

Sunlight and Shadows Newsletter – August 2011



Message from the Board President

Dear families and friends of the Northwest Infant Survival and SIDS Alliance,

A little over a year ago I became President of NISSA - and what a year it has been! I've learned much about the history of our organization, the families we serve and the role we have in communities across Washington State. I am so proud to be a part of NISSA.

This is our 50th year of operation. We started as a small organization dedicated to helping families who suffered the unexpected, unexplained death of their infants. We provided grief support and helped fund research to better understand the phenomenon of Sudden Infant Death Syndrome (SIDS). After fifty years, we still support grieving families but have learned that we can also provide educational information and tools to help reduce the rates of Sudden Unexpected Infant Death (SUID). We now know every baby needs an uncluttered bed of his/her own so we provide free cribs to parents who cannot afford one. We also know that to keep babies safest, they need to lay on their backs for sleep in clothing that keeps them comfortable but not overheated. To that end, we provide sleep sacks as an educational tool that helps reinforce the safe sleep message.

Though we know many things about safe sleep environments we still have much to learn, and are as committed as ever to share that knowledge. We are honored and excited to host a Research Update on Saturday, November 12. Dr. Henry Krous, world-renowned SIDS researcher for 30+ years, will be the keynote speaker. Dr. Krous will be joined by other local professionals to give an update on the current research. Please join us as at 10:00 a.m. at the Marriott Redmond Town Center to participate in this very special event. There is no cost but donations will gladly be accepted.

As the "Alliance" part of our name reflects, we don't accomplish our work alone. You can see that we rely on research professionals to learn more about the landscape of sleep-related infant deaths. We work with many organizations across the state to deliver the cribs, sleep sacks and educational information. Last, but not least, we need the support of donors and families, like you, to help us accomplish our mission.

As we move into the next half-century of serving families throughout Washington, we will continue to partner with organizations and community leaders to keep our fragile infants as safe as possible. To help us improve our work across the state, we recently hired a new Executive Director and added three board members. We are very excited about the passion and expertise they each bring to NISSA. Please read more about them and the work we do in this newsletter and at www.nwsids.org.

As I enter a second year of presidency, please know that we remain vigilant to support families enduring the loss of their precious babies and to educate the public about infant safe sleep practices.

In the belief that every child should live,

Aileen Carrell

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Inside the Office

*****Meet the New Executive Director*****

My name is Krista Cossalter Sandberg. I am honored to be the new Executive Director of NISSA.

I am a third generation Seattle native. I attended Gonzaga University where I received a BA in Political Science and a BA in Italian. My entire career has been spent with nonprofit organizations in the Northwest. My professional goal is to end every work day knowing that I have made a difference in the lives of the people in my community.

I want to start off with some appreciation and gratitude.

NISSA is grateful to Deborah Robinson who once again threw her heart and soul behind our organization as acting executive director. Deborah's passion and knowledge are awe-inspiring. I want to personally thank her in advance for responding to the many questions I will have for her. Don't forget that Deborah is chair of the upcoming Courage and Hope Dinner and Auction. We need all of your support. Please join us November 12, 2011 at the Marriott Redmond Town Center. Call the office for more information.

Thank you and farewell to Office Manager Jessica Christensen who has held everything together for the last year. We wish Jessica, her husband Richard and new baby great joy and success in their next life adventures.

Welcome to new Program Coordinator/Executive Assistant, Jackie Saalenas who will be taking over for Jessica.

Please contact me at execdirector@nwsids.org with any questions or requests. I look forward to working with all of you.

*****Meet the New Program Coordinator/Executive Assistant*****

Hello, my name is Jackie Saarenas and I am the new Program Coordinator for NISSA! I was born and raised in Seattle, in the Rainier Valley Neighborhood and I love Seattle so much that I decided to stick around through my undergraduate college years and received my Bachelor of Arts degree in Psychology from Seattle University. I am the second in line out of four children whom all continue to reside in Seattle. My favorite food is chocolate chip cookies and my least favorite food is liver. I am a huge Nicholas Sparks fan so my favorite book is The Notebook and I enjoy reading, running, and spending time with my family and friends with my spare time. With all of this said, if I were stranded on a deserted island I would want my family, Nicholas Sparks books, and chocolate chip cookies with me to keep me company because they are all my favorites! I am very excited to be a part of NISSA because I have recently become an aunt to a beautiful baby girl and seeing how fragile she is, I want to spread the knowledge of proper infant care to increase infant survival within the area. I cannot wait to be a part of this wonderful organization and I look forward to what is to come!

Meet the New Board Members

This year we have three new board members joining our team, read below to learn a little more about each of them.

Cindy Campbell: Northeast Washington

Where did you grow up?: Mesa, AZ

Tell us about your family: Married to my sweetheart February 15, 1990. We have 3 children, Isaiah 13, Miranda 10 and Carly 7.

Favorite Food: Mexican

Least Favorite Food: Chinese

Favorite Movie: Family Man

Favorite Book: Younger Next Year

Favorite Music/Band: Bananarama, The Police, A-Ha, 80's music.

What three things would you want with you on a deserted island?: Hair Brush, conditioner, and my pillow.

Favorite thing(s) to do in your spare time: Spend time with Family at Silverwood Theme Park, boating, hiking, swimming, competing in races with my good friend Sarah.

Why are you excited to be a part of NISSA?: I am so excited to be a part of NISSA. I hope to be part of the effort in helping educate the public, to do all in my power to decrease infant death.

Gallit Eni: Bellingham

Where did you grow up?: Winnipeg, Manitoba, Canada

Tell us about your family: I am the 3rd child of 4 siblings. My parents are immigrants from Israel. I am married to a wonderful husband who is also a registered nurse. We have been together for over 20 years. I have a son, his name is Chai (Kai) and he is 10 years old and loves to play hockey.

Favorite Food: Anything that is made for me

Least Favorite Food: Pork

Favorite Movie: Don't have one

Favorite Book: I love to read and watch movies but I can honestly say I do not have a favorite book, movie, or color.

Favorite Music/Band: I like Alternative Rock (keeps me young).

What three things would you want with you on a deserted island?: My son, husband and lots of food

Favorite thing(s) to do in your spare time: Hike, work in the yard, spend time with family

Why are you excited to be a part of NISSA?: I am very excited to be part of NISSA. Half of our patient population is newborn babies and we are expected to be these new parents' educators. I feel being part of this team will allow me to bring a lot of information and resources not only to the hospital population but also the community population.

Nicole Mansurov: Tri-Cities

Where did you grow up?: Omaha, NE

Tell us about your family: I come from a family of 6, I have a 5 yr. old son Jayden, a 2 yr. old daughter Milana, and a 13 week old Juliana. Married to the love of my life Jirgal.

Favorite Food: Pizza, brownies, sushi, tikka and vegetable masala

Least Favorite Food: Cilantro

Favorite Movie: Holiday

Favorite Book: I know these are not really "books" but the NYT and any really good cookbook!

Favorite Music/Band: James Taylor, Hall and Oats, Dave Mathews Band ... I have so many favorites

What three things would you want with you on a deserted island?: Milana, Jirgal and Juliana ... I need more than three ☺

Favorite thing(s) to do in your spare time: Read, do research, kiss my girls, I love to work.

Why are you excited to be a part of NISSA?: Safe Sleep has been such a part of my life for so many years now, it seems so natural.

Auction Update

"An Evening of Courage and Hope" is less than three months away! We hope you've saved the date: November 12th at the Marriott Redmond Town Center. Wonderful items continue to come in and plans are coming together, but we still need your help! Whether you have time, resources or both to share, your support of NISSA is welcome and deeply appreciated. There are a number of ways you can get involved in supporting the mission of NISSA. Please contact auction@nwsids.com if you can help!

Visit the auction webpage (<http://www.nwsids.org/Auction>) to see the items on our wish list.

We're planning a fabulous evening, so spread the word to your families and friends – we'd love to have them join us! See you all November 12th!

SIDS 50 Years Later...What Have We Learned?: A Research Update

Please join us **November 12 at 10:00 a.m. for a research update** (visit www.nwsids.org/Auction for more details) with world renowned researcher of sudden infant-toddler deaths and featured keynote speaker, Dr. Henry Krous.

Dr. Henry F. Krous is a Professor of Pathology at the University of California, San Diego School of Medicine, and Director of the San Diego SIDS/SUDC Research Project. Dr. Krous has been involved in SIDS research during the past 30 years. His SIDS activities also include participation in legislative development and implementation, survivor grief counseling, and public educational speaking. Dr. Krous has represented the United States at numerous International SIDS Conferences, such as the Global Strategy Task Force Pathology Working Party for whom he was the Chair of the International Autopsy Protocol Committee. He is the author or co-author of greater than 300 research publications, abstracts, and chapters,

and delivered nearly 200 invited lectures worldwide. He has co-edited with Dr. Roger Byard the book, "Sudden Infant Death Syndrome: Problems, Progress and Possibilities."

The research panel is open to all families and clinicians at the Marriott Hotel in Redmond, WA. For more information please visit our website at www.nwsids.org.

Aiden's Story

Republished from <http://www.kidsindanger.org>

Aiden suffocated on the crib bumper pad in his crib. He was six months old. "My beloved grandson was literally the light of my life."

Submitted by his grandmother

Fighting for Aiden

I want to tell you about my grandson, Aiden, but words are woefully insufficient to tell you just how much he meant to me, to his incredible parents, to my husband, and to his extended family. Nonetheless, I will try my best to convey just how important this amazing little fellow was, and is, to all of us.

Aiden was born on August 13, 2009. I always felt he was our "lucky 13". He was so beautiful that my emotions were too much to contain, and the tears of happiness came immediately and spontaneously, and for the duration of his short life, everything about Aiden continued to fill me with that amazing joy. When I looked upon this new little person, who entered the world at 5 pounds and 10 ounces, I declared laughingly that "he was no bigger than a peanut," and Peanut became my nickname for him.

Now in my middle years, my beloved grandson was literally the light of my life. Every day, when I would come home from school (I was pursuing a life-long dream to study art, which is now forgotten in my heartache), or from errands, volunteer work, or other activities, the highlight of my day was to greet my little "Peanut". He always had an immense, delightfully charming gummy grin for his Nana that melted my heart. Aiden, along with his young parents, lived with us in our home, and so he was a daily part of my life, and I his, and I am grateful beyond words that he came to visit us for six and a half months before he had to leave us. I'm also mad as hell that he died needlessly.

Aiden was robbed of his life, and we of the immense joy he brought to us, because of a crib bumper pad. He rolled into a corner of his crib and, according to medical experts, died silently as he re-breathed the stale air in the corner of his crib. My daughter was a mere five feet away as she was otherwise occupied but nearby in case he cried, but Aiden never cried. He died silently and needlessly, because of the intrinsically faulty design of his crib bumper pad. In Aiden's name, I hope to influence the regulation of these products. In many states crib bumper pads are prohibited in child care and foster care settings. They are strongly advised against by the American Academy of Pediatrics, the Sudden Infant Death Foundation, Kids In Danger, and others. Why, then, do these products remain on consumer shelves? Why is it that we as consumers are left ignorant of the dangers of such products? I bought the very pad that took my beloved grandson's life, thinking that it was a necessary part of the newborn nursery. Never once did I ever consider that they might be lethal. I assumed that products sold for children had been thoroughly tested and deemed safe. We expect and assume that the products we buy are safe, yet crib bumper pads have a long and suspect history, and I believe that since the occurrence of such incidents is rare, the industry chooses to turn a blind eye.

I'm here to put the industry on notice so that Aiden won't have died in vain. I vow to take this fight as far as is necessary, and to make it my life's mission to ensure that no other child dies as my beloved Aiden did. He is and always will be my beloved Peanut, and I will cherish him forever. Thank you, Peanut, for the light you brought to my life. I vow to fight in your name, and I will love you forever.

Poem

By: Pam Johnson

Ginger was an angel sent from Heaven high above.
She filled our eyes with beauty and our hearts were filled with love.

This tiny darling burrowed gently, moving straight into our hearts.
Our lives would never be the same. We knew it from the start.

She was sunshine in our mornings and the sparkle in our days.
Her spirit touched us deeply, filled our lives in many ways.

Each moment spent with her was more precious than we'd know.
We didn't know that all too soon 'twould be her time to go.

Wish she'd been freely given, instead of just on loan.
We'd just begun to know her when the Lord called her his own.

We don't know why in God's great plan 'twas Ginger's time to leave.
We just know that he took her home and left us here to grieve.

Her loss we'll feel forever and we'll never understand.
We'll seek comfort in each other, knowing now she's in God's hands.

Thank You to Our Donors!

During April 17, 2011-August 9, 2011, 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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