Listening to those people who confirm and uplift us can be instrumental in our search for hope. Hope can also be found in songs, poems, scripture and stories if we stop to listen.

In some cases, when our hope is severely low, we must count on others to hold hope for us. When others carry hope for us

they can also lend it to us. Borrow hope if you need to. When you don't have the energy to hope, gather with people who have it. This is exactly why SIDS Support Meetings and the Annual Candle Lighting Memorial exist...to foster and share hope (see page 8 & 12 for support meeting and candle lighting details).

The last concept I would like you to consider is broadening your scope of hope. What exactly are you hoping for? Comfort and peace for one hour or one day? The ability to concentrate for part of the day? Finding someone you can share your grief story with? There are an array of things to hope for, so consider expanding your list. Simplify some of your hopes so they are achievable. Once you gain confidence that hope exists, you will be courageous enough to find more.

Hope is all around...the challenge is giving ourselves permission to hope. Hope is one piece of this grief puzzle. A piece necessary to move within our grief journey. Consider these ideas and find what works for you.

My hope is that you find moments of peace, comfort and hope this holiday season.

~Christy



Jevne, R.F., & Miller, J.E. (1999). Finding Hope: Ways to See Life in a Brighter Light. Fort Wayne, IN: Willowgreen.



### A letter to my family and friends...

*The following idea for a letter to family and friends could be used either in its entirety or just in part to your own family and friends. It is written looking for understanding during the holidays but could be modified for use at any time of the year.*

Dear Family and Friends:

Thank you for not expecting too much from us this holiday season. The absence of our child when the "whole family" gathers seems to accentuate our incomplete family. It is difficult to cope with the "spirit" of the holidays on the radio, TV, in the newspapers and stores. We will need the patience and understanding of our family and friends to help us through the holidays as best we can.

Our family traditions may be too painful for us to continue this year. We may want to change the way we spend Thanksgiving, Christmas, or Hanukkah. Please understand this and maybe some time in the future we will have these traditions again. Whatever our thoughts are for coping with the day, please take our feelings into consideration when you make your plans.

Please allow us to talk about our child, if we feel a need. Perhaps the single most helpful thing you can do for us is to include our child in the holidays. We want to hear his/her name, to have you recall fond memories of their lives, to know that you, too, are feeling their absence and remembering them with love.

As we work through our grief, we will need your patience and support, especially during these holiday times and the "special" days throughout the year.

Thank you for not expecting too much from us this holiday season and thank you for caring so deeply about us.

Love, a bereaved parent/family

### Coping strategies for the holidays and beyond...

- Light a candle in memory of your baby
- Attend a memorial candle lighting ceremony
- Make luminaries in honor of your baby
- Buy a tree, bush or a flower to memorialize your baby and then plant it somewhere special
- Ask people to state one memory of your child during a holiday gathering
- Donate to a special cause for children
- Adopt an angel to purchase holiday gifts for a child in need
- Volunteer to help others in need (homeless shelter, soup kitchen, nursing home)
- Choose a personal belonging or buy something that represents your baby to give to loved ones. Explain to them why you chose that item. This can be especially meaningful for surviving children.
- Make a memory album of your baby and review it with family members
- Have children make their own memory book
- Have your baby's birthstone set in a ring or a necklace
- Wear a charm with special meaning on a necklace or bracelet
- Create a special frame with your baby's picture
- Send a flower or a card to someone special on the anniversary date
- Do something special on the anniversary date
- Visit the cemetery
- Make something special to take to the cemetery
- Make a collage of your baby using pictures, personal messages, a lock of hair, or anything special
- Have a plaque engraved with your baby's name
- Use a piece of your baby's clothing or blanket to make a quilt square or a special pillow
- Tell people what you need, ask for help when needed, and accept help from others when things become too overwhelming
- Ask to make changes to your holiday traditions if they are too stressful
- Ask people to give you space if needed
- Talk or think about your experience and your thoughts and feelings
- Talk or write about your fears
- Go for a walk
- Journal
- Pray and/or meditate
- Get a massage
- Participate in sporting activities
- Get a pedicure or manicure
- Go window shopping
- Watch a movie
- Spend time with those you love and who love you for who you are

#### Pathway of Hope

By Iris Morganstern  
New York, New York

The joy that surrounds the holidays  
May be difficult to face,  
But with courage and warm recollections  
You will endure.  
Remember...  
Precious memories  
Are like pebbles  
Along the Pathway of Hope.  
Embrace them,  
They will show you the way.

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Birthday babies — December, January, February



Brandon Adolph  
12-24-00 to 1-20-01  
Son of  
Darren & Julie Adolph



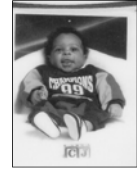
Peyden Alcanter  
1-8-04 to 3-27-04  
Daughter of  
Samantha Alcanter



Trevor James Allen  
2-13-97 to 6-28-97  
Son of  
Shelley & Grant Allen



Henry Armijo  
12-20-06 to 4-29-07  
Son of Harold Armijo  
& Molly Harms



Charles Banks IV  
1-2-96 to 4-14-96  
Son of  
Tawana Brown



Aonesty Alana Barkus  
2-3-02 to 5-30-02  
Daughter of  
Temika Bryant



Dustin Barrientos  
2-23-85 to 3-19-85  
Son of  
Gayle Pollard



Skye Nicole Berntsen  
12-29-05 to 3-13-06  
Daughter of Brandon  
& Shawna Berntsen



Mason Lee Michael Blich  
12-1-99 to 1-14-00  
Son of  
Jay & Amber Blich



Taylor Bonner  
1-9-01 to 5-28-07  
Daughter of  
Jerami & Jacki Bonner



Cetan Nahgin Bradford  
12-15-03 to 4-20-04  
Son of  
Jennie Davis



Jesse Jose Bueno, Jr.  
12-9-03 to 2-14-04  
Son of Jesse Bueno, Sr.  
& Rosie Soto



Amarion Byrd  
12-7-06 to 7-20-07  
Son of  
LaToya Byrd



Allissa Joy Campbell  
1-10-92 to 4-10-92  
Daughter of  
Ted & Pam Campbell



Carissa Rose Cobal  
1-25-86 to 3-2-86  
Daughter of  
Vicky Creason



Tre Shon Andrew Collins  
12-30-00 to 3-12-02  
Son of  
Tiffany Collins



Kayante Duke Cook  
1-6-00 to 9-29-00  
Son of Johnny Cook  
& Tamisha Miller



Christian Alan Lee Cook  
12-11-02 to 12-20-02  
Son of  
Kacy Osburn



Madison D. Cunningham  
12-20-01 to 1-2-02  
Daughter of Ike &  
Teresa Cunningham



Zachary William Davied  
2-23-00 to 3-15-00  
Son of Scott  
& Cassandra Davied



Brandon Curtis DeZwarte  
2-26-02 to 5-10-02  
Son of Donald DeZwarte  
& Kandi Hilleary



Carla Dominequez-Ortiz  
2-13-07 to 5-24-07  
Daughter of Carlos Dominequez  
& Stephanie Ortiz



James Patrickandre Donnally  
2-12-07 to 7-16-07  
Son of Joe  
& Amelie Donnally



Christian Douglas-Turner  
12-4-95 to 2-27-96  
Son of Elijah Turner  
& Jamie Douglas



Garett Vincent Dreiling Stimpson  
1-27-94 to 7-20-94  
Son of  
Dori Smalley



Jasmine Erbe  
12-15-06 to 2-27-07  
Daughter of Vance Erbe  
& Crystal Millar



Jakaida Ka'Sarria S. Franklin  
1-7-04 to 2-22-04  
Daughter of  
Lamerrtia Burton



Charles Scot Fry  
12-13-03 to 3-29-04  
Son of Charles Fry  
& Aletha Gilchrist



Kaleb Harden  
1-22-03 to 6-11-03  
Son of  
Adomma Harden



Birthday babies — December, January, February



Jackson Miller  
12-20-06 to 2-20-07  
Son of  
Justin & Karen Harnett



Destiny Rayn Hart  
1-24-00 to 7-7-00  
Daughter of  
Randy & Stacy Hart



Shayle Hendrix  
2-4-97  
Daughter of Willie Lee  
Hendrix & Natasha Crawford



Jessica Rose Hensley  
1-23-00 to 4-17-00  
Daughter of  
Kalani Hensley



Kajen Hill  
2-2-03 to 5-24-03  
Son of  
Thomas & Kristal Hill



Matthew Logan Hoffman  
1-21-00 to 7-4-00  
Son of James Hoffman  
& Rosina Urbanek



Natalie Jo Howerton  
12-1-00 to 3-15-01  
Daughter of  
Mark & Becky Howerton



Harmon C.P. Hutchison  
1-25-04 to 5-19-04  
Son of  
Peter & Brianna Hutchison



Caylea Arica Inglett  
12-21-00 to 3-22-01  
Daughter of  
Aric & Christina Inglett



Syr Jackson  
12-9-05 to 1-18-06  
Son of  
Patricia Bannister



Mahnesha Dee'Lucia James  
1-17-00 to 6-9-00  
Daughter of  
Raymond & Jasmine James



Arianna MaRae Johnson  
12-20-00 to 8-28-01  
Daughter of  
Deborah Johnson



Madysen RaeDelanie Jones  
1-21-00 to 4-6-00  
Daughter of  
Melissa Drew-Jones



Brooklyn Paige LaGree  
1-3-06 to 3-3-06  
Daughter of  
Nicole LaGree



Anthony Lilly  
12-5-06 to 3-14-07  
Son of Jason Lilly  
& Alicia Ortiz



Siraya Opal Lovelace-Simmons  
12-23-04 to 4-22-05  
Daughter of  
Ami Simmons



Christopher Luebbert  
2-2-90 to 9-3-90  
Son of  
Mary Luebbert



Domanic Martinez  
2-22-00 to 7-21-00  
Son of Benji Martinez  
& Denise Mendoza



Tiffany Jasmine McCanles  
2-22-97 to 4-28-97  
Granddaughter of  
James & Nancy Pitts



Gary S. McLendon  
1-2-06 to 1-7-06  
Son of Steven  
& Tonya McLendon



Kenneth Morgan  
12-18-92 to 3-15-93  
Son of  
Mr. & Mrs. Morgan



Isaac "Max" Benton Morgan  
2-5-98 to 5-17-98  
Son of  
Jackie Morgan



Luke Nelson  
2-6-06 to 5-3-06  
Son of  
David & Jill Nelson



Justice Orion Nelson  
1-24-00 to 5-16-00  
Son of Jason Nelson  
& Becky Swartz



Gabriella Marie Parra-Kanady  
12-28-04 to 3-28-05  
Daughter of  
Lucas Kanady & Lorena Parra



Colton W. Phelps  
1-8-02 to 4-10-02  
Son of  
Michael Phelps



Toshua Ann Marie Pool  
2-6-04 to 5-17-04  
Daughter of  
Susan Pool



Paige M. Rabourn  
12-6-95 to 2-17-96  
Daughter of  
Sean & Kristine Rabourn



Kristopher Dylan Reed  
12-21-03 to 2-5-04  
Son of  
Toland & Melanie Reed



Birthday babies — December, January, February



Brayden Lane Renollet  
1-6-07 to 5-15-07  
Son of McKinley Renollet  
& Laura Turner



Nicholas Vaughn Roberts  
2-12-03 to 4-10-03  
Son of  
Jessica Roberts



Keyana Noel Sanborn  
1-29-04 to 4-6-04  
Daughter of Rebecca Sanborn  
& Leon Washington



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



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



Kaleb Scott Stateler  
2-15-02 to 3-23-02  
Son of  
Scott & Sara Stateler



Michayla Stephens  
1-11-97 to 5-11-97  
Daughter of Michael Boyd  
& A'litta Stephens



Troy Stewart  
12-24-94 to 3-23-95  
Grandson of  
Rebecca Castillo



Lauren Tabor  
2-4-97  
Daughter of  
Brian & Tammy Tabor



Jorge G. Torres  
2-8-04 to 4-12-04  
Son of  
Jorge & Veronica Torres



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



Aaron Warren  
1-8-99 to 4-29-99  
Grandson of  
Michael & Teresa Warren



Marlon Jr. Washington  
12-12-06 to 1-12-07  
Son of Marlon  
& Sheryl Washington



Kyle Martin Weatherly  
2-8-82 to 4-4-82  
Son of  
Dan & Barbara Weatherly



Ryan Michael Webber  
12-10-96 to 1-19-97  
Son of James Weesner  
& Jodi Chapin



Daikiyh D. Woods  
2-1-02 to 3-24-02  
Daughter of  
Tyisha Thompson

*Our deepest sympathy for the  
recent unexpected death of:*

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

*Son of  
James Black & Tammie Duvaul*

*Justus N. Madden*  
7-17-07 to 9-19-07

*Son of  
Michael Madden & Jennifer Jones*

*Conner Underwood*  
6-20-07 to 8-28-07

*Son of  
Shannon & Julie Underwood*

*Lavonne Bradford*  
6-12-07 to 8-19-07  
Daughter of  
Ananda Bradford

*Adian James O'Brien*  
8-13-07 to 9-1-07  
Son of  
Meagan O'Brien

*Eli W. Krueger*  
8-6-07 to 9-26-07

*Son of  
Kenneth & Brandy Krueger*

*Enoch Snobarger*  
4-21-07 to 8-16-07

*Son of  
Tyler & Tina Snobarger*



We apologize for any errors that have been made.

Please call the office (1-866-399-7437) or email to [sidsks@aol.com](mailto:sidsks@aol.com) and we will make the necessary corrections.

If you would like a picture of your child in the newsletter and/or on the website,  
please send us a picture via email or US mail.  
(We plan to return pictures, but please make sure you keep a copy just in case.)

## SIDS Safety Net

# In memory of our babies — September, October, November

Octavio Yawo Amorin 9-3-04 to 11-3-04 Son of Melinda Edmondson & Yawo Amorin	Juanita Calderon-Cordoba 7-2-01 to 10-17-01 Daughter of Mauricio Calderon & Ana Cordoba	Jack Austin Estes 7-19-98 to 10-23-98 Grandson of Stanley & Beverly Estes	Elizabeth Renee Kates 8-17-00 to 10-30-00 Daughter of Melissa Kates
Zacheriah James Anderson 7-4-06 to 9-8-06 Son of Douglas Anderson & Renea McBride	Cloey Dawn Ann Chamberlain 8-1-03 to 10-18-03 Daughter of Daniel & Junell Chamberlain	Anastasia Marie Faber 6-7-04 to 11-7-04 Daughter of Brandon & Ashley Faber	Kayden Alexander Kauffman 9-21-00 to 11-9-00 Son of Justin & Ronda Kauffman
Joshua Nicholas Antle 5-31-80 to 9-25-80 Son of Tracey McNeely	Lakayla Patricia Denise Coleman 6-1-05 to 10-3-05 Daughter of Mark Raya & Ashley Coleman	Kordell Jacob Floyd 5-12-99 to 10-30-99 Son of Alicia Kumle	Brydon Douglas Keane 7-10-02 to 10-11-02 Son of James & Brandy Keane
Alexandria Suezanne Augustine 8-8-97 to 10-13-97 Daughter of Michael & Kim Augustine	Kayante Duke Cook 1-6-00 to 9-29-00 Son of Johnny Cook & Tamisha Miller	Kansas JoRiah Renee Gibbs 3-7-01 to 9-3-01 Daughter of Joseph Gibbs & Latasha Townsend	Gavin Michael Kennedy-Bordwell 7-13-04 to 9-24-04 Son of Aaron Bordwell & Deborah Kennedy
Skyler d'Ene Austin 9-20-02 to 11-2-02 Daughter of Tammy Austin	Kelsey Lynn Cooley 6-10-95 to 11-18-95 Daughter of Kris & Shannon Cooley	Elena Marie Gonzales 8-9-01 to 11-15-01 Daughter of Roger & Theresa Gonzales	Ariah I. Lawrence 7-4-05 to 9-23-05 Daughter of Shanell Lawrence & Mark Holley
Arabelle Elizabeth Louise Baker 8-7-06 to 9-26-06 Daughter of Josh & Theresa Baker	Coby Allen Cozart 8-17-98 to 10-19-98 Son of Dwayne Cozart	Rebekah Lee Ann Shalom Grisamore 11-26-02 Daughter of Ben Grisamore	Christopher Luebbert 2-2-90 to 9-3-90 Son of Mary Luebbert
Kloe Angel Barkley 7-1-05 to 9-17-06 Daughter of Brandy Barkley	Chris Cuevas-Salinas 7-1-05 to 11-15-05 Son of Ofelio Cuevas & Adriana Salinas	Kohl William Gropp 7-20-01 to 9-25-01 Son of Lance & Lisa Gropp	Erlan Maldonado-Ortiz 8-26-05 to 11-17-05 Son of Gelacio Maldonado & Yolanda Ortiz
Amber Marie Birch 7-29-92 to 9-1-92 Daughter of Teresa Muniz	Avery Jeremiah Dahna 7-2-06 to 9-16-06 Son of Jasmine Dahna	Asher Ray Grundmeyer 11-10-05 to 11-26-05 Son of Stephanie Blair	Arianna Maskrid 5-20-95 to 10-19-95 Granddaughter of Dana Maskrid
Kayla Michelle Blanton 5-22-99 to 10-26-99 Daughter of Bryan & Angie Blanton	Courtney A. Davenport 3-18-06 to 9-24-06 Daughter of Nicole Davenport	Phay'Bein Marquis Halcrombe 8-26-05 to 9-26-05 Son of Willie Halcrombe & Tanika Marquis	Landry Kathleen McClaskey 7-2-95 to 9-6-95 Daughter of Mary McClaskey
Steven Blocher 9-20-98 to 11-5-98 Son of Earl & Christina Blocher	Leah Renee Dechant 7-13-00 to 11-29-00 Daughter of Lance Dechant & Toni Jackson	Trenton Hanchett 8-12-96 to 10-25-96 Son of Chrystal Hanchett	Eshey D'Juan McCullar, Jr. 8-13-04 to 11-11-04 Son of Eshey McCullar
Roper Edward Bloomfield 9-17-05 to 10-8-05 Son of Charlie & Amelia Bloomfield	RaySean Daniel DeShazer 8-23-03 to 10-12-03 Son of Sean DeShazer & Lisa Mack	Alessandra Lynn Hardwick 7-21-04 to 10-7-04 Daughter of Cassandra Hardwick	Alyzae Marie McCulley 9-4-05 to 10-8-05 Daughter of Jeremy McCulley & Elise Strobel
Daniel Lee Bockelman 6-26-05 to 10-12-05 Son of Jake Bockelman & Heather Castillo	Ethan Dickey 7-12-98 to 11-30-98 Son of Trisha Waters	Megan Hinton 6-24-02 to 9-13-02 Daughter of Erin Hinton	Alexis Cory Meeds 6-10-03 to 10-4-03 Daughter of Amara Meeds & James Epps
Shaily Oliaya Rain Breedlove 5-13-99 to 10-9-99 Daughter of Angela Breedlove	Taileon Dunbar 9-9-97 to 10-27-97 Son of Samone Dunbar	Ethan Lamar Hippen 9-6-03 to 10-22-03 Son of Dustin Hippen & Heather Ruiz	Abigail Ann Moody 8-29-02 to 9-18-02 Daughter of Curtis Moody
Arielle Elizabeth Jane Broadstock 7-20-98 to 11-5-98 Daughter of Steven & Tabatha Broadstock	Rachelle Lynn Durossette 10-26-00 to 11-26-00 Daughter of Michele Durossette	Biloxi Breeze Jacob 9-8-05 to 10-7-05 Daughter of Jace Jacob & Melinda White	Malakai Malikk Mosley 8-18-04 to 11-10-04 Son of Rikki Mosley
Marvin Brown 7-12-94 to 9-15-94 Son of Marcus Brown & Dorothy George	David Edward Ellis 9-21-94 to 11-5-94 Son of Jodi Ellis	Austin L. Jones 9-9-01 to 10-31-01 Son of Charles P. Jones & Amy Avery	Remico Charles Munoz 6-20-02 to 9-5-02 Son of Tamica Munoz & Howard Bradley
Jaqwan M. Byrd-Johnson 8-9-01 to 10-17-01 Son of Charles Johnson & Raylena Byrd	Laura Enloe 5-20-05 to 9-8-05 Daughter of Tara Johnson	Amesha T. Jones 9-22-02 to 10-14-02 Daughter of Latisha Sutherland	Joshua Murphy-Williams 7-13-06 to 9-17-06 Son of Jason Murphy & Brandy Ridge

## SIDS Safety Net

# In memory of our babies — September, October, November

Samuel L. Myers  
7-25-05 to 9-13-05  
Son of  
Brian & Jami 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  
Kartlon Williams & Elesia Norman

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

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

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

Elly 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

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  
Travis & Patricia Ruddle

Andrew Patrick Sargent  
11-27-95  
Son of  
Pete & Kerry Sargent

Kaden Schroeder  
7-8-06 to 11-20-06  
Son of  
Richard Schroeder & Kristin Rexroad

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

Donna Wolf  
Sergio Migel Solis  
7-26-04 to 9-26-04  
Son of  
Sergio Solis & Michelle Davis

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

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

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

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

Andre' Turner-Ibarra  
7-2-05 to 10-5-05  
Son of  
Angeno Turner & Olga Ibarra

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

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

Celsie Ann Webb  
4-22-99 to 11-12-99  
Daughter of  
Phillip Webb & Cara Hosey

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

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

Gabriella Ashlynn Wiley  
7-20-92 to 9-9-92  
Daughter of  
Dr. Tom & Cathie Wiley

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



*Every ending contains within  
itself the seeds of a new  
beginning. Always.*

### Online Support Groups

General Website: [www.sidsfamilies.com](http://www.sidsfamilies.com)

#### Support Groups:

for General SIDS Discussion:

[www.groups.yahoo.com/group/sidsfamilies](http://www.groups.yahoo.com/group/sidsfamilies)

for SIDS Grandparents:

[www.groups.yahoo.com/group/sidsgrandparents](http://www.groups.yahoo.com/group/sidsgrandparents)

for SIDS Fathers:

[www.groups.yahoo.com/group/sidsdads](http://www.groups.yahoo.com/group/sidsdads)

for Expecting SIDS Moms & Moms w/subsequent babies:

[www.groups.yahoo.com/group/babiesaftersids](http://www.groups.yahoo.com/group/babiesaftersids)

for SIDS Moms Trying to Conceive:

[www.groups.yahoo.com/group/sidsmomstrying](http://www.groups.yahoo.com/group/sidsmomstrying)

for SIDS Siblings:

[www.groups.yahoo.com/group/sidssiblings](http://www.groups.yahoo.com/group/sidssiblings)

for SIDS Parents a Few Years Down the Road:

[www.groups.yahoo.com/group/sidsdtr](http://www.groups.yahoo.com/group/sidsdtr)

for help with SIDS websites and related graphics:

[www.groups.yahoo.com/group/wsneg](http://www.groups.yahoo.com/group/wsneg)

for SIDS Aunts:

[www.groups.yahoo.com/group/sids-aunts](http://www.groups.yahoo.com/group/sids-aunts)

for SIDS Awareness:

[www.groups.yahoo.com/group/angelsinthemedia](http://www.groups.yahoo.com/group/angelsinthemedia)

### SIDS Support Meetings

#### South Central Kansas (Wichita)

Meets 4th Monday of the month, 7:00pm

SIDS Office, 1148 S. Hillside, Suite 10, Wichita, KS.

Childcare available—please call so arrangements can be made.

#### Northeast Kansas (Topeka)

Meets 3rd Thursday of the month, 7:00pm

Pozez Education Center—1505 S. W. 8th, Topeka, KS.

#### North Central Kansas (Lincoln)

Meets 3rd week of the month, 7:00pm

Mid-America Health Care—922 N. 5th Street, Lincoln, KS.

Please call for specific details.

If you are interested in attending a group in the following areas please call the SIDS office: Pittsburg, Hays or Salina

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.



## SIDS Safety Net

# Memorial Donations For Our Precious Babies

### In Memory of James Black

Jerred & Rhonda Haydock

### In Memory of Emily Bonnesen

Monisa Fraser,  
Dale & Tammy Clevenger,  
Chris & Paige Curry,  
Curtis & Kristine Graham,  
Lisa McLeod,  
Kim Young,  
James Thayer,  
April Fatula,  
Caroline Drennan,  
Dan & Julianne Kallman,  
Kip & Tammy Young,  
Matthew & Janice Bernstein

### In Memory of James Patrickandre Donnally

Reamur & Mary Donnally

### In Memory of Braydn Izzic Hammond- Stuber

Jennifer Stuber & Johnathon Hunter, Jr.

### In Memory of Elvira Lira

Clyde & Linda Jackson,  
John & Carolyn Davied  
Janet, Marc, Megan & Jacob McFarland



*The dark today leads into light  
tomorrow; there is no endless joy,  
...and yet no endless sorrow.  
—Ella Wheeler Wilcox*

## Volunteers

Mike Anderson	Jackie Morgan
Linda Hall	Kurt & Jessica Schmidt
Darlynn Hagen	Norma Schmidt
Becky Howerton	Randy Stearns
Norm & Tracey McNeely	

## Contributions

### **Donations**

Canyon State Professional Services  
Community Health Charities  
Phyllis & Paul Hampel

### **Krispy Kreme**

Ted Bredehoff  
Ron Clay  
Grant Goodvin  
Joellen Hancock  
Mike Lindsey

### **Sleepsacks**

Patricia Churchill  
Wanda Decker  
Hodgeman County Health Department  
Jeanne Houser  
Leslie Jensby  
Tonya McLendon  
James & Judy Patterson  
Christy Schunn  
Jacki & Bob Schunn

### **2007 Haley's SIDS Scramble**

David Ackerman  
Adoption Centre of Kansas  
Anderco, LLC  
Steven Anderson  
Appaloosa Investment  
Basic Energy  
Beard's 66  
Angela Benefiel  
Brandi Biggs  
Bredehoff & Associates  
J. Patrick Bredehoff  
Ted & Susan Bredehoff  
J. Brumbaugh  
Jack Buehler  
Pat Canaday  
MattCarney

Champion Technologies, Inc.  
Brian Childers  
Todd Connell  
Kim Cooley  
Pat Crowley  
William Cummings  
Kevin Davis  
Dependable Assisted Living  
Clifford Depew  
Kent Deutsch  
Shawn Devlin  
David Eastwood  
Blair Eastwood  
Charles W. Engle  
Mark Evenson  
George & Brenda Farha  
Fahnestock Heating & Air Conditioning  
Randy Frye  
George Furney  
Judy Goodwin  
Jake Greene  
Joe Greene  
Rick Greene  
Walt Hagerty  
David Hawley  
Bob Helstel  
Ed Hill  
Home Buyers Investment Group  
Tracey Hopper  
Darald Hough  
Joe Hullings  
Steve Jones  
Mark Laezo  
Richard Laptad  
Shonn Larkins  
Kenneth & Norma Leblanc  
Tammie Macari  
McCoy Petroleum Corp.  
McDonald Tank & Equipment  
Robert McGrath  
Mid-Kansas Women's Center

Ed Nemnich  
Steve Oxler  
Panther Energy, Inc.  
P.F. Changs  
Physicians & Surgeons Exchange, Inc.  
Preferred Health Systems  
Dan Pullium  
Kelly Rains  
Luke Razook  
RBC Dain Rauscher  
Joe Robertson  
Cory Ross  
Phillip Ruffin  
Eric Schmidt  
Ken Schmidt  
Kurt Schmidt  
Michael Schmidt  
Dick Schremmer  
Bob & Jacki Schunn  
Scotch & Sirloin  
Mark Shreve  
Ron Sinclair  
Ron Slaymaker  
Lance Slaymaker  
Kurt Smith  
Jerri Snyder  
Blake Stearns  
Randy Stearns  
Bob Steffens  
Rick Stinson  
George Strecker  
Sunrise Oilfield Supply  
Janet Tilton  
Tramco, Inc.  
Val Energy, Inc.  
Marshall Vansciver  
Village Pediatrics  
Darren Walker  
Larry Wall  
Jerry Ware  
David Wheeler  
Rocky Wiechman

## Helping Yourself Heal During the Holiday Season

By Alan D. Wolfelt, Ph.D.

Holidays are often difficult for anyone who has experienced the death of someone loved. Rather than being times of family togetherness, sharing and thanksgiving, holidays can bring feelings of sadness, loss and emptiness.

### **Love Does Not End With Death**

Since love does not end with death, holidays may result in a renewed sense of personal grief—a feeling of loss unlike that experienced in the routine of daily living. Society encourages you to join in the holiday spirit, but all around you the sounds, sights and smells trigger memories of the one you love who has died.

No simple guidelines exist that will take away the hurt you are feeling. We hope, however, the following suggestions will help you better cope with your grief during this joyful, yet painful, time of the year. As you read through this article, remember that by being tolerant and compassionate with yourself, you will continue to heal.

- **Talk About Your Grief**

During the holiday season, don't be afraid to express your feelings of grief. Ignoring your grief won't make the pain go away, and talking about it openly often makes you feel better. Find caring friends and relatives who will listen—without judging you. They will help make you feel understood

- **Be Tolerant of Your Physical and Psychological Limits**

Feelings of loss will probably leave you fatigued. Your low energy level may naturally slow you down. Respect what your body and mind are telling you. And lower your own expectations about being at your peak during the holiday season.

- **Eliminate Unnecessary Stress**

You may already feel stressed, so don't overextend yourself. Avoid isolating yourself, but be sure to recognize the need to have special time for yourself. Realize also that merely "keeping busy" won't distract you from your grief, but may actually increase stress and postpone the need to talk out thoughts and feelings related to your grief.

- **[Find] Supportive, Comforting People**

Identify those friends and relatives who understand that the holiday season can increase your sense of loss and who will allow you to talk openly about your feelings. Find those persons who encourage you to be yourself and accept your feelings—both happy and sad.

- **Talk About the Person Who Has Died**

Include the person's name in your holiday conversation. If you are able to talk candidly, other people are more likely to recognize your need to remember that special person who was an important part of your life.

- **Do What is Right for You During the Holidays**

Well-meaning friends and family often try to prescribe what is good for you during the holidays. Instead of going along with their plans, focus on what *you* want to do. Discuss your wishes with a caring, trusted friend. Talking about these wishes will help you clarify what it is that you want to do during the holidays. As you become aware of your needs, share them with your friends and family.

- **Plan Ahead for Family Gatherings**

Decide which family traditions you want to continue and which new ones you would like to begin. Structure your holiday time. This will help you anticipate activities, rather than just reacting to whatever happens. Getting caught off-guard can create feelings of panic, fear and anxiety during the time of the year when your feelings of grief are already heightened. As you make your plans, however, leave room to change them if you feel it is appropriate.

- **Embrace Your Treasure of Memories**

Memories are one of the best legacies that exist after the death of someone loved. And holidays always make you think about times past. Instead of ignoring these memories, share them with your family and friends. Keep in mind that memories are tinged with both happiness and sadness. If your memories bring laughter, smile. If your memories bring sadness, then it's all right to cry. Memories that were made in love—no one can ever take away from you.

- **Renew Your Resources for Living**

Spend time thinking about the meaning and purpose of your life. The death of someone loved created opportunities for taking inventory of your life—past, present and future. The combination of a holiday and a loss naturally results in looking inward and assessing your individual situation. Make the best use of this time to define the positive things in life that surround you.

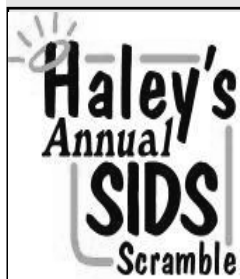
- **Express Your Faith**

During the holidays, you may find a renewed sense of faith or discover a new set of beliefs. Associate with people who understand and respect your need to talk about these beliefs. If your faith is important, you may want to attend a holiday service or special religious ceremony.

As you approach the holidays, remember: grief is both a necessity and a privilege. It comes as a result of giving and receiving love. Don't let anyone take your grief away. Love yourself. Be patient with yourself. And allow yourself to be surrounded by loving, caring people.

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# Network News



Haley's 7th Annual SIDS Scramble was held October 1, 2007 at Tallgrass Country Club in Wichita, KS.

This year Haley's Scramble hosted more golfers than ever before and raised substantial funds to support bereavement and community outreach across the State of Kansas.

The Network is ever grateful for the hours of preparation dedicated by the 2007 Scramble

Committee: Norm McNeely (chair), Mike Anderson, Linda Hall, Kurt Schmidt and Randy Stearns.

Thank you to all the golfers, sponsors and volunteers who helped make the 2007 Scramble a huge success.

## Mark your calendars for the 5th Annual Step-Up for SIDS:



Sat., April 19, 2008  
10am - Noon  
WSU Cessna Stadium in Wichita.

Please call, e-mail or visit the SIDS Network website for details.

Steppers and volunteers needed.

Sudden Unexpected Infant Death Investigation Training was held September 14, 2007 in Wichita, Kansas.

Over 100 first responders from across the State were trained on standardized infant death protocols developed by the Center for Disease Control. Participants were provided with guides to recommended practices to assist the investigation of infant deaths and the reporting of scene data to the forensic pathologist for accurate diagnosis.

The SIDS Network is grateful to the CJ Foundation for SIDS and The Kansas Law Enforcement Training Center for sponsoring the conference.

Future trainings can be scheduled by contacting the SIDS Network.

### Congratulations to:



Steven & Tonya McLendon who welcomed a new baby boy Thomas Matthew McLendon, 8lbs, 7oz., 21.5in. on October 19, 2007.

### 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  
**Office hours:** please call to ensure staff is present.

**Phone:** 1-866-399-7437 (toll-free) or 316-682-1301 (Wichita area)  
**Email:** sidsks@aol.com  
**Fax:** 316-682-1274  
**Online:** www.sidsnetworkofkansas.org

**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 through the SIDS Network for \$10.00 (plus shipping).




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 through the SIDS Network for \$10.00 (plus shipping).

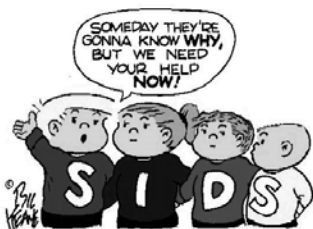
All are available in microfleece for the cooler months and come in an array of colors and prints. For more information contact the SIDS Network office toll-free at 1-866-399-7437. All profits go to SIDS research through the CJ Center without Walls.

# SIDS Safety Net

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Wichita, KS 67211

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Sudden Infant Death Syndrome



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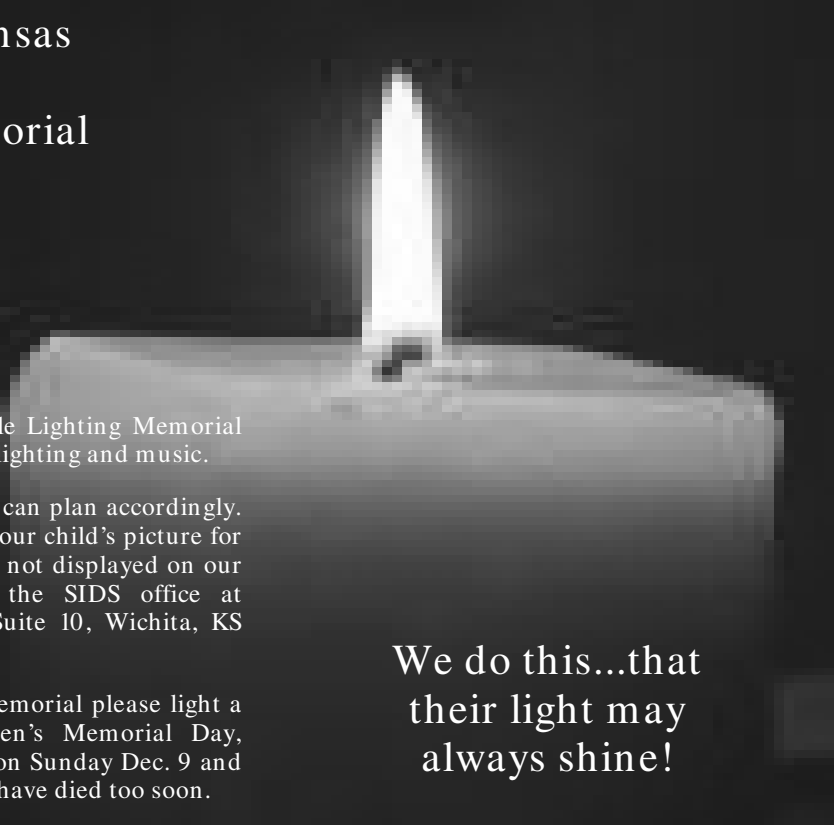
## SIDS Network of Kansas 2007 Annual Candle Lighting Memorial

Date: Sunday, December 9, 2007  
Where: 20<sup>th</sup> Century Center  
536 N. Broadway  
Wichita, KS 67214  
Time: 2:30pm  
RSVP: 316-682-1301 / 1-866-399-7437

The SIDS Network of Kansas 8th Annual Candle Lighting Memorial will feature poetry, a memorial slideshow, candle lighting and music.

We would appreciate a RSVP before Dec. 3 so we can plan accordingly. Please check the SIDS website to verify we have your child's picture for the memorial slideshow. If your child's picture is not displayed on our website, please mail or email a picture to the SIDS office at [sidsks@aol.com](mailto:sidsks@aol.com) 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 International Children's Memorial Day, initiated by The Compassionate Friends, at 7pm on Sunday Dec. 9 and place it in your window to honor all children who have died too soon.



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