

# Sunlight and Shadows Newsletter – November 2010



## Message from the Board President

Dear friends of the Northwest Infant Survival and SIDS Alliance,

Can you believe that it's already November? It feels like I wrote to you just a few short weeks ago. Time flies quickly when you're busy...and we have been very busy during the past few months.

I'd like to share a few highlights of NISSA's recent activities and accomplishments. We have been hosting safe sleep booths at health fairs, speaking publicly at high schools and daycare centers, collaborating with community organizations to spread the safe sleep message, delivering four successful fundraisers statewide and, most importantly, providing much needed counseling to bereaved families.

Supporting families who have suffered the loss of their babies is the heart and soul of our organization. Almost every discussion I have with our staff, volunteers or fellow SIDS parents involves improving the ways we connect with families and help them heal. This is especially important during the holidays.

Like many SIDS parents, I am already thinking of how to celebrate the holidays without my daughter. There are some simple ways that I involve Lucy in the events of the season. I always hang her ornaments on the tree and her stocking along the fireplace. Through our church, I give a present to a little girl in need who is the same age as Lucy would be. Each year is a little different but one thing is constant...knowing that my baby will never be forgotten. She will always be part of our family and the fabric of our lives.

There are many ways we can honor the babies we have lost...new traditions we can build. One idea is to light a memorial candle as part of the Worldwide Candle Lighting event that occurs each year on the second Sunday of December at 7 p.m. (You can do this on your own or search for an organized event in your community at [www.compassionatefriends.org](http://www.compassionatefriends.org).) You can get more ideas from fellow SIDS families and keep up-to-date on our latest news by joining our Facebook community - Northwest Infant Survival SIDS Alliance (NISSA).

As this busy holiday season approaches, please know that NISSA will always remember the precious infants that are no longer with us. We are never too busy to give families the comfort, courage and hope that they need.

Wishing you love, peace and joy this holiday season,

Aileen

### Inside This Issue:

Message from Board President  
Facing the Holidays  
Message from Executive Director  
Holidays, A Difficult Challenge  
Holiday Job List  
Fallen Leaf Run  
Auction  
Donors

## Facing the Holidays

Facing the holidays without your baby can be extremely difficult, here are a few ideas of how to honor baby during this time of year.

- \*Light a special candle as a physical reminder of your baby.
- \*Ask family and friends to write special memories of your baby for a baby book.
- \*Create or purchase a special ornament for your baby each year.
- \*Share the memories you hold close to your heart.

For more ideas on how to face the holidays find us on Facebook, we will have additional ideas posted throughout the holiday season.



### Message from Deborah Robinson, Executive Director

The holidays can be very difficult for many families regardless of circumstances. Thanksgiving 1991 I walked into the room of our 6 week old and third child, to find him unresponsive, cold and blue in his crib. The nightmare that would follow especially during the holidays forever changed us. I was given wise council by others who were further along in the grief process that helped my family and I endure the holiday season. After a long journey, we found we were able to thrive and once again enjoy life. On behalf of my family and the NISSA board of trustees and staff, we wish you the best of holidays. Be kind to yourselves and those around you...it's a wonderful tribute to your child and those you love. I would like to share thoughts that I hope you may find helpful where ever you are in your life journey.

## Holidays, A Difficult Challenge

By Marion McNurlen, MSW, LICSW

Reprinted from Minnesota S.I.D.S. Newsletter Vol. 11 No. 4, December 1991

As I write this, Thanksgiving is just a week away, soon to be followed by Christmas, Hanukkah and New Year's Eve. Most everyone has some ambivalence along with their joy as they come up to this busy time of year. You know the usual feelings, things like: life is so busy, I can barely keep up; how can I manage to buy the gifts ... wrap presents ... get to all the events ... keep up with work ... etc. But for each of you who are facing this holiday season without your beloved child, the hassles and pain are all magnified many times. You know you really can't do all you usually do, and probably none of it feels very "right" or makes sense. Many of you may have a strong feeling of just wanting the holidays to be over so you don't have to deal with them. For many SIDS parents, especially in the first year or two, finding joy in the season is nearly impossible.

Recently, a parent gave me a definition of coping as "struggling successfully with difficult challenges". I like this definition because it suggests that it is possible to struggle and be successful at the same time. So, as you ask yourself "how will we ever cope with December?" it is good to remember that your struggle is a normal part of coping. There are some guidelines which may assist the struggles that each of you will face, and assure more successful coping. Stated simply 1) keep your expectations low (if you don't expect much of yourself and others it will be harder to be disappointed), 2) be patient with yourself and others, 3) remove as many stresses from your holidays as you can, 4) change any holiday traditions that seem inappropriate and, 5) allow others to support and help you.

In order to assist you in evaluating your expectations, stresses, and possible pitfalls, there is a helpful work list following this article (see last page of newsletter). You each have an opportunity to determine what the essential parts of the season are for you: which activities can be eliminated and which are essential. You can also use the form to evaluate tasks that can be done by others or changed to better fit your current needs. I encourage you to take time to fill out the form and use it to make your holiday a successful one that has both time for memory and sadness and also time for joy.

I wish each of you a successful holiday season that allows you to feel love, healing and hope as you look the year ahead.

HOLIDAY JOB LIST	Would the holidays be the same without it?	Is this something you want to do differently?	Do you do it out of habit, tradition, free choice, or obligation?	Is it a one person job, or can it be shared?	Who is responsible for seeing that it gets done?	Do you like doing it?
Decorating the tree.						
Contributing to special funds.						
Baking/exchanging holiday cookies.						
Making long lists of what needs to be done.						
Going to office or school parties.						
Making homemade holiday gifts.						
Sending holiday cards.						
Buying something special to wear for the holidays.						
Going to cocktail parties.						
Doing your holiday shopping.						
Seeing people you never see any other time of the year.						
Helping or encouraging your children to make some of their gifts.						
Having the house clean						
Decorating different rooms of your home.						
Providing "quiet-together" time for immediate family.						
Buying gifts for co-workers and teachers.						
Attending special or church services.						
Attending special activities for children.						
Preparing special traditional foods.						

## Eastern Washington Update

By Liz Montgomery, Eastern Washington Coordinator

Laura Martini and Liz Montgomery have been working very hard in wrapping up the numbers for this year's Fallen Leaf Run which was held on Saturday, October 2<sup>nd</sup> at Mirabeau Park in the Spokane Valley. With over 500 people participating and raising more than \$8,000, it was a huge success! Many additions were made to the run this year that contributed to its success. Funds from the race will support the work NISSA does to educate the public on SIDS and help those families who have experienced the death of a child due to SIDS or SUID.



Wish Upon a Star, sponsored by Kristi Masterson from St. Maries, ID, brought in over \$100! Thank you Kristi for all of your hard work; the photos of our angel babies touched many aching hearts. A silent auction also made its debut at this year's run. The generosity of many business sponsors from Northern Idaho and Eastern Washington helped raise over \$800! A tremendous thank you to the sponsors who support NISSA year after year.

Free massages were also available before and after the run along with free massage coupons for EVERY racer! Thank you to Becky of Soulful Hands for her support. Don't forget to use your coupon! Music was also another new addition to the race this year. DJ Barry donated his time and equipment to ensure our race was a success. Thank you DJ Barry. Otto of the Spokane Indians was at the race this year to greet participants as they crossed the finish line. He also handed out medals, compliments of DeeAnn Brennan, a SIDS grandmother, to all of the kids who crossed the finish line. Thank you for taking time out of your busy schedule to visit us.



Of course the race could NOT have been such a success if it wasn't for our dedicated volunteers. Literally, this race would not have happened if it was not for the 80 plus volunteers who selflessly donated their time and money to the Fallen Leaf Run. Thank you, thank you, thank you! Thank you to all who participated, donated, or volunteered in the Fallen Leaf Run. We hope to see you back next year!

## Auction Update

By Wendell Tobiason, Auction Committee Chair

What a great Masquerade Gala! The evening was beautiful, and the crowd participated with some unique and interesting masks. The food was great, and the auction was a success! The evening raised nearly \$65,000.00 for NISSA. Our 'fund-a-need' request this year was for continuing support of *Cribs for Kids*. Each \$50 donated will purchase a crib to give a baby a safe sleeping environment. We raised \$14,000 specifically for *Cribs for Kids*, that's 280 more babies we'll be able to impact!

Chris and Laurel, and especially their daughter Jacquelyn are looking forward to their vacation in Belize. Jake and Darwin I'm sure feel much safer now that they are each proud owners of a Geiger counter. Michael and Laura get to spend the day with my Mom making Gingerbread Houses. So many exciting and wonderful things, too many to list, but I have to call out a beautiful oil painting by Drie Chapek, an amazing handcrafted electric guitar built by Shane Robinson, a handcrafted quilt brought to us by the women of Little Angels specifically for this event, and a spectacular walnut table crafted by Darwin Petersen.

Planning has already started for our event next year. October 8, 2011 will be our celebration of 50 years of NISSA (a.k.a. SIDS Foundation of Washington), and we plan to make this an evening to remember. Deborah Robinson will step in as Chair of the event, and I (Wendell) will be there as her co-Chair. We are looking for people interested in planning, helping, providing ideas; as well as already taking items for the auction and taking reservations. Please let us know if you are interested in being involved in any way.

## **Thank You to Our Donors!**

During the period August 23, 2010 – November 18, 2010, 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.

### **GRANTORS**

Raynier Institute and Foundation

### **BUSINESSES & ORGANIZATIONS**

14th and Grand Salon  
5th Avenue Theatre  
Alderbrook Resort & Spa  
Alligator Soul  
American Alpine Institute  
Amica Mutual Insurance Co.  
Anthony's Restaurants  
Apple Tree Resort  
Arena Sports  
Argosy Cruises  
Arnie's Restaurant  
Auburn Valley Motors  
Benihana  
Big Picture  
Bill Speidel's Underground Tour  
Black Angus  
Books Are Fun  
CDA Casino  
Childrens Home Society  
Christopher Of Kirkland Photography  
Claim Jumper  
Cookies By Design  
Cornerstone Inc  
Costco - Division  
Crown Plaza Seattle  
Dance Theater Northwest  
Diggitt Garden Tools  
Dimitriou's Jazz Alley  
Dishman Dodge Chrysler  
Disneyland  
Dr. Abott and Dr. Streubin

Eastside Harley-Davidson  
Emerald Downs  
Everett Civic Music Association  
Experience Music Project  
Five Columns Restaurant  
Foamheads  
HALO Innovations  
Heavy Restaurant Group  
Hidden Haven Bed & Breakfast  
Holiday Inn - Couer D'Alene  
Holiday Inn Seattle - Renton  
Imagine Children's Museum  
Impressions Photography  
J Matheson Gift & Gourmet Shop  
Jillian's  
John Howie Steak  
K1 Speed Seattle  
Kalispel Tribe Northern Quest Casino  
Kellogs  
King 5  
La Cabana  
Little Angels  
Little Dickens Learning Center  
Lowe's - CDA  
Lynnwood Police Department  
Marriott Redmond Towne Center  
McDonalds  
Moneytree, Inc  
Mount Rainier Scenic Railroad  
Mount Rainier Guest Services  
Mt Baker Theater  
Mt. Spokane Ski & Snowboard Park  
Northern Quest Resort & Casino  
NORTHSIDE  
Northwest Sinfonietta  
Novelty Hill-januik Winery  
Olympia Country & Golf Club  
Orca Binocular  
Outback Steakhouse  
Outdoors Northwest  
Pacific Fabrics and Crafts  
Parker Toyota Scion  
Partners Crackers  
Pinkabella Cupcakes  
Pizza Factory  
Pizza Pipeline  
Premier Golf Centers, LLC  
Providence Medical Center

QFC  
Recipe For Cute  
Red Lion Hotel  
Red Lobster  
Road ID  
Ruby's Diner  
Runner's World  
Ryan, Swanson & Cleveland, PLLC  
Safeway  
San Juan Excursions  
Seattle Art Museum  
Seattle Mariners  
Seattle Marriott Waterfront Hotel  
Seattle Repertory Theatre  
Seattle Sounders FC  
Seattle Symphony  
Seeds, Inc.  
SEVEN The Salon  
Slack & Combs Orthodontics  
Soulful Hands  
Spanky's Latte Stand  
Spokane Gymnastics  
Spokane Indians  
Spokane Symphony  
Stadium Sports  
Starbucks  
Stokes Auction Group  
Subway  
Suquamish Clearwater Casino  
Symetra Financial  
Tacoma Art Museum  
Tacoma Musical Playhouse  
Texas Road House  
The Bellevue Collection  
The Children's Museum - Seattle  
The Fairmont Olympic Hotel  
The Maltby Cafe  
The White House Grill  
Timber Creek Grill Buffet  
Top Foods  
Total Care  
Toys R Us  
Travel Lodge  
Triple Play Family Fun Park  
UW World Series  
Vacation Homes For Charity  
Vacation Internationale  
Walmart - Northside

Walmart - Post Falls  
Walmart - Valley  
Wink Cupcakes  
Woodland Park Zoo

**COMPANY GIVING FUNDS &  
MATCHING PROGRAMS**

Boeing Employees Community Fund  
Community Health Charities of  
Washington State  
Missionfish  
United Way Of Central Indiana  
United Way of King County  
United Way of Snohomish County  
United Way of Thurston County  
Washington State CFD

**INDIVIDUAL DONORS**

Albrecht, Steve and Berndt, Kathy  
Allen, Melissa  
Aquino, Rich  
Archev, Chris and Laurel  
Armstrong, Linda  
Armstrong, Roy  
Arthur, Pete  
Austin, Jim and Kim  
Beans, Steven and Sample, Rhonda  
Beszhak, Richard and Patty  
Birley, Ronald and Kathleen  
Botesch, Evelyn  
Brennen, John and Beth  
Bucholtz, Judy  
Callahan, Bobette M  
Campbell, Jesse and Mary  
Carlos, Maria  
Carrell, Robert and Aileen  
Carter, Thea  
Case, Darren and Nelson, Carie  
Cassidy, Walter and Lauren  
Chapek, Kabran and Drie  
Childs, Troy and Christina  
Chimenti, Ron and Barbara  
Clausen, Randy and Robin  
Cole, Dolores  
Coluccio, Carla M  
Cook, Bill and Helen  
Daniel, Scott  
Davis, Allan and Nora  
Davis, Susan

Debiec, Stan and Lisa  
DeWeese, John and Kate  
Dewing, Robert  
Dore, Margaret  
Downing, Ross  
Dunayski, Pauline M  
Dungan, Scott  
Dunn, Pat and Susan  
Dzutsoff, Virginia  
Edmondson, Glenn and Sharon  
Eichelberg, Bill and Lorna  
Endres, Marian  
Estrella, Delphi  
Fernandes, David and Vicki  
Ferro, Chris  
Ferro, Stephanie  
Fischer, Steve and Hiatt-Fischer, Sherry  
Forshee, Janice  
Foster, Anne  
Freudenstein, Georgann  
Gay, Russ and Penny  
Georgeadis, Marc and Angie  
German, Douglas and Lisa  
Gourarie, Ronit  
Graham, Ron and Sherie  
Gunderson, Gary  
Gurganious, Deborah  
Hageman, Brad and Barb  
Halvorson, Chris and Emi  
Hambleton, Kristine M  
Hardaway, Brandon  
Harlan, Lori  
Harris, Jeanne  
Hasselblad, Lori J  
Haugland, Marylou M  
Hebner, Shawna  
Heppner, Robin  
Higgins, John and Claudia  
Hildahl, Janelle  
Hill, Denette  
Hillger, Jennifer  
Hirano, Kristin  
Hoel Gebhardt, Stephanie  
Huff, John and Mary  
Hurst, Roberta  
Iams, Cassandra  
Isaksen, Janet C  
Kennedy, Louis and Laurie

Kight, Michael and Dawn  
Killinger, Debbie  
Kingston, Todd and Brooke  
Kleckner, Dan  
Knoll, Mark  
Kopra, Willow  
Kraft, Donald and Mary  
Kraus, Brian and Julee  
Krinbring, Brian and Sue Mickey  
Kuper, Jane Dore  
Kupper, Peter and Eva  
Lamb, George E  
Law, Caroline  
Lee, Dean and Ann  
Lee, Ivan and Diane  
Lee, Kathy  
Leonard, Sherri  
Lindgren, Sandra  
Lorandean, Roberta  
Low, Neil  
Lundquist, William and Anne  
Lush, Jennifer  
Luther, Amy  
Martini, Laura  
Martini, Ron and Jean  
Masterson, Kristi  
Maziad, Elizabeth  
McAdoo, Ashley  
Mcgee, Jacob and Tanya  
Mcintosh, Lori  
Meier, Brad and Karri  
Melby, Steven and Cathy  
Mellick, Donna  
Miller, Jack and Dona Lee  
Milsow, Larry and Linda  
Monick, Dennis and Lorraine  
Montgomery, Imo  
Montgomery, John and Barb  
Mulholland, Mike and Debbie  
Munsch, Gary and Lori  
Murphy, Devon  
Norman, Jeff and Ann  
O'Donnell, Patty  
Olson, Meredith  
Oshiro, Alwin  
Pardo, Michael and Teresa  
Pardo, Robert E  
Pardo, Roger L

Paulson, Kandy  
Percy, Roger and Penny  
Peters, Jennifer  
Petersen, Darwin and Dialine  
Pratt, Randall P  
Presley, Brian and Erin  
Rasalan, Ray E  
Renner, Joshua and Elizabeth  
Roberson, Diane  
Roberts, Brian and Brozovich, Karen  
Robinson, Jack and Deborah  
Ross, John and Heneghan, Ann  
Ryan, Tom and Sheila  
Ryser, Curt and Cristina  
Sand, James and Julie  
Sargent, Peter and Kerry  
Sarro, Rene  
Schipper, Lois  
Shrack, Katherine  
Skladany, Neal and Sherrie  
Smith, Tamara  
Stanek, Tim and Jeanie  
Steiger, Cloyd  
Stevens, Shannon Marra  
Stone, Randy and Toth, Patti  
Stormo, Ryan and Alison  
Strouse, Arlyn  
Summers, John and Tambe  
Swanson, Eric and Kristy  
Szatkiewicz, Mary  
Thibodeaux, Lisa  
Thomas, Ben and Arlene  
Tiemann, Jason and Deanna  
Timpson, Kim  
Tobiason, Sid and Mar  
Tobiason, Trudy  
Tobiason, Wendell and Ruthann  
Trieschmann, Shirley  
Trujillo, David and Theresa  
Vandeberg, Lawrence and Angie  
Vassar, Charlene Spadafore  
Vick, Michael and Kelly  
Waller, Thomas and Lola  
Ward, Steve and Ina  
Watkins, John and Linda  
White, Fred and Carol  
White, Gil and Debra  
White, Gil and Linda

Whitmarsh, Dan and Melissa  
Wood, Curt and Ellie