



Florida

SIDS



ALLIANCE

sidsfla.org

1-800-SIDS-FLA

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# President's Letter

I wonder sometimes about many things, like what if the South had won the Civil War? What if the Continental Congress decided life would be better under English control? How would I be creating this message if men like Steve Jobs didn't take advantage of their ideas and be brave enough to dream? Can you imagine what it would be like if JFK survived? Would the United States be different if Abe Lincoln's Secret Service agent didn't go for coffee?

Do you think our country would be different under other governance? It seems like our leaders and this country have made many mistakes along the way but as a

people we have recognized them and taken steps to correct the direction and get back on course to a free country for free people.

When our country has had a change of leadership, whether planned through election or unplanned through other causes, it has remained orderly and we eventually have gotten back on track. I wonder what the cost to the citizens of this country were during the process. I think that the adjustments to leadership and philosophy cause some people great harm while others great benefit.

What if Harry didn't meet Sally? Could a flat tire have delayed my friend just enough to miss that collision? Just imagine if there was a mechanical problem and the US Airways flight on September 11 was canceled?

Can one person really make a difference? I recall the story of the old man tossing starfish back into the ocean that were left on the beach to die because of the receding tide. "Do you think you can make a difference?" the stranger asked the old man. He responded "It made a difference to that starfish."

I remember watching a movie titled Fate is the Conqueror. In the movie, the investigating team reenacts a fatal flight to determine the cause of the accident. The team followed as much as possible the step by step process the crew followed that fateful morning. It turned out it was a series of events and circumstances that resulted in the plane crashing into a dock on a beach. The pilot of the flight attempted an emergency landing because his coffee had spilled which caused the "fail engine" light to go on. Since the other engine had failed earlier he believed he had no choice but to attempt the emergency landing. It was a clear sandy beach and he expected a clean landing; however, just the day before a dock had been temporarily stored in the path of the ill-fated plane.

I am a great believer that we make things happen in our life. I sign most e-mails, "Make it a good day." But I must admit that fate also contributes to the outcome in some people's lives. I heard someone say that life is but a series of chance experiences we must live with.

When Lisa was born, our excitement and joy was beyond description. Our first daughter joined our unique family as it was growing and changing following chance events. Our dreams however were clear to be the best parents that we could be, to each

of our children and create opportunities for them to find their own dreams and get on the course to achieve them.

I remember when faced with a question from one of my children after the death of Lisa as to whether they could do something. My answer was, "If I base my decision on how I feel now I would say NO but let me think about it and it might be different." Often it was different because it was an opportunity that they deserved that should not be denied because of my fear.

I agree that fate or chance happens but more importantly what we do about the event or experience can make all the difference! If one were to jump out of a plane at 50,000 feet without a parachute the results would be obvious! If we jumped out of a plane with a parachute our chances would be much improved to have an exhilarating and safe experience. If the parachute were packed by a skilled and trained packer our chances would be even better. So when it comes to our own life and the lives of our children maybe we should pack our own parachute. What I mean is why leave to chance when we can reduce the risk and improve the opportunity to get the results we want and dream about.

For our children we want firsts: first time to smile, first time to laugh, first time to roll over, first time to crawl, first time to speak, first steps, and celebration of the first birthday. The ten steps recommended by the American Academy of Pediatrics (AAP) for safe infant practices can and do improve the chances we will celebrate more first birthdays than ever before. Less than five score years ago the First US Census reported that infant mortality was about 10% of all live births, today our last census reported that infant mortality is currently 1%.

The Florida SIDS Alliance has committed to increasing the safe infant practices recommended by the AAP and have a campaign to recruit more trainers so that more newborn infants will celebrate their first birthday. Just imagine a world with more individuals with hopes and dreams nourished by parents and community to have the opportunity to achieve those dreams as we the members of our family, community, country, and world will be blessed by and experience the enrichment of our lives by those yet to born who survive by these practices, Please join US in our commitment to a better world.

## COUNTY OUTREACH

### Alachua / Bradford / Union County

Lisa Sculley 904-707-3352

### Brevard County

Cher Woolley 321-961-6602

### Clay / Duval Counties

Andree Headings 904-230-8749

### Escambia County

Lea O'Neill 850-218-9732

### Miami-Dade County

Steve Bonwit 305-342-6827

### Orange County

Charlene Melcher 407-242-4701

### Pasco County

Roy Bagley 207-233-9323

### Pinellas County

Tiffany Kremer 727-689-9365

### Santa Rosa County

Lea O'Neill 850-218-9732

### Seminole County

Bunny Hamer 407-333-0670

### Volusia County

Tammy Canatsey 386-668-1259

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Amy Krewson Briana Price

# 2011 Memorial Golf Tournament and 2010-11 Donations

# More Than a Village

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Estrellita Bloss  
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Linda Moss  
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Lisa Sculley  
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George Lue  
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### Sponsors

#### Tournament

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#### Hole Sponsors

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Gio's Restaurant  
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Onya

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### Players

Mark Lampke  
Mike Dailey  
Todd Lampke  
Scott Lampke  
Chase Mills  
Brennan Bachtell  
Chuck Conti  
Joyce Conti  
Steve Ira  
Chase Hogan-Ira  
Paul Moxen  
Camden Parks  
Mike Lasky  
David Collis  
Kim Strong  
Rob Strong  
John Davis  
John Cassis  
Carmen Rosamonda  
Rick Scott  
John Giunta  
Sean Abernethy  
Keith Stevenson  
Joey Bradley  
Kevin Hirsch  
Carol Musselwhite  
Bill Musselwhite  
Jacob Mello  
Steve Thiebauth  
Randy Smathers  
Roy Bagley

### Golf Tournament via Network for Good

Pamela Ater  
Michael Dailey  
John Davis  
Eileen Herman  
Steven Ira  
Richard Scott  
Alicia Spain

### 2010 - 2011 DONATIONS

*In memory of James Duncovich*  
Bill and Kelly Howland

Donald & Mary Ellen Haber  
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Miller Family Foundation  
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Joseph Healey  
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Jennifer Hoffer  
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Janet Leavy  
Nicole Loshnowsky  
Jennifer Mastromarino  
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Daniel Pitts  
Briana Price  
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Lisa Sculley  
Polly Shepherd  
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### Corporate Sponsors

ABC Montessori Academy  
Abel-Proffitt  
Athletic Training  
Tire Kingdom

One hundred and six professionals have made a conscious decision to make a difference in the lives of babies born in the State of Florida. A new educational program developed by the Florida SIDS Alliance is helping these dedicated individuals in many of Florida's counties to become trainers to teach about safe sleep for infants.

Pregnant women and families for years have looked to grandmothers, aunts, and other extended family members for tips on infant care. Families have helped raise little ones forever. As Hillary Clinton reminded us "It takes a Village".

Since 1992 and the first American Academy of Pediatrics recommendation about sleep position, the United States has been sending a new message about babies being put to sleep on their backs. This is so different than the way that babies have been put to sleep since Dr. Spock had his influence on mothers in the 1940s. Overheating, breastfeeding, over-wrapping, no smoking around baby, and bedding were all included in the guidelines.

With each new refinement of the AAP guidelines, swaddling, monitors, clothing, bedsharing and pacifiers have all been discussed (see article in this newsletter.)

What is important and different from Dr. Spock's teachings and numerous books is that the guidelines are based on research from around the world. This is also completely different than basing infant care on what is and has been done by a family, community, country or ethnic group.

The other difference today is that, in many cases, pregnant individuals and couples may not have family, the village, or these new guidelines at their disposal. They only have television and sometimes what they see in baby supermarkets. There is a disconnect with marketing— between what looks really cute and what is the safest environment for the young baby.

Home visitors, WIC and Healthy Start providers, as well as hospital personnel and pediatricians have now added the role of educator to their other responsibilities. The Florida SIDS Alliance has broadened its role to help all of these professionals feel more comfortable with their role of educating about safe sleep with the development of the Safe Sleep - Train the Trainer Workshop.

The one year preliminary numbers of individuals taught by the one hundred and six new trainers is spectacular. Over 1400 parents, grandparents and expectant parents have been taught in hospitals, child care facilities, family day cares, and homes in twenty nine counties around the State. Health care providers, nurses, and child care providers, and DCF (Department of Children and Families) investigators have also been included in other classes.

More classes are still to be taught by the initial trainers taught in the Safe Sleep Workshop. The final statistics will be presented in a future newsletter. At least four more workshops are planned for the next year. Interested groups can contact the Florida SIDS Alliance through the toll free number, 800-SIDS-FLA (800-743-7352).

**Bunny D. Hamer**

# SNOW

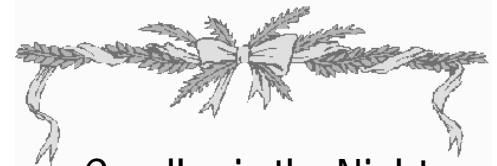


Every snowflake that falls is unique and has its own individual design. There are beautiful patterns in each snowflake and even the tiniest of flakes have their own markings. These patterns change again and again - even after the flake touches the ground.

Each snowflake is a cause for wonder, each flake is one of a kind. No two are exactly alike. Like the snowflake, our beautiful children were each unique and special; some we only dreamed about and some danced upon the earth. They filled our lives with wonder and transformed our world. We held them too briefly, but we will hold them in our hearts forever. We shall remember them always. At this time of remembering, it may help to reflect upon how our lives have been enriched by the love we have given and the love we have received from our children. Our children leave treasures behind that time can never take away.



Written by Denise Falzon, TCF Lake Area, MI  
In loving memory of her son, Brian Falzon



## Candles in the Night

By Genesse Bourdeau Gentry  
From Stars in the Deepest -  
"After the Death of a Child"

Candles flame in darkness,  
Flicker, steadily glow,  
Bringing light from shadows  
And help to soothe me so.  
My daughter, like the candles,  
Gave my life true light.  
I use the candle's beacon  
To connect us in the night.  
As I light the candles,  
My wish and my request  
Is that she'll see my signal  
And know my love's expressed.  
As her light joins my lights,  
Our worlds touch and flame.  
As I snuff out the candles,  
I softly say her name.

Lovingly lifted from  
TCF Atlanta  
Winter 2011 Newsletter



## We Remember These...



### OCTOBER MEMORIALS

#### OCTOBER BIRTHS

Ashlyn Abernethy	10/13/2008	Sean & Sabrina Abernethy
Gavon Kellner Brown	10/13/1994	Simone Brown, Edward & Susie Page
Ryan Dawson	10/19/1992	Dan & Tammy Dawson
Caroline Elizabeth Dugas	10/06/1999	Jeff & Dorothy Dugas
Taylor Freeman	10/22/1995	Matt & Pat Freeman
Amaria Gelsey	10/10/2000	Aundrea & Lamar Gelsey, Doris Jordan
Tyler Dean Gemmill	10/22/1981	John & Debbie Gemmill
Breanna Gonzalez	10/04/1994	Tom & Carmel Gonzalez
Chance Gabriel Goodman	10/04/2001	Melissa & Riley Goodman
Cedric Green	10/02/1992	Miriam Green
Franklin Guice	10/14/1992	Kelly Guice
Jenna Ren Hayes	10/12/2000	Kim Smith, Lynne King
Deanna Johnson	10/23/1993	Edna & Darrcelle Covert
Joseph Michael Kaschak	10/31/1995	Daniel & Annette Kaschak
Liam Harry Koenig	10/13/2008	Jaime Ross
Korrin Rose Krout	10/30/2000	James & Katrina Krout
Anthony Dominic Leone-Ramos	10/02/2002	Elizabeth Leone, Kanti Bhadja MD
Jason Robert Melcher	10/05/1998	Robert & Charlene Melcher, Chuck & Joyce Conti
Kristen April Moore	10/14/1990	Ed & Debra Moore
Matthew Aaron Overman Jr	10/25/1998	Matt Overman
Shelby Lynn Perry	10/17/1995	Pam Perry
Michael Evan Quick	10/09/1990	Stephanie Quick
Nicole Lisa Saiontz	10/20/1986	Steven & Leslie Saiontz
Chace Alexander Steward	10/26/1996	John & Desiree Steward
Beatriz Valdes-Pages	10/03/1986	Javier & Maria Valdes-Pages
Lisette Valdovinos	10/10/1989	Antonio & Elvira Valdovinos
Brianna Velasquez	10/11/2004	Leanna Torres & Roberto Velasquez
Juan Tavares Washington	10/30/1995	Cheryl Mitchell
Summer Marie Wood	10/21/1992	Matt & Mary Wood, Michelle Jones, Dorothy Burger

#### OCTOBER ANNIVERSARIES

Andres Sebastian Alcoba	10/27/2005	Ivette Alcoba
Lazaro Alonzo	10/29/2008	Esmerelda & Maria Sanchez
Abigail Baker	10/19/1992	Francis Baker
Thomas Devon Banar	10/28/2010	Doug & Sathia Banar
Justin Eli Blanton	10/25/1991	James & Norine Blanton
Morgan Bloodsworth	10/31/1993	Louis & Brandy Bloodsworth
Peter James-Alan Buth	10/03/1995	James & Darlene Buth
Tyler Warner Canatsey	10/11/1989	Larry & Tammy Canatsey, Jack & Jean Canatsey
Clay Tyler Doomy	10/04/1998	William Doomy
Audrey Hoff	10/13/2000	Daniel & Wende Hoff
Jonathan Andrew Hunt	10/24/1996	Doug & Lisa Hunt
Rece Huseman	10/13/2007	Nick & Jimmi Huseman, Michael & Sara Huseman, Raymond & Jeanne Huseman
William Lindstrom	10/01/1989	Bob & Gigi Lindstrom
Sarah Lloyd	10/13/1999	Jeannine Lloyd
Christian David-Allan MacFarland	10/12/2006	NancyDee & Scott MacFarland
Evan Christian Mesa	10/26/1997	Roly & Erica Mesa
Margaret Joy Mihalko	10/23/1989	Deb & Chuck Mihalko
Alexander Nelson Ortiz	10/10/1993	Christina Hellen
Janelle Paragas-Aponte	10/25/1995	Miguel Aponte & Joanne Paragas
Tyler Parrish	10/24/1991	June Parrish, Karen Artman
Daniel Perez	10/04/2007	Cary & Alex Perez
Cortney Pouncey	10/20/1995	Penni Glass
Breanna Roberts	10/23/2000	Debra Coy, Monique Coy
Gabriel Julian Rodriguez	10/22/1990	Carlos & Teresina Rodriguez
James Alan Scott II	10/17/1995	Jim Scott
Joseph Allen Sculley	10/07/1992	Bill & Lisa Sculley; Billy, Michael, Doris, Jonathan, Katie Sculley; Bonnie Roberts
Charles Grayling Stoutamire	10/13/2005	Laurie & Carl Stoutamire

## Florida SIDS Alliance on the Web

Did you know that you can visit the Florida SIDS Alliance on the web? Our website, [www.sidsfla.org](http://www.sidsfla.org), is updated regularly with upcoming events and the latest SIDS research and education information. If you have a website in memory of your child, you can submit it to us to be included on our "About Us" page. We also have the latest CPSC recalls posted on the sidebar so you will know the latest information on all child safety issues. We are also on Facebook; just search Florida SIDS Alliance and "like" our page to receive updates right on your Facebook page. You can receive the newsletter electronically as well.

If you would like more information about our web services or would like to be added to our electronic newsletter or other updates online, please send us an email at [sidsfla@yahoo.com](mailto:sidsfla@yahoo.com). We look forward to hearing from you soon!

# We Remember These...



## As We Near the Special Season

As we near the special season that stirs up feelings of heritage, patriotism, thanksgiving, and our relationship with God, we are instantly reminded that it doesn't seem to fit together for us; our personal sense of well-being is suffering. Our hearts and spirits are undergoing the trauma of painfully fresh wounds in some cases, while others are coping with the scar tissue of older grief that refuses to heal or restore comfort to their lives. This season reminds me we are living with extra stress that must be resolved. I offer a few thoughts to each of you, along with my love, in hope that feelings of peace and purpose will return to bring you comfort.

First, be careful in agreeing to take on the traditional extra work that goes with holidays. You are coping with grief that will take much of your usable energy.

Second, be especially kind and patient with yourself. The need for physiological rest is vital at this time; regular sleep and rest hours will help.

Third, be aware that holidays and alcohol have become traditional companions; extra caution may be necessary to prevent the depressant effects of alcohol from further aggravating your grief anxiety.

Fourth, it's okay to change past practices that are especially painful reminders of what can be no more; do something different if you have to.

Finally, allow yourself private time as you need to, but also remember it's important to allow others to try to bring you comfort and give you extra help during the holidays. Loved ones need feedback that says: "I'm trying to recover, and I appreciate your help." Peace be with you.

*Ann Frost,  
TCF, Middle Georgia Chapter*

### First Thanksgiving

The thought of being thankful fills my heart with dread. They'll all be feigning gladness, not a word about her said. These heavy shrouds of blackness enveloping my soul, pervasive, throat-catching, writhe in me, and coil. I must, I must acknowledge, just express her name, so all sitting at the table, know I'm thankful that she came. Though she's gone from us forever and we mourn to see her face, not one minute of her living, would her death ever replace. So I stop the cheerful gathering, though my voice quivers, quakes, make a toast to all her living. That small tribute's all it takes.

*Genesse Bourdeau Gentry  
from Stars in the Deepest  
"After the Death of a Child"  
lovingly lifted from TCF North Shore -  
Boston - November 2011 Newsletter*

## NOVEMBER MEMORIALS

### NOVEMBER BIRTHS

Ischade Allphin 11/10/2003  
Justin Robert Bonwit 11/06/1995  
Micah Wolf Chamberlin 11/15/1996  
Joshua Conley 11/28/2003  
Tyler Crim 11/15/2004  
Lanie Anne Dettefsen 11/17/1992  
Kaitlin Alexa Dial 11/15/1997  
James Earl 11/05/1998  
Kane Michael Eastham 11/16/1994  
Sophie Fritz 11/27/2006  
Riley Daniel Hanson 11/13/2000  
Antonio Demark Jones Jr 11/28/1998  
Brooklyn Labarbera 11/24/2004  
Jennifer Langlais 11/20/1986  
Paul Gregory McIlroy 11/26/1992  
Emma McNulty 11/17/1998  
Noah Daniel Morell 11/08/2007  
Azariah Mouchawar 11/28/2004  
Heather Patrick 11/07/1991  
Jasmine Pieze 11/23/1993  
Zoey White 11/01/2004  
Krystal Nicole Zamora 11/14/1991

### NOVEMBER ANNIVERSARIES

Dalton Adair 11/11/1997  
Jacob Bissonnette 11/24/2005  
  
Samantha Bullard 11/11/1998  
Jessica Nicole Bullock 11/25/1985  
Jessica Erisey 11/12/1993  
Taylor Freeman 11/26/1995  
Gregory Freiberg 11/30/1996  
Ryan Hill 11/14/2002  
Joseph Michael Kaschak 11/04/1995  
Dusten Lanham 11/11/2000  
Raul Luis Lorenzo 11/21/1999  
Jason Robert Melcher 11/29/1998  
Dylan Nolen 11/01/2005  
Heather Patrick 11/8/1992  
Bridget Marie Salem 11/12/1998  
Eric Talbott 11/28/1991  
Christopher Thomas Tyler 11/12/1988  
Beatriz Valdes-Pages 11/18/1986  
Wyatt Alexander Watson 11/24/1998  
Baby Griffith 11/13/2006

Mike & Dominique Allphin, Mary Sorge  
Steve Bonwit, Annette Bonwit  
Tammy Chamberlin  
Jessica & Brian Conley, Mr. & Mrs. Steve Kraemer  
Claudine Petit-Frere  
Mark & Leslie Dettefsen  
Donna D Smith  
Jacklyn Earl  
Rene Severance  
Ashley Fritz  
Kenneth & Gina Hanson  
Chaunecy & Antonio Jones, Dannette Jones Whitley  
Victoria Labarbera  
David & Geri Langlais  
Janet & Greg McIlroy  
Pat & Jessica McNulty  
Mark & Emelita Morell  
Terrick & Shaumir Howell  
Timothy & Gloria Patrick  
Nicole Pieze  
Marcia White  
Belkys Iglesias

Toni & Stacey Adair  
Michael & Jessica Bissonnette, Frank Dulieu,  
Kristine Dulieu, Matt & Julie Marron, Cher Woolley  
Blossom Bullard  
Rene Hernandez  
Dennis & Stacy Erisey  
Matt & Pat Freeman  
Irv & Abbey Freiberg  
Tabitha Walters  
Daniel & Annette Kaschak  
Paul & Judy Lanham  
Sergio Lorenzo & Lilia Penalver  
Robert & Charlene Melcher, Chuck & Joyce Conti  
Robert & Marla Nolen, Donna Grant  
Timothy & Gloria Patrick  
Dave & Marianne Salem  
Ron & Tammy Aaron  
Andrea Cieleusz  
Javier & Maria Valdes-Pages  
Wayne & Bianca Watson  
Jennifer Griffith

## DECEMBER MEMORIALS

### DECEMBER BIRTHS

Seamus Finnegan A'hern 12/24/1988  
Danon Anthony 12/04/1994  
Jacob Neil Boger 12/16/2005  
Samuel Brannon 12/22/2008  
Alexandra Carby 12/30/1990  
Sara Crum 12/24/1992  
Beaugard Diedrich 12/18/2001  
Adina Dorrell 12/22/1988  
Connor Rea Gallagher 12/24/1995  
Rian Paige Goldberg 12/22/1988  
Brennen Neal Johnson 12/01/1999  
Jacqueline Renee McClellan 12/17/1986  
Magdalena Moore 12/18/1995  
Trevor Austin Morrison 12/21/1993  
Shayne Lesley Nummela 12/06/1985  
Kyle Rothenberger 12/11/2006  
Jasmine Roundtree 12/09/1992  
Ashley Nicole Winslow 12/11/1992  
Heidi Marie Zamora 12/05/1983

### DECEMBER ANNIVERSARIES

Cody Ledon Albritton 12/01/1995  
Thomas Devon Banar 12/18/1995  
Alex Clauss 12/04/1999  
Kevin P Conover 12/01/1991  
A'Jaylin Cooley 12/23/2003  
Caroline Elizabeth Dugas 12/23/1999  
Grace Olivia Fields 12/18/2001  
Amaria Gelsey 12/07/2000  
Peter Anthony Grady 12/22/1996  
Brendan Johnson 12/07/2003  
Liam Harry Koenig 12/17/2008  
Anthony Dominic Leone-Ramos 12/16/2002  
Nicholas Lunsford 12/06/2002

Joshua Marsh 12/14/1995  
Rachel Grace Morrison 12/12/1990  
Liam O'Brien 12/27/2009  
Martin O'Dell 12/01/1994  
Matthew Aaron Overman Jr 12/04/1998  
Erik Howard Peterson 12/12/2000  
Michael Reedy 12/02/1979  
Cesar Manuel Riera 12/07/1998  
Timothy Simon 12/25/1989  
Laura Spottswood 12/22/1974  
Lisette Valdovinos 12/24/1989  
Summer Marie Wood 12/27/1992  
Nephew 12/24/1986

Richard A'Hern  
Annie Lois Wilson  
Dr. Greg & Lisa Boger  
Joey & Nicole Union  
Tracy Morales RN  
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Mardell & Angela Washington  
John & Maria Gallagher  
Lee Nossen  
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John & Nancy Moore  
Rick & Lisa Pelletier  
David & Donna Nummela  
Wayne and Laura Rothenberger  
Kim Roundtree  
Gregg & Renee Winslow  
Mario & Coral Zamora

Matthew & Tammy Albritton, Gary & Britt Albritton  
Diane Carlile  
Norman & Sarah Clauss, Wayne & Joan Hoover  
Debbie Wolfe  
Cassandra Dickerson  
Jeff & Dorothy Dugas  
Tracy Fields  
Aundrea & Lamar Gelsey, Doris Jordan  
Joe & Alicia Grady  
Sabrenda Adkins  
Jaime Ross  
Elizabeth Leone, Kanti Bhadja MD  
Chrissy Lunsford, Scott & Hope Lunsford,  
Roger & Wanda Quals, William & Sharon Lunsford  
Kathy McAlister  
Nancie Morrison-Evans  
Conor & Caroline O'Brien  
Carla Dennis  
Matt Overman  
Kate Peterson  
Michael Moody  
Juana & Maria Acosta  
Margie Simon  
Curran Spottswood III  
Antonio & Elvira Valdovinos  
Matt & Mary Wood, Michelle Jones, Dorothy Burger  
Martha Zimmerman

# Activities Report for July 2010 to October 2011

The Florida SIDS Alliance celebrates twenty years of service in March 2012 and during that time we have provided support and education to families and professionals all across the State of Florida. With the help and collaboration of the many organizations, our mission has been able to reach all parts of this great state.

During the past year we undertook a shift in our education philosophy from teaching to training. The "Train the Trainer" workshop was developed and presented for providers that deal with the pregnant female and/or the family with an infant under the age of six months.

In an effort to fulfill our Mission, the Florida SIDS Alliance continues to support three components:

***The Florida SIDS Alliance is dedicated to providing support and information to families experiencing the tragedy of SIDS; helping parents of SIDS victims understand what is known about this mysterious disease.***

## Family Support

Support for families is provided through a network of parent volunteers (Peer Contacts). There are 53 peer contacts (current and active) that have been trained by the Florida SIDS Alliance. Local contacts are available in Bradford, Brevard, Broward, Clay, Collier, Dade, Duval, Escambia, Hillsborough, Lake, Lee, Leon, Marion, Orange, Osceola, Palm Beach, Pasco, Pinellas, Polk, Santa Rosa, Seminole, and St. Lucie counties.

Volunteers also have agreed to allow calls to their personal phone numbers in the following counties to represent the organization in the local communities: Alachua/Bradford, Brevard, Broward, Clay / Duval, Escambia, Lee, Martin, Miami-Dade, Orange, Pasco, Pinellas, Santa Rosa, Seminole, St Lucie, Volusia.

## Members Meetings

October 2010 – Sanford (Seminole) – Annual Meeting

June 2011 – Tampa (Hillsborough) - Leadership and Volunteer Luncheon – in conjunction with CHC

October 2011 – Sanford (Seminole) – Annual Members Meeting

## Answering Service

An attended answering service is provided as a community service by Palm Beach Answering Service and calls are directed immediately for support. Volunteers are then contacted in the same geographic area or by special needs for the family that has had an infant loss.

## Internet Support for Families

We continue to provide support online through Facebook and other resources. For information on current venues, contact Lisa Sculley at sidsloop@yahoo.com.

## Newsletter

Five issues mailed out or sent via the Internet to more than 300 families and 200 professionals around the State of Florida. A special edition with Annual Report was published twice.

## Chapter Development

Chapter in place in Orlando (Orange), Crestview (Okaloosa), and West Palm Beach (Palm Beach),

and Northeast Florida (Duval, Clay, Nassau, and St. John's) counties.

***The Florida SIDS Alliance is dedicated to providing educational seminars, materials and other aids for health professionals.***

## Interviews-Public Awareness Expositions

Oct. 2010 – SIDS- videotaping Channel 6- Making a Difference WKMG - Bright House Network viewing area of seven Central Florida counties

— SIDS Display at UFCC Kick-Off Breakfast at UF

— SIDS Display at CFC Kickoff VA Hospital Gainesville

— SIDS Display at CFC Kickoff Rally NAS Jacksonville

— SIDS Display at CFC Kickoff Event Army Corp of Engineers

— SIDS Display at CFC Event NAS Mayport

— SIDS Display at CHC Everbank

Oct. 2010, 2011 – Southern Women's Show – SIDS parent volunteer coordinated nursing student involvement in the Southern Women's Show held in October 2010 and with FSCJ in October 2011.

January 2011 – SIDS-Television interview – Segment on the 30 minute Every Minute Counts! - WYKE - Citrus county with more than 140,000 viewers

Aug. 2011 – CHC Video for Shands Testimonial Summer 2011 – Safe Sleep Billboards in collaboration with Pasco County Healthy Start, New Port Richey

Sept. 2011 – SIDS & Safe Sleep Display at "Baby to Be and Up to Three"! Winter Haven Hospital

— SIDS Display at FSECC Kick-Off Breakfast at UCF

## Florida SIDS Alliance Sponsored Health Professional Training

March 2011 – SIDS & Safe Sleep Lecture at Early Learning Coalition Conference Charlotte, FL

May 2011 – SIDS & Safe Sleep Lecture for Pediatric RNs and ER Nurses (110 employees) — Baptist Hospital Miami

June 2011 – SIDS & Safe Sleep Lecture for EMTs and Paramedics – Brevard Community College — SIDS & Safe Sleep for COPE Schools, Miami, FL (2 trainings)

July 2011 — Florida Association of Healthy Start Coalitions Summer Training

Sept. 2011 – SIDS & Safe Sleep lecture at Volusia/Flagler Healthy Start Meeting

*Train the Trainer Series – 1.5 day training on Safe Sleep Practices for Trainers*

Oct. 2010 – Lake Mary Training at Seminole Harley, Lake Mary, FL

Feb. 2011 – 2 trainings with Pasco County Healthy Start Coalition New Port Richey

April 2011– Miami-Dade Healthy Start Coalition

May 2011 –Capital Area Healthy Start Coalition and Tallahassee Memorial

Sept. 2011 – Okaloosa County Healthy Start Coalition, Fort Walton Beach

## Florida SIDS Representation at Community Events and Meetings, Public Awareness Campaigns

*Community Health Charities (CHC)*

June, 2011 – 3 board representatives attended

the CHC Annual Meeting, Tampa, FL. Bunny served on Board of Directors

*Central Florida Gives*

July 2011 – Participated in Formation Meeting, Maitland, FL

*Healthy Start Coalitions in Florida*

Northeast Florida Healthy Start Coalition - SIDS volunteer attends meetings for the Safe Sleep Council

***The Florida SIDS Alliance is dedicated to promoting and supporting medical research into the cause and prevention of SIDS and SIDS related issues.***

Florida supports a national research model with peer scientific review conducted by the NICHD and First Candle/ SIDS Alliance— research projects are reviewed for possible candidates and research funds.

Feb. 2011 – President Roy Bagley delivered a check in the amount of \$25,000 dollars to support research at the CJ Murphy Laboratory. This lab works in conjunction with the Dr. Hannah Kinney Lab at Boston Children's Hospital, in association with Harvard University. This will fund one researcher working on the brain stem and related research for six months.

## Fundraising Events

In addition to funds received from CHC, CFC and FSECC, the Florida SIDS Alliance continues to raise funds as well as awareness of SIDS and Other Infant Death Issues at various events.

March 2011 – *Annual Memorial Golf Tournament*

Sponsored by TrueVance in memory of Mark and Laura Lampke's son, Glenn Lampke, one third of the profit from the Annual Golf Tournament earmarked for Hannah Kinney, MD, Professor of Pathology (Neuropathology), in the Department of Neuroscience, Harvard Medical School/Children's Hospital, Massachusetts. This year the tournament raised over \$9,000. This event was chaired by Charlene Melcher, in memory of her son, Jason Robert Melcher.

## Kiara Dawn Walkathon

Chaired by Briana Price in memory of her daughter, Kiara Dawn Price, 70 walkers participated, including 30 young children. This year the idea of teams developed, representing various babies, and we expect that trend to continue. The event raised about \$2,500 this year.



Florida SIDS Alliance partners with the "Healthy Start of Pasco County is here to support you!" Safe Baby billboards - June 2011.

# AAP Expands Guidelines for Infant Sleep Safety and SIDS Risk Reduction

**Media Contacts: Susan Stevens Martin Debbie Linchesky NCE Press Room**  
**ssmartin@aap.org dlinchesky@aap.org**

BOSTON. Since the American Academy of Pediatrics (AAP) recommended all babies should be placed on their backs to sleep in 1992, deaths from Sudden Infant Death Syndrome have declined dramatically. But sleep related deaths from other causes, including suffocation, entrapment and asphyxia, have increased.

In an updated policy statement and technical report, the AAP is expanding its guidelines on safe sleep for babies, with additional information for parents on creating a safe environment for their babies to sleep.

The policy statement, "SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment," and an accompanying technical report, was released Tuesday, Oct. 18, at the AAP National Conference & Exhibition in Boston and published in the November 2011 issue of Pediatrics (published online Oct. 18).

Three important additions to the recommendations include:

- \* Breastfeeding is recommended and is associated with a reduced risk of SIDS.
- \* Infants should be immunized. Evidence suggests that immunization reduces the risk of SIDS by 50 percent.
- \* Bumper pads should not be used in cribs.

There is no evidence that bumper pads prevent injuries, and there is a potential risk of suffocation, strangulation or entrapment.

"It is important for health care professionals, staff in newborn nurseries and neonatal intensive care units, and child care providers to endorse the recommended ways to reduce the risk of SIDS and other sleep-related deaths, starting at birth," Dr. Moon said. "There needs to be more education for health care providers and trainees on how to prevent suffocation deaths and to reduce SIDS and other sleep-related infant deaths - "our goal is to ultimately eliminate these deaths completely."

The report also includes the following recommendations:

- \* Always place your baby on his or her back for every sleep time.
- \* Always use a firm sleep surface. Car seats and other sitting devices are not recommended for routine sleep.
- \* The baby should sleep in the same room as the parents, but not in the same bed (room-sharing without bed-sharing).
- \* Keep soft objects or loose bedding out of the crib. This includes pillows, blankets, and bumper pads.
- \* Wedges and positioners should not be used.
- \* Pregnant woman should receive regular prenatal care.
- \* Don't smoke during pregnancy or after birth.
- \* Breastfeeding is recommended.
- \* Offer a pacifier at nap time and bedtime.
- \* Avoid covering the infant's head or overheating.
- \* Do not use home monitors or commercial devices marketed to reduce the risk of SIDS.
- \* Infants should receive all recommended vaccinations.
- \* Supervised, awake tummy time is recommended daily to facilitate development and minimize the occurrence of positional plagiocephaly (flat heads).

Parent information is at [www.healthychildren.org/safesleep](http://www.healthychildren.org/safesleep).

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**Florida SIDS Alliance**  
**4044 W. Lake Mary Blvd Unit #104-209**  
**Lake Mary, FL 32746**

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