

Sunlight and Shadows Newsletter – December 2011



MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Friends of Northwest Infant Survival and SIDS Alliance (NISSA):

As we come to the end of our 50th year of service to those affected by SIDS, we want to thank all of the people who have volunteered and supported our organization.

Moving forward, NISSA is committed to:

- Provide information and support to bereaved families
- Educate the general public and professionals about SIDS and SUID
- Reduce the number of SIDS and SUID in our state
- Provide Safe Sleep education so that every parent, childcare provider and health professional is aware of current evidence-based practices to reduce the risk of sudden infant death
- Support research dedicated to the ultimate elimination of sudden infant death

In 2012, NISSA will hold family support events in Seattle, Tacoma and Spokane. We will also have Sage's Run in Newport in July and the Fallen Leaf Run in Spokane in September. Our annual dinner/auction takes place in October which is SIDS Awareness Month. Please contact the office if you would like to volunteer for any of these events.

Wishing you all peace and joy in 2012,

Krista Cossalter Sandberg
Executive Director

Inside This Issue:

Message from Executive Director
Board Update
A Call to Volunteers
Facing the Holidays
Poem by SIDS Aunt Sheila Vasquez
Auction Recap
Thank you to our Donors!

Board Update

Congratulations to Board President Aileen Carrell and her husband Rob on the birth of their son Sam.

A Call to Volunteers

NISSA is looking for volunteers across the state who are willing to deliver cribs to needy families and provide safe sleep education. Please contact Krista at execdirector@nwsids.org or 206-548-9290 to learn more.



Facing the Holidays

During the days and weeks after the baby dies, there will be special events that will certainly be different without your baby. You will face celebrations that focus on the joy of children such as Christmas, Mother's Day, Father's Day, and Halloween.

Holidays and special events are reminders that life goes on around you. You will be torn between how holidays and festive occasions are normally celebrated and how you are going to celebrate them without your baby. You may feel anxious, sad, and empty and may long to have your baby be a part of the special times that usually involve the whole family.

Some people may not understand your need to talk about and remember your baby at these times because they want you to "get on with your life". You may want to talk about the loss of your baby for a long time. This does not mean that you are not recovering and coping with the death.

Poem

By: Sheila Vasquez
December 1998

A year has gone by
Did you know he turned one?
Although you can't see him
He's still our son

It's Christmas time again
He would have had such fun
Although you can't touch him
He's still our son

By now he'd be walking
With his brother he'd run
Although you can't hear him
He's still our son

We carry him with us
His life is not done
Each day our hearts feel him
Forever, our son

Auction Recap

Thank you to the 222 people who attended our 8th Annual Dinner and Auction, 'An Evening of Courage and Hope'. Special thanks to our auction volunteers and to emcees Meg Coyle and Michael King for their ongoing support. If you are interested in helping with the 2012 event, contact Krista.

Please enjoy these pictures of the wonderful night we had at the auction.



Thank You to Our Donors!

During August 10, 2011-
Decemeber 22, 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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