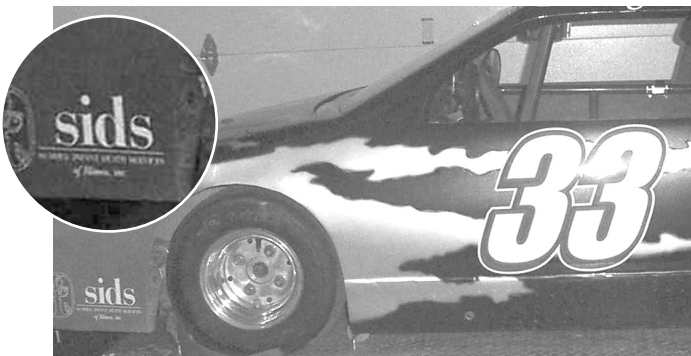


OCTOBER IS SIDS AWARENESS MONTH

SIDS Uncle "Drives Home" the Message

Andy Forster, uncle to SIDS baby Brendan Maruyama, spends the summer weekends racing his Mini-Cup Car and educating the public about Sudden Infant Death Syndrome at the same time. Andy, who has been racing for more than a year asked if he could honor his nephew, Brendan, by putting the SIDS of Illinois logo on his race car. When others see the logo, it gives Andy the opportunity to talk about his nephew and the services that SIDS of Illinois provides including Risk Reduction and Bereavement Services. During the off season, Andy participates in Expos around the state showing his "Number 33" car and passing out SIDS Risk Reduction information. In the past year, Andy has given out more than 1000 pieces of SIDS literature! Patti, Andy's wife and their two young daughters Taylor and Mikayla, have participated in numerous educational and fundraising activities for SIDS of Illinois since Brendan's death in 1985. Until the day comes that sudden infant death can be prevented, Andy and his family will continue his "race" to help us find the answers!



Closing The Gap

On July 20, 2004, Health and Human Services Secretary Tommy G. Thompson announced that approximately \$2.25 million has been awarded to 4 states experiencing the highest infant death rates for African Americans. Illinois is one of the states chosen to participate in this 3 year project. SIDS of Illinois along and other organizations who promote infant survival will implement a program based on research to provide intense outreach in 4 communities of Chicago that have the largest infant death rate. Those communities have been identified as Englewood, West Englewood, Austin and Auburn-Gresham. *Closing the Health Gap on Infant Mortality Initiative* is intended to accelerate the rate of change among the African American population and decrease infant mortality in these communities.

This initiative is a collaborative effort of the Office of Minority in the Office of the Secretary, Center for Disease Control and Prevention, the Health Resources and Services Administration, the Indian Health Services, and the National Institute of Health. It will consist of a three-pronged approach to reducing infant mortality; research coordination among Health and Human Services agencies, Risk Reduction in communities and a campaign to improve awareness of factors that contribute to infant mortality.

SIDS of Illinois has been asked to work on this project in collaboration with Illinois Department of Human Services to develop a plan to address this issue and decide where to begin. Since this is a multi-year project, there will be many different agencies involved in this program. While we are excited to be part of this nationwide project, it continues to underscore the need for more creative educational programs on infant safe sleep practices especially in the African American community due to our unusually high infant death rate. The racial disparity is clearly evident when comparing Caucasian infant death rates to African American infant death rates in Chicago.

SIDS of Illinois is proud to be invited to participate in what we hope will be an innovative project to join with communities to lower preterm labor, prematurity and SIDS.

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Silver Lining Newsletter

COMMUNITY HEALTH CHARITIES BRINGS IMPORTANT FUNDS TO SIDS

Sudden Infant Death Services of Illinois has shared a long history with Community Health Charities of Illinois. SIDS of Illinois is a 10-year member of Community Health Charities, which is the largest workplace giving program dedicated solely to health causes. SIDS of Illinois joins 36 other health agencies in raising funds for medical research, health education and patient services. Over the past 3 years Community Health Charities has contributed over \$45,000 in donations to SIDS of Illinois.

Community Health Charities allows employees to support SIDS of Illinois and 36 other health agencies directly through their paycheck. Workplace giving is the most effective and efficient method of fundraising and usually results in donations that are



4-6 times higher than one-time gifts. Community Health Charities promotes the mission of SIDS in corporations, as well as state and local governmental

entities across Illinois. The long-standing partnership between SIDS of Illinois and Community Health Charities grows stronger with every year.

As the fall campaign season approaches, SIDS of Illinois and Community Health Charities encourage you to remember SIDS of Illinois in your employer's workplace giving campaign. If you work for an employer that offers a Community Health Charities campaign, you can designate your gift to SIDS by using the code number **5561**. If your employer offers a United Way only campaign, you can write-in SIDS of Illinois on your pledge form through their Donor Choice Options. Speak to your Human Resources representative for specific instructions on where to indicate your choice.

If your employer does not offer you any way to support charity at work, we encourage you to consider approaching your employer about implementing a workplace giving campaign. Community Health Charities is available to assist you with making this approach and will create a customized plan for your employer. For more information or to start a campaign, please contact Pam Borchardt at SIDS of Illinois, at 800-432-SIDS or visit www.healthcharitiesillinois.org.

Generous Donors

AURORA MOTHERS CLUB has been a long time supporter of SIDS of Illinois and our mission to support grieving families and educate anyone with a baby in their life in the current risk reduction information.

In past years, the Aurora Mothers Club has donated SIDS Survival Guides so that we can send them free of charge to families who have recently have suffered the death of an infant.

This year, the Aurora Mothers Club has donated 35 Halo SleepSacks™ to our organization so that they may be distributed to families in need. Without organizations like them, SIDS of Illinois could not offer much of the free support services that we do. Thank you to the generous members of the Aurora Mothers Club.

First time supporters, the **PENISTEN FAMILY FOUNDATION** generously donated \$1,000 for Risk Reduction Education. Thank you so much.

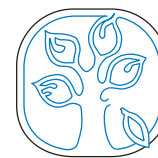
The **CJ FOUNDATION FOR SIDS** has been one of our most consistent supporters! Thank you for the grants totaling \$21,200 for statewide risk reduction program.

Special thanks to the **GENEVA HIGH SCHOOL STUDENTS** and especially **Jacqui Salesky** who raised \$1000 and donated it to SIDS of Illinois in memory of all the SIDS babies. Jacqui's sister Cortney died from SIDS.

Maureen Salesky once again hosted a fabulous dinner at **VILLA VERONE RESTAURANT** in Geneva to raise money for SIDS. Pietro, owner and chef of Villa Verone Restaurant, graciously donated the delicious Italian dinner that was served. Nearly \$3000 was raised for SIDS. Thanks Maureen and Pietro.

Special thanks to **Dawn Michaelis** and **PLANET COLOR** of Mokena and all the stylists who participated in a Cut-A-Thon for SIDS in memory of Collin Michael Boyne. The stylists did 57 haircuts and raised \$1000.

Thank you for your generosity.



MEDICAL UPDATE

What Does A SIDS Parent Expecting a Baby Need to Know?

Babies born into a family where a baby has previously died from SIDS are at about the same risk as the general population. There is nothing you did or did not do which caused your baby to die. There is nothing you could have done to prevent your baby from dying. SIDS is a natural cause of death, although we still do not know how SIDS deaths occur. Therefore, my recommendations for doing the best you can to prevent your next baby from dying from SIDS are as follows:

- During your pregnancy, do everything you can to have a healthy baby. Begin prenatal care early. Follow your obstetrician's advice. Do not smoke during pregnancy. Do not drink alcohol or take illicit substances (especially opiates or cocaine).
- Once your baby is born, be sure to follow the Back to Sleep recommendations. These have been shown to decrease the number of babies dying from SIDS. Especially be sure to have your baby sleep on his/her back, use safe bedding, avoid cigarette smoke exposure, do not overheat your baby, and breastfeed if possible.
- There is no testing that can be one which will predict whether or not a baby will die from SIDS. Therefore, performing sleep studies, electrocardiograms (ECGs), etc., are not helpful.
- Find a pediatrician who is sensitive to the fact that you had a previous baby die, and who will take your concerns seriously. The best test to identify health problems is a good history and physical examination by your pediatrician. It may be that his or her evaluation will suggest the need for some testing. Testing which is directed by a pediatric evaluation is more likely to be useful than the indiscriminate use of a test.
- Home monitoring has not been shown scientifically to prevent, or not prevent, SIDS recurrence in SIDS siblings. Therefore, your baby need not use home monitoring for scientific reasons. However, some

SIDS parents are sufficiently anxious about suddenly finding their subsequent baby dead that the use of a home monitor reduces their anxiety and improves their parenting. This should be discussed further with your pediatrician. If a home monitor is used, we recommend using it for the first 6-months of life, when 95% of SIDS occurs. However, home monitoring is being used much less frequently in SIDS siblings, and I don't recommend it unless your baby has a specific breathing problem.

- Babies should get their regular immunizations (baby shots) on the regular schedule. There is no evidence linking SIDS to routine immunizations, and delaying them is risky, as your baby could get a preventable illness-such as whooping cough (pertussis) - which can also cause death in infants.

Article by: Thomas G. Keens, M.D/ Professor of Pediatrics, Physiology and biophysics, Keck School of Medicine of the University of Southern California Division of Pediatric Pulmonology , Childrens Hospital Los Angeles, California and Member of the California SIDS Advisory Council and Southern California Regional SIDS Council.

New Informational Brochures Available

SIDS of Illinois works hard to keep our educational programs and our community partners informed about the latest information regarding Sudden Infant Death Syndrome and Safe Sleep. We have successfully completed our Hispanic Outreach project for FY2004. Our goal was to translate many of our materials into Spanish. We now have our Grandbaby and Childcare Providers brochures available in English and Spanish. We also have completed our newest Safe Sleep brochure entitled, "Safe Sleep/Safe Crib". Many thanks to Jim Kearney and Katie McCracken from Eire Partners for working tirelessly with SIDS of Illinois to develop this new and much needed informational brochure. For an order form, please contact the office.

Silver Lining Newsletter

Dear Sudden Infant Death Services of Illinois,

The family of Judge Bernard B. Wolfe would like to make a donation to SIDS in honor of his 90th birthday which is on July 1, 2004. We feel this is a fitting tribute to our Dad, as he was instrumental in bringing SIDS to the attention of the Illinois legislature in the early 1970's.

A close family friend lost a baby to SIDS and we were all devastated by the lack of available information, the accusatory questions asked by hospital personnel and the fact that Sudden Infant Death Syndrome was not a legal cause of death at that time. Under our Dad's leadership, in 1972, the Illinois General Assembly passed house Bill 4392, which created a State Legislative Public Commission to study the impact of SIDS on Illinois families. In 1974, that Commission, headed by our Dad, presented their report: Infant Survival, "New Hope for the Family..."

Many of the Commission's recommendations became law and had a positive impact on families in Illinois. Some of these recommendations were:

1. The Trauma System under the Illinois Department of Health be utilized as a possible avenue for the dissemination of educational material.
2. The Department of Health or DCFS be utilized to produce and distribute educational materials. The emphasis should be on young couples and new parents.
3. Information about SIDS must be disseminated to first contact people, medical schools and nursing schools.
4. High School Boards should include facts about SIDS in their high school health programs.
5. The Coroner's Act should be amended so that an autopsy be performed by a competent pathologist, with parental consent, on all persons under two years of age who die suddenly and unexpectedly. Parents need to be notified of autopsy results within 48 hours of the infant's death. The term Sudden Infant Death Syndrome should be listed as the cause of death on death certificates where medically justified.
6. Centers of research should be developed throughout the state.

There is so much more, but we believe this gives you an idea of how important this legislation was to the state of Illinois. For years we worked with the Chicago Chapter of the National Foundation for Sudden Infant Death Syndrome. We branched off to become the North Suburban Chapter of NFSIDS. Most likely, these groups were the foundation of your group. We are so proud of Sudden Infant Death Services of Illinois and all you have become and how valuable your services are to those who need you.

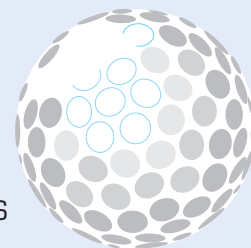
Thank you so much.
The Family of Judge Bernard B. Wolfe

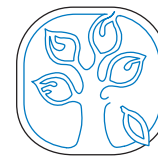
5th Annual Collin Boyne Golf Open

The guests at the 5th Annual Collin Boyne Golf Open were treated to a beautiful summer day and evening. The event was held on August 7th at Tamarack Golf Course in South Naperville, Illinois. After a fun day of golf, the 116 golfers were joined by family and friends for a dinner, silent auction, raffles and entertainment. Entertainment for the evening was provided by VOICES band.

During dinner, Tom Spain was recognized for his dedication and hard work for making the Collin Boyne Golf Open such a huge success over the past 5 years. This year, the event raised a net of over \$30,000 for education, bereavement and research.

This event is a celebration of Collin's life with us. Collin died at 8 months of age on September 28, 1999. Collin's parents, Tim and Karen would like to thank everyone for their generosity and support and helping to put an end to SIDS, especially all the tireless volunteers who worked to make this event possible.





HOLIDAY CARD ORDER FORMS

___ Packages of Holiday Cards
(25 per package) - \$20 each \$ _____

Postage and Handling:

\$4.50 for the first package \$ _____

\$.50 each add'l package \$ _____

Make Check payable to **SIDS of Illinois**

Credit Card: Visa, Master Card, American Express
(please circle)

Account # _____

Expiration date: _____

Name on the card: _____

Shipping Address: _____

Name: _____

Address: _____

City _____

State _____

Zip _____

Phone: _____

Mail order Forms to:

SIDS of Illinois

710 E. Ogden Avenue, Suite 550

Naperville, IL 60563

Phone: 630-305-7300 Fax: 630-305-4773

email: brad@sidsillinois.org



MARK YOUR CALENDARS! IT'S TIME AGAIN FOR THE RUSSELL RUSH ROOF SIT FOR SIDS!!

Ready... Set... Go! On September 30, 2004, Russell Rush, radio personality from WBNQ in Bloomington, IL, will again begin his quest to raise SIDS awareness and even more money than he did last year - all while living on a roof! Russell began this amazing event in 2003 to honor the short life of his beautiful niece, Caroline Michelle, who died of SIDS on her first day in child care. With the help of SIDS of Illinois, WBNQ Radio Bloomington, McLean County Health Department, friends and families, Russell hopes to continue the "This Side Up" and "Put Me on My Back to Sleep" t-shirt program for all babies born at Bro-Menn and St. Joseph Hospitals in McLean County that he funded last year. Last year, close to 3,000 infants combined were born in these two hospitals and each infant received the t-shirt along with SIDS Risk Reduction information.

Once again, Russell will be coming to you live from high atop the roof of McDonalds on Hovey Street in Bloomington, IL. Thanks to Telecourrier Communications, you will be able to watch Russell and all his cohorts while he is on the roof via streaming video if you go to WBNQ.com and click on webcam. Remember, Russell is on the roof 24/7 and won't come down - not even for a shower - until he has made his goal! Make sure you check the SIDS of Illinois website for information on how to make a donation. Let's get Russell off the roof in record time this year!! (It took quite a few shampoos for Russell to get the smell of french fries out of his hair!)

Russell Rush would also like to invite any families that have had an infant die to come to Bloomington and help out during the event to help him raise money for SIDS of Illinois. We can always use someone to hold out a can and collect donations in the McDonalds drive-thru or parking lot! Throughout the Roof Sit, Russell will be taking calls on the air and IN the air (remember, he's on the roof!) for those families, friends, Childcare providers and anyone who has experienced the loss of a baby who would like to share their story. Won't you consider joining Russell Rush, SIDS of Illinois, WBNQ Radio and McLean County Health Department in the fight against Sudden Infant Death? Just give Pam or Nancy at call at 1-800-432-7437 and let us know when you will be there! See you from the roof!

Silver Lining Newsletter

CJ PARTNERSHIP

The CJ Partnership (of which SIDS of Illinois is a partner) was the major sponsor of the SIDS International Conference that was held in Edmonton, Alberta, Canada July 2-6, 2004. It was attended by over 600 professionals and families. Of the sessions held, probably one of the most exciting was titled: *The Definition and Diagnostic Criteria of SIDS*. This was a combination of 4 presentations that provided background on the current SIDS definition and summarized the most recent meeting on the proposed re-definition of SIDS. The expert panel of pediatric and forensic pathologists and pediatricians proposed a new definition and criteria for subsets of SIDS and other cases of sudden infant death. No definitive action was taken on this issue. For more information, contact SIDS of Illinois at 630-305-7300.

PROGRESS REPORT

We have earned more than \$4,000 from the proceeds of Halo SleepSacks™ in 2 years. All the money goes directly to fund research projects.

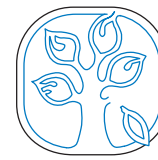


*Yet, with each ending
comes room for another beginning.
Whether we realize it or not,
We choose from within what our lives are to be
Each day, each hour, each thought.
Beginning again is realizing that choice.
Beginning again is grieving and feeling
Anger through this loss,
Honoring the relationship,
And letting go of it
So we may continue to live.
Beginning again is seeing the promise
in the pain
And our growth through this change.*

Will Limon

Save the Dates

- Russell Rush Roof Sit for SIDS will begin the first week of October in Bloomington, Illinois. This event is held in memory of Caroline Michelle Fernandez.
- The Fall Memorial Event will be held at Garfield Conservatory in Chicago on November 7. This event will be in memory of all the babies who have died.
- Holiday Spectacular Luncheon and Fashion Show will be held at Pheasant Run Resort in St. Charles, Illinois on November 21, 2004. This event is held in memory of all our SIDS babies.
- Wine Tasting Event will be held on Friday, February 19, 2005 at Meson Sabika Restaurant in Naperville. This first ever event for SIDS of Illinois will have limited capacity. Please let the office know if you are interested in receiving an invitation.
- Call 1-800-432-SIDS for more information.



SIDS SAKE CAR RAFFLE

The 9th Annual **SIDS Sake** Car Raffle will be held at Giovanni's Restaurant in Rockford, IL on Friday, October 29th to raise money for Sudden Infant Death Syndrome research, education, and bereavement services. Only 800 tickets will be sold for this raffle. Each ticket will be \$100. The winner will get to choose between a beautiful, brand new sports car or \$35,000 in cash.

Barb Contarino, a Rockford resident and a SIDS of Illinois volunteer, was instrumental in establishing the event after her 13-day-old daughter Kenzie died of SIDS in 1992. Barb also served on the SIDS of Illinois Board of Directors for many years.

Past participants will receive a raffle ticket in the mail during the month of September. Anyone interested in purchasing a ticket can call Brad Cox at the SIDS office at 630-305-7300. Watch our website www.sidsillinois.org for more information and an announcement on what type of sports car you could win!

"Grief is a stone that bears one down, but two can bear it lightly" W. Hauff

Two New Support Groups Added!

We are proud to offer two new support groups in addition to our on-going groups.

Springfield - St. Johns Hospital

A General support group for parents, grandparents, caregivers and others impacted by any infant loss. This new group meets weekly - every Tuesday evening from 6:45 - 8:00 PM in the Chapel Annex at:

St. John's Hospital
800 Carpenter St
Springfield, IL

For Questions, please contact Pastoral Care at: 217-525-5675

Naperville - Forgotten Grievors

This new group is being offered on a trial basis. It is NOT for parents. This group is intended for all the other grievors in the family such as grandparents, childcare providers, aunts and uncles. The next meeting for this group will be September 8 from 7:00 - 8:30 p.m. The group will meet at the SIDS of Illinois office:

710 E. Ogden Ave.
Suite 550
Naperville, IL 60563

Hinsdale- General Support

Redeemer Lutheran Church-Room 116,
Lower Level

First Street and Park Avenue
139 E First Street
Hinsdale IL 60521

Meetings are held on the second Thursday of each month from 7:00-8:30 pm.

Hinsdale-New Directions

This group is geared for the family who is contemplating having a subsequent child, or is already pregnant or who has an infant. Infants are welcome to attend this group with their parents. No children over the age of two, please. This group focuses its attention on parenting a new child after experiencing the death of an infant. We help to support new parents through the period of "terrified ecstasy". Redeemer Lutheran Church, Parish Room, Upper Level

First Street and Park Avenue
139 E First Street
Hinsdale IL 60521

Meetings are held on the first Tuesday of each month from 7:00-8:30 pm.

Hinsdale - Men's Group

This group is offered on the 3 times a year on the same night as our regular support group. A male facilitator is used to allow the men to separate from our regular parent support group and have some time to talk with other men about issues that are unique to men. This group will meet in Hinsdale at the October meeting.

BOARD OF DIRECTORS

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- *Rose Havens - Secretary & President Elect
- *Tracy Lorenz - Vice President Finance/Treasurer

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- Brad Cox, Manager - Finance & Special Events
- *Denotes SIDS parent.

MISSION STATEMENT

SIDS of Illinois, Inc. is a statewide, not-for-profit organization dedicated to:

1. Supporting family members and others who have been touched by the tragedy of a SIDS or post-neonatal infant death.
2. Educating the public and professionals about bereavement support and implementation, infant mortality reduction, and
3. Eliminating Sudden Infant Death Syndrome through the support of appropriate research.

BIRTHDAY REMEMBRANCES *The following babies' birthdays are remembered October thru December.*

10/12/1999 Matthew Michael Sopczak
10/13/1992 Chad Tyler Horan
10/16/1995 Susan Marie Sebok
10/21/1989 Michael (Mikey) S. Whelan
10/21/1991 Michelle Therese Cross
10/24/1990 Anthony James Pascente
10/28/1987 Lucas D. Heide
10/29/1993 Eric Scott Larson
10/29/1994 Alex Paul Dalbke
10/30/1986 Sarah Elizabeth Yuncker
10/30/1992 Kenzie Lynn Contarino
11/1/1996 Dakarai D. Smith
11/2/1977 Howard Nathan Moscovitch
11/2/1988 Justin Michael Dickinson
11/3/1988 Joseph Santino Comes
11/3/1991 Nicholas Robert O'Connell
11/4/1989 Mark P. Hartigan, Jr.
11/4/1991 Jordana Hope Rudolph

11/5/1974 David Robert Miller
11/5/1990 Nicholas Joseph Videka
11/9/1997 Megan Rose Klitz
11/12/1990 Scott William Greener
11/15/1994 Erick Roberto Medina
11/15/1996 Jaray Lucharn Wright, Jr.
11/16/1988 Nathan Emmett Walker
11/16/2002 Elijah Hearty Warr
11/17/1990 Vanessa Rose Panzarella
11/19/1994 Megan Lorraine Helminski
11/25/1988 Michael Thomas Rancich
11/30/1985 Joseph Michael Frazer
12/1/1992 Riley Patrick Shannon
12/2/1996 Devontae Shamar Mays
12/3/1996 Aaliyah Waters
12/5/1994 Matthew Moses Walker
12/6/1984 Jeffrey Russo
12/7/1990 Rebecca Marie Schabold

12/7/1994 Kara Nicole Bromer
12/10/2000 Isaiah Merritt
12/12/1992 Brandon Joseph Rosso
12/14/1981 Aaron Christopher Bock
12/14/1992 Juan Nieves
12/17/1994 Sean Francis Scafidi
12/17/1996 Keneia Sledge
12/17 Essence Amari'aey McNulty
12/20/1990 Bradley Cecil-Usrey Cooper
12/21/1987 Christopher Michael Emmrich
12/23/1996 Stephen Tyler Arbuthnot
12/24/1988 Daniel Ryan Newkirk
12/24/1994 Anton Marc Cerny
12/24/1988 Seamus Finnegan A'Hern
12/27/1996 Danielle Jean Slavich
12/27/1992 Christina Alexia Locklar

Birthday Remembrances are printed only at the request of the baby's parent(s). Please call our office at 1-800-432-SIDS if you would like to have your baby's birthday included each year in the appropriate issue of the newsletter.



sids
SUDDEN INFANT DEATH SERVICES
of illinois, inc.

710 East Ogden Avenue
Suite 550
Naperville, IL 60563

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