



Florida

SIDS

August/September 2009

Vol.15 No. 4



ALLIANCE

1-800-SIDS-FLA

sidsfla.org

Quilt Squares Needed

by Bunny Hamer

Have you ever thought of how to memorialize your precious baby? The Florida SIDS Alliance now has a brand new opportunity that is based on an old tradition. That tradition started more than ten years ago when the organization created a quilt for the national conference in 1996. Although some of the squares have not worn well with time, there are still some beautiful squares that will bring a sense of history and heritage as they take their place in our new project: REGIONAL QUILTS. Each quilt will be either 6 or 9 squares – so each part of the state can have its own memory quilt to use at community events.

As I began research for this project, I did what many of us do these days—I “googled” it. I found some very positive excerpts from one website that I would like to share with you.

“Many of us associate quilt-making with the “old fashioned” way of life. Our grandmothers and those before them might have spent many hours quilting. Often for them, it was one little stitch after another, and countless hours spent hand-quilting.

It is a lovely thought that much love went into each of those tiny stitches, but how many of us can put that amount of dedication into a project? We can carry on the tradition with making quilts that won't take so much time out of today's very hectic lifestyles...”

As we seek to put this love into our regional quilts, we also will pass on the heritage of our organization and the many families who have been touched by its volunteers. In addition to the new squares we receive from each region, at least one square from the first quilt will be lovingly included. We also ask that only one square be submitted for each baby so that we can allow the greatest number of families the opportunity to remember their child in this manner.

Assembling Your Square

Although making a quilt square may at first sound like a difficult task, it does not have to be. You can be as detailed or as simple as you wish, depending on your desire, your time, and your ability. The most important thing to remember is not to use anything that won't stand up to the test of time. Below are the basic requirements for the squares.

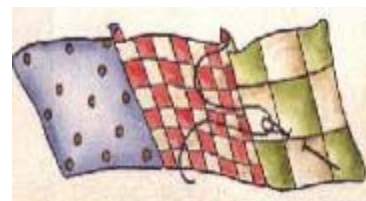
◆ Finished squares will be 13x13. Please allow 1/2 inch on each side for the hem to join with other squares – that means you only use a 12x12 area for any and all hand-work.

◆ The best material for a square – unless you are making a photo transfer – is 100% cotton and can be bought easily in a fat quarter from Joann's or other fabric stores.

- ◆ Keep all embellishment flat – lace and washable ribbon are fine.
- ◆ There are many alternatives for finishing the square. One of the most lasting involves some embroidery work, so consider names and both birth and memorial or angel date. You may consider a friend with one of the special machines that can embroider.
- ◆ Fabric pens or paints can be substituted but follow manufacturer's directions carefully.
- ◆ Photo transfers are available from Office Depot and other office supply stores. Polyester/cotton blends are often the best to use as these accept the transfer well.

Want to get involved so your memories will be included? Call our toll free 800 number if you have any questions about materials, finishing, or even how or where to start. Fabric squares can also be sent to you if needed. We have volunteer quilters, some not even grandmothers yet, who would love to help with step-by-step instructions. When you call, we will give you mailing instructions as well. In addition, the quilt instructions will be placed on our website: www.sidsfla.org.

Volunteers are ready to help make your square part of the next generation of memories from the families in Florida.



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President's Letter

by Roy Bagley, Florida SIDS Alliance

This morning I was traveling and that gave me some free time to let my mind wander, or more precisely, remember all the things that I need to do!!! That led to remembering September 11 many years ago. The boys had just started school a few days before and that evening sixth graders interested in playing an instrument needed to attend a meeting with their parents to understand the options for purchasing or renting that instrument.

I must admit that the meeting was not on my priority because other issues were heavy on my mind. When my son reminded me that we needed to attend the meeting, I shook with reality and realized that in his world that meeting was very important. We went to the meeting but it was difficult to focus and very challenging to deal with the interactions with other parents who noticed my lack of concentration, overwhelming sadness, or simply had heard the news that our beautiful infant daughter had died that morning.

I share this with you because this most significant event changed my life and the way I view my world forever. I understand more and more that what I learned from Lisa's death continues to teach me about life.

The first thing I learned is life is so fragile and unpredictable. I now understand that what I think is important to me is only part of the story and what is important to others is just as important.

I remember after Lisa's death I was still a parent but so fearful that my other children could be in jeopardy that I wanted to protect them and keep them safe. I learned that I was only one person and had little power over the natural events in life. I remember when the boys would want to do boy things like build a tree house, stay home alone, walk across the state highway to visit a friend, ride a bike around the lake, or just watch MTV I needed to consider them as well as my knowledge before I said "NO". Often after consideration I recognized that "yes" was only fair to them as long as they were prepared to deal with the task at hand..

It was so frightening to see my children grow to young people and take risks that were appropriate for their age but frightening just the same. I think that trust was an important ingredient in letting go, trust in my children, trust in their friends, trust in the community that supported them, and trust in God. Bad things do happen to good people but good things happen as well and much more often.

I have learned that respect of individuals is critical to providing them with support associated with friendship and love. I have learned that no individual is better or worse than me and that if I put in perspective other's feelings and needs I will in the end be the one who gains the most.

As I watch my children with their children - my grandchildren - I know that I can demonstrate my enormous love for them by respecting their wishes and beliefs and supporting their life style and values even if they are different than mine.

The greatest gift I have been given is my children and with them comes the responsibility to support them with unconditional LOVE. When I do, I know it is the right thing to do.

Research Spotlight: Other Infant Death

Reduction Of Late Stillbirth With The Introduction Of Fetal Movement Information And Guidelines - A Clinical Quality Improvement-- Abstract

*Holm Tveit JV, Saastad E, Stray-Pedersen B, Bordahl PE, Flenady V, Fretts R, Froen JF
BMC Pregnancy Childbirth. 2009 Jul 22;9(1):32.*

Background: Women experiencing decreased fetal movements (DFM) are at increased risk of adverse outcomes, including stillbirth. Fourteen delivery units in Norway registered all cases of DFM in a population-based quality assessment. We found that information to women and management of DFM varied significantly between hospitals. We intended to examine two cohorts of women with DFM before and during two consensus-based interventions aiming to improve care through: 1) written information to women about fetal activity and DFM, including an invitation to monitor fetal movements, 2) guidelines for management of DFM for health-care professionals.

Methods: All singleton third trimester pregnancies presenting with a perception of DFM were registered, and outcomes collected independently at all 14 hospitals. The quality assessment period included April 2005 through October 2005, and the two interventions were implemented from November 2005 through March 2007. The baseline versus intervention cohorts included: 19,407 versus 46,143 births and 1215 versus 3038 women with DFM, respectively.

Results: Reports of DFM did not increase during the intervention. The stillbirth rate among women with DFM fell during the intervention: 4.2% vs. 2.4%, (OR 0.51 95% CI 0.32-0.81), and 3.0/1000 versus 2.0/1000 in the overall study population (OR 0.67 95% CI 0.49-0.94). There was no increase in the rates of preterm births, fetal growth restriction, transfers to neonatal care or severe neonatal depression among women with DFM during the intervention. The use of ultrasound in management increased, while additional follow up visits and admissions for induction were reduced.

Conclusions: Improved management of DFM and uniform information to women is associated with fewer stillbirths.



There is Beauty in the Tragic

And the sadness that I feel
Brings me closer to you
And yet I see
There is beauty in the tragic.

In the stories that we will never get to read
Or the music that is unending and takes us back
to places we once danced
and sunshine filled days of family who are no longer with us
I miss you my baby,
but there is beauty in the tragic.

You remain small and beautiful and my doll
You remain soft and all mine my baby
And when I want to cry and I see your picture
I remind myself
that there is beauty in the tragic.

In the Romeos and Juliets and love that endured past death
And you and I will write our own story Rayan
Because I knew you and you knew me
And we had 11 days together
Days that I would relive again and again
And I would even knowing what I know,
That you would leave me
That there is beauty in the tragic.

That the sun would keep on shining
although I wish it wouldn't
That your sister would look so pretty
when she went to school today
That my mother's voice would comfort me like it always does.
That someday maybe after I have grieved long enough for you
That someday I could go somewhere and be happy again
And I don't feel that way right now
because I can't imagine I will be normal ever again
But I see beauty in the tragic.

I see how you made me know how deep my love could go
That you could leave me... my precious baby and I wouldn't be angry
I would feel love sweep over me as I entered the house
or looked at your picture
Or visited your grave
Or saw other children and saw how life continued
even though at times I wished it wouldn't
And somehow I know you knew that you were everything to me...
that losing you was losing me
and how I would never wish this on the most horrible person,
to lose something so wanted and so needed, your life
There is beauty in the tragic.

Because I know that even though you are gone...
that you were beautiful and our love is eternal
and will never leave me if I think of you
because true love never dies.
There is beauty in the tragic.

Kathleen Woolrich Yahiaoui

***In memory of Rayan Mehdi Liam Yahiaoui
9/8/2008 - 9/19/2008
Kathleen & Mohamed Yahiaoui***

Research Spotlight: SIDS Non-Nutritive Sucking Habits in Sleeping Infants

*Hanzer M, Zotter H, Sauseng W, Pichler G, Müller W, Kerbl R
Neonatology. 2009 Jul 31;97(1):61-66.*

*Divisions of Neonatology, Department of Pediatrics and Adolescent
Medicine, Medical University of Graz, Graz, Austria.*

Background: Pacifier use has been postulated to decrease the risk of sudden infant death syndrome (SIDS). The responsible mechanisms are, however, unclear.

Objectives: Since little is known about the non-nutritive sucking (NNS) habits of infants during sleep, we investigated NNS patterns and changes of physiological parameters during NNS in sleeping infants.

Methods: Polygraphic recordings were performed in 12 infants with a median age of 55 days (range 7-82) who regularly used a pacifier during sleep. Episodes of active suckling (bursts) and quiescent periods were differentiated by video observations. We evaluated the time of suckling in relation to the total time of pacifier use, the median number of bursts per min, the median duration of single bursts and the median interval between 2 sequent bursts. In 48 randomly selected bursts, we additionally analyzed changes in heart rate, respiratory frequency and oxygen saturation compared to the 10-second period preceding the burst.

Results: Median sleep time with a pacifier held in mouth was 31.3 min (13.0-117.6), of which 15.5% (6.4-36.7%) was spent with active suckling. The median number of bursts per min was 2.2 (1.2-4.5). The median duration of a burst was 3 s (1-22) and the median interval between 2 bursts was 10 s (1-1,434). Heart rate, respiratory frequency and oxygen saturation did not change significantly during suckling bursts.

Conclusions: This pilot study presents important data for sucking habits in pacifier users which may provide a basis for further investigations concerning the efficacy of pacifiers in SIDS prophylaxis.

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SAVE THE DATE!!!

Saturday,

October 10, 2009

10 AM – 12 PM

lunch provided following meeting

**Florida SIDS Alliance
Annual Board Meeting**

Seminole Harley-Davidson

620 Hickman Circle

Lake Mary, Florida

Please RSVP to:

sidsfla@yahoo.com

800-SIDS-FLA

Making a Difference in Your Community

Spotlight: Jacksonville Southern Women's Show

If you are looking for a way to provide education about SIDS and Safe Sleep in your community, you may think the only real place to do this is in a medical environment such as a Health Fair or with one-on-one instruction in a doctor's office. While these are very good places to introduce this education, there are many other places that touch families who are in their child-bearing years. One of those places happens to be the Southern Women's Show.

For the past several years, the Florida SIDS Alliance, in conjunction with the Northeast Florida Healthy Start Coalition, has participated in the Jacksonville Southern Women's Show. Each year, thousands of women attend this event, shopping and gathering information geared to women and families. It has provided a unique and positive opportunity to raise awareness about SIDS and Safe Sleep, the Florida SIDS Alliance, and local support groups. In 2008, UF Nursing Students joined the partnership, providing volunteers to man the booth. They handed out nearly 1,000 pamphlets containing SIDS Risk Reduction and Safe Sleep information. This information equips individuals in the community with accurate information. In addition, it also provides information that individuals will find helpful should their family or friends ever be faced with the loss of a precious infant to SIDS or other infant death.

While it is true that most people do

not attend the Southern Women's Show or other similar community events to learn about SIDS and Safe Sleep, these events can provide a positive way to interact and educate the community. Indeed, as indicated by responses at the Jacksonville event, the information we provide at these events is both needed and appreciated. One comment was voiced by a woman the last day of the 2008 show. After Judy Lanham, the coordinator of the 2008 Florida SIDS booth explained SIDS, how to reduce the risk, and her own personal connection, she commented, "This is by far the most informative booth I have seen throughout this convention center. I thank you for your time and energy you have given for such a great cause." That one comment validated every minute Judy spent on organizing the event.

As we prepare for another year of involvement in the Jacksonville Southern Women's Show, we would like to take the time to thank all those volunteers who participated in the 2008 event, and invite participation for the new year. If you are not in the Jacksonville area, but would like to become involved in your own local Southern Women's Show, let us know! We can be reached at 800-SIDS-FLA, or by sending an email to sidsfla@yahoo.com.

*In the belief that every child should live,
Judy Lanham and Lisa Sculley*

We Remember These...

AUGUST BIRTHDAYS

Dalton Adair	8/21/1997	Tony & Stacey Russo
Nicole Leigh Bain Tucker	8/20/1989	Susan Bain
Thomas Devon Banar	8/16/1995	Doug & Sathia Banar
Caleb Eric Beursken	8/21/1995	Bernard & Denise Beursken
Jacob Bissonnette	8/23/2005	Michael & Jessica Bissonnette
		Cher Woolley, Frank Dulieu
		Kristine Dulieu, Matt & Julie Marron
Jessica Nicole Bullock	8/30/1985	Rene Bullock-Kerns
Alex Clauss	8/17/1999	Norman & Sarah Clauss
Charetta Gay	8/4/2000	Charrada Preston & William Gay
		Rita Pittman
Jasmine Grooms	8/22/1993	Chris & Rachelle Grooms
Christopher Henley	8/15/1988	Kelly Hutchinson
Dezmond Lavee Jones	8/24/2004	Jennifer Brawley
Jerry Ray Kimbrall	8/5/1991	Jerry & Melissa Kimbrall
Liam Koji	8/10/2008	Lise Landry Alives
Nicholas Lunsford	8/2/2002	Chrissy Lunsford
		William & Sharon Lunsford
		Scott & Hope Lunsford
Joshua Marsh	8/9/1995	Kathy McAlister
Alexander Nelson Ortiz	8/14/1993	Christina Hellen
Tyler Parrish	8/6/1991	Terry & June Parrish
Christina Pena	8/19/1990	Victor & Yolanda Pena
Korey Pope	8/2/1993	Steve & Tammy Pope
Cesar Manuel Riera	8/26/1998	Juana Acosta
Laura Spottswood	8/22/1974	Curran & Diahann Spottswood
Charles Grayling Stoutamire	8/6/2005	Laurie & Carl Stoutamire
Eric Talbott	8/27/1991	Ron & Tammy Aaron

AUGUST ANNIVERSARIES

Caleb Eric Beursken	8/19/1996	Bernard & Denise Beursken
Orrin Fulton Blake	8/18/2002	Tricia Blake
Kyle Davis	8/22/2000	Jason & Shauna Davis
		Vic & Deb Schaeffer
Corinne Finster	8/9/2000	Troy & Selina Finster
Brittany Nicole Hausmann	8/7/1993	Rusty & Michelle Hausmann
Kourtney Larkins-Schiel	8/4/2000	Mandy Schiel
		Gail Schiel
Noah Matthew Lueken	8/30/1999	Scott & Beth Lueken
Christopher Madera	8/21/1996	Nicole Madera
Shanna Madsen	8/7/1992	Kali Flemmer
William Kelly McDonald	8/28/1994	Camille McDonald
Christina Pena	8/20/1990	Victor & Yolanda Pena
Korey Pope	8/2/1993	Steve & Tammy Pope
Christopher Whitty	8/29/1990	Terry Stephenson
Shelby Ann Zager	8/10/1996	Melody Zager

AUGUST MEMORIALS

THE SIDS GARDEN

Olyvia Mackenzie Pratt was born on July 27th, 2003 and died of Sudden Infant Death Syndrome on October 11th, 2003 at the Maine Wildlife Park in Gray, Maine, while sleeping peacefully in my arms.

The park Supervisor, Joe Jones, was very concerned with this tragedy because the park did not have proper emergency procedures in place. Because of this, I wrote a bill about emergency procedures at state parks. This legislation, officially designated Bill 121 LD438, became known as "Olyvia's Law" and was signed into law by Maine's Governor, John Baldacci. In addition, Joe Jones offered a memorial garden site in honor of Olyvia and in recognition of the Maine SIDS Foundation.

Olyvia's daddy and I cleared the garden spot perfectly. We planted beautiful annual and perennial flowers and plants. In the center there is a colorful birdbath along with a bird feeder and hanging moss basket arrangements. Next to the garden is a very unique park bench painted yellow with dragonflies, lady bugs, ivy and morning glories. I design, plant and maintain Olyvia's garden each season. It is a memorial dedicated to all babies that have died from SIDS.

The garden is a peaceful place to reflect on the gift of life and the wonderful memories of times with our children. It brings me a feeling of spiritual peace, as I connect with the Earth when gardening and also reflect on the life of our baby, Olyvia Mackenzie Pratt.



Stacie Smith

COUNTY OUTREACH

Alachua / Bradford / Union Counties

Lisa Sculley 904-964-3352

Brevard County

Cher Woolley 321-961-6602

Clay / Duval Counties

Andree Headings 904-230-8749

Duval/St. Johns Counties

Judy Lanham 904-703-4108

Escambia/Santa Rosa Counties

Jody Holcomb 850-934-8960

Kali Flemming 850-463-4116

Miami-Dade County

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Orange County

Charlene Melcher 407-242-4701

Pasco/Hillsborough Counties

Roy Bagley 800-743-7352

Pinellas County

Tiffany Kremer 727-689-9365

Seminole County

Bunny Hamer 407-333-0670

Volusia County

Tammy Canatsey 386-668-1259

We Remember These...

SEPTEMBER BIRTHDAYS

Laura Ashley Alacan	9/4/1989	Daniel & Amanda Alacan
Cody Ledon Albritton	9/27/1995	Matthew & Tammy Albritton
Emily Amanda Dickerson	9/13/1999	Gary & Britt Albritton
		Lee & Denise Dickerson
		Philip Beaulieu
Logan Douglas	9/30/2000	Sam & Stephanie Douglas
Joshua Estel	9/15/1989	Guirlaine Estel
Grace Olivia Fields	9/4/2001	Tracy Fields
Rico Thomas Guevarez	9/17/1997	Rico & Mary Guevarez
Brittany Nicole Hausmann	9/14/1992	Rusty & Michelle Hausmann
Christian David-Allan MacFarland	9/5/2006	NancyDee & Scott MacFarland
Rachel Grace Morrison	9/15/1990	Nancie Morrison-Evans
Alexander Nelson	9/11/1996	Marcy Krysta-Smith
Myleigh Kathryn O'Neill	9/26/2007	Scott & Lea O'Neill
		Bernard & Stephanie O'Neill
		Jim & Nikki Matson
Erik Howard Peterson	9/11/2000	Kate Peterson
Bridget Marie Salem	9/2/1998	Dave & Marianne Salem
Timothy Simon	9/24/1989	Margie Simon
		Willie & Sonya Simon
Rayan Mehdi Liam Yahiaoui	9/8/2008	Kathleen & Mohamed Yahiaoui

SEPTEMBER ANNIVERSARIES

Shauna Faith Aicklen	9/21/2006	Kelley Aicklen
Ischade Allphin	9/9/2004	Mike & Dominique Allphin
Lisa Marie Bagley	9/11/1980	Roy & Bonnie Bagley
		Keith & Alison Bagley
		Sophie Bagley, Karen Bagley
		Mark & Diana Bagley
Renaee Anne Colby	9/18/1986	Sandy Colby
Louis Copps	9/23/2002	Patti Smith
Emily Amanda Dickerson	9/13/1999	Lee & Denise Dickerson,
		Philip Beaulieu
		Guirlaine Estel
Joshua Estel	9/28/1989	Andrew & Dana Fagan
Ashlee Marie Fagan	9/12/1996	Charrada Preston & William Gay
Charetta Gay	9/30/2000	Rita Pittman
Jasmine Grooms	9/22/1993	Chris & Rachelle Grooms
Kylie Leigh Holcomb	9/28/1996	Randy & Jody Holcomb
Lazarus Addison Jacobs	9/14/2002	Eddie & Jenny Jacobs
Dezmond Lavee Jones	9/24/2004	Jennifer Brawley
Jerry Ray Kimbrall	9/13/1991	Jerry & Melissa Kimbrall
Grant Connor Maddox	9/24/1995	Lee Ward
Evan Christian Mesa	9/26/1997	Roly & Erica Mesa
Scotty O'Neill	9/18/1992	Scott & Lea O'Neill
		Bernard & Stephanie O'Neill
		Jim & Nikki Matson
Jonah Pak	9/7/2004	Kyungjun Pak & Sophia Yu
Jon Michael Shelley	9/11/1991	John Shelley, Pam Shelley
Mackensi Grace Van Arsdale	9/29/2006	Bryan & Cori Van Arsdale
Rayan Mehdi Liam Yahiaoui	9/19/2008	Kathleen & Mohamed Yahiaoui

For publication in the memorial section,
& for changes or corrections,
please mail requests to:
Florida SIDS Alliance, NEWSLETTER,
4044 W. Lake Mary Blvd Unit #104-209
Lake Mary, FL 32746, or email to
sidsfla@yahoo.com

*I want to help the Florida SIDS Alliance
win the fight against SIDS and infant loss.*

Here's my gift to help save our babies:

\$15 \$25 \$50 \$_____

**Please make check payable to
FLORIDA SIDS ALLIANCE**

Signature _____

Name _____

Address _____

City Zip (+4) _____

Bus Phone (____) _____

Home Phone (____) _____

Email _____

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Please provide information about support of the
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Please send me additional information about SIDS.

Please add my name to the postal mailing list for
your newsletter.

Please add my name to the electronic newsletter.

I would like to volunteer in my area to help the fight
against SIDS.

Please acknowledge my gift
In Memory of _____

Date of Birth _____

Date of Death _____

In Honor of _____

Send separate note of acknowledgements to:

Name _____

Address _____

City _____

State Zip (+4) _____

**Florida SIDS Alliance
4044 W. Lake Mary Blvd Unit #104-209
Lake Mary, FL 32746**

August/September 2009

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