

Sunlight and Shadows Newsletter – April 2012



Message from the Board President



Dear NISSA families and friends,

It has been a busy winter for NISSA finishing our fiscal year and preparing for 2012. We are excited for spring, especially the upcoming Family Events on May 12 in Tacoma and on July 14 in Seattle. True to our mission and our work for more than 50 years, these events will be another way we support bereaved families and celebrate the lives of our precious infants.

We will gather together to meet friends, old and new, and release beautiful butterflies in memory of our beautiful babies. We hope you make plans to attend. We really want to see you there.

We will also have a butterfly release for Eastern Washington families at the Sage's Run event in Newport, WA on July 21. This is the third year of this family event and fundraiser, and it's shaping up to be another fun and memorable time.

There are plenty of opportunities to support NISSA and our families during the rest of the year. Please call the office, check our website or "like" us on [Facebook](#) to learn more about how you can get and stay involved. We can grow in courage and hope when we work together.

As always, I thank our volunteers, board members and staff for their incredible hard work. We are fortunate for the efforts of each and every one of them.

Lastly, I send warm thoughts and prayers to our families during the upcoming Mother's and Father's Days. These are bittersweet holidays. Please know that your babies will never be forgotten and we are always here for you.

With courage and hope,

Aileen Carrell

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Memorial Butterfly Release Events

Northwest Infant Survival and SIDS Alliance Memorial and Butterfly Release

For families and friends affected by SIDS



Memorial Butterfly Release (Tacoma) Saint Charles Barromeo (field)

Saturday, May 12 at 4:00 p.m.

7112 S 12th St

Tacoma, WA 98465

Memorial Butterfly Release (Seattle) Good Shepherd Center (east garden)

Saturday, July 14th at 4:00 p.m.

4649 Sunnyside Ave. N.

Seattle, WA 98103

Please join us in remembering our children

For more information call 206-548-9290

or visit www.nwsids.org

(Butterfly release contingent on the weather)

Message from the Executive Director

The NISSA 2012 Auction will be held on **Saturday, October 27, 2012!** The success of our auction depends on the support we receive, so whether you can donate your time or your resources (or both) please come and support NISSA on our biggest night of fundraising! There are a number of ways you can get involved in supporting the mission of NISSA and all the support we receive is greatly appreciated! Please contact info@nwsids.org if you can help! We are planning a wonderful evening so please spread the word to your family and friends!

Also, please visit the auction webpage (<http://www.nwsids.org/Auction>) to see the items on our wish list or print out a procurement form.

As you can see in this newsletter, NISSA has lost of events planned. In order for these events to be successful, we need volunteers. We are actively looking for people willing to contribute one day, be on an event committee or be a NISSA board member. Please contact me to discuss volunteer positions. Every one can make a difference.

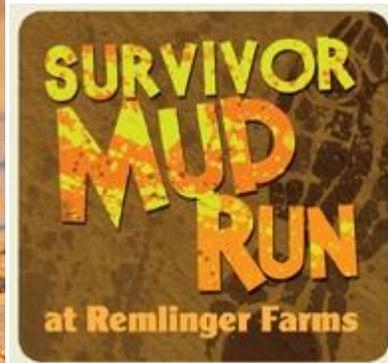
In the belief that every child should live,

Krista Cossalter Sandberg

Survivor Mud Run

CALLING ALL VOLUNTEERS! Volunteers are needed for the *Survival Mud Run*, held in Carnation, Washington on Saturday, June 2, 2012 at 7:30 a.m. in Remlinger Farms! Proceeds from the run will be provided to NISSA but we need volunteers to attend and help with monitoring obstacles, registration, and other such activities at this event so please gather your friends, family, and co-workers to join you for this fun and exciting experience! Volunteers will receive:

- Free lunch
- Free parking
- A fun Survivor Mud Run T-shirt
- An AWESOME survivor mud run medal



Please check out our [NISSA website](#) or survivormudrun.com to receive further information.

Sage Run

Sage's Dash – Memorial 2k/5k will be held in Newport, Washington at Newport City Park. The event will be on Saturday, July 21, 2012 at 8:00 a.m. with the dash for children at 8:15 a.m. (100 yard dash). The 2k/5k (1.25 miles & 3.1 miles approx.) walk/run will begin at 8:30 a.m. The pre-registration deadline is July 13 (postmark date) and with pre-registration comes a free t-shirt! *There is also an option of choosing to bring a wallet size photo of your loved one to place in a handmade photo frame. Lastly, a new addition to the Sage Run is the Memorial Butterfly Release, concluding the race.

For further information please visit www.sagememorial5k.com or visit www.nwsids.org.



This event is presented by NISSA, Sherman-Knapp Funeral Home, & the City of Newport.

Father's Day Poem

Father's Day

By: Anonymous

Just a note, a little note,
she asked me for a note.
And so it is with pen in hand
This is what I wrote.
I wrote of Father's Day
and what it meant
to be minus my boys.
My little gents.
I wrote of the days
during which I cry
in those private places
where no one can spy.
I wrote of memories
which always flood back,
Like the wind that whistles
down this well worn track.
Then I turned away
from this path of distress
'cause I know so well
that strength is my quest,
and is easily found
in those who are left.
So Father's Day is like any other:
In love with my children
and their mother.

~

Mother's Day

Mother's Day: A Painful Reminder

By LaDawna Lawton

For many bereaved parents (especially mothers), Mother's Day can be a painful reminder of what should have been. Watching television commercials portraying happy families and seeing mothers with their children can be especially painful to the bereaved. Though there is no escaping the day itself, here are some ideas that may help.

The most important thing to remember is, "do what is right for you." Do not let family or friends pressure you into a situation that will cause additional grief. Remember too, that although your child is no longer here to share the day with you, you are still a mother . . . Do not let anyone convince you otherwise.

Focus on each other . . .

One idea is to spend Mother's Day with your spouse. This is a perfect opportunity for husbands or partners to plan a romantic dinner or perhaps even a weekend getaway. Some bereaved couples may find it easier to focus on each other, rather than "Mother's Day."

Your mother's day . . .

Another approach is to spend the day with your mother. This can be a special time shared between the two of you. Many bereaved mothers find it less painful to center activities around their mothers.

A family time . . .

For families with surviving or subsequent children, you can plan a special day with them. Although there will always be a child missing from the festivities, spending time with your living children may help brighten the day.

A time of faith. . .

Some find comfort in their faith during difficult times. For those attending a church service in honor of the holiday, you may wish to speak with your pastor about mentioning bereaved mother's in the Mother's Day services.

Plan ahead . . .

These are just a few ideas for Mother's Day, regardless of how you choose to spend your day, plan ahead. This will enable you to be better prepared for the emotions and grief that will come up.

Try to communicate your needs to your spouse or partner. If you have expectations of how you would like the day spent, let him know. He wants this day to be as pleasant as possible for you.

Keep in mind also, that on Mother's Day, there will be lots of families out and about. If you find it uncomfortable to see mothers with babies or children, consider going out Saturday night, rather than Sunday. (My husband and I chose this alternative on the first Mother's day after the loss of our son and I found it comforting.)

May you have the best Mother's Day possible, under the circumstances. Happy Mother's Day to all the bereaved mothers of the world.

Reprinted from Sharing Parents, April/May 1995

Thank You to Our Donors!

During January 2, 2012 – March 31, 2012, many individuals and organizations supported NISSA. We are publishing your names with a heartfelt "Thank You" for contributions that have made it possible to carry out our mission. If you do not see your name acknowledged, please contact the office to let us know so we can correct the error.

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Combined Federal Campaign
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Community Health Charities of
Washington State
Costco Matches
Microsoft Giving Campaign
Russell Matching Gifts Program
State of Washington - Office of the
Treasurer

United Way of Benton & Franklin
United Way Of Central Indiana
United Way of King County
Washington State CFD

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