

SIDS MID-ATLANTIC

# THE FAMILY CONNECTION

VOLUME IV ISSUE 1 WINTER 2007

SIDS Mid-Atlantic invites you to



RSVP

[sidsma27@aol.com](mailto:sidsma27@aol.com)

or 703-933-9100

## Bowling for SIDS

Sunday February 25

1 to 4 pm

Centreville Lanes

13814 Lee Highway

Centreville VA 20120

**\$30 per bowler, \$15 per additional bowlers per family**

**Includes shoes, and as many games as you can bowl in 3 hours**

**Organize teams from your family, friends and co-workers.**

**Bumper bowling for the kids!**

**Come out and have fun and help raise money for**

**SIDS support and education.**

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## SIDS RESEARCH

### **SIDS No Longer a Mystery - New Research Identifies a Potential Biological Cause**

#### *Researchers Hope to Develop a Diagnostic Test to Identify Newborns at Risk*

Researchers at Children's Hospital in Boston have new autopsy data that provides the strongest evidence yet that sudden infant death syndrome (SIDS) is not a "mystery" disease, but has a concrete biological basis. Based on their findings, the researchers hope to develop a diagnostic test to identify newborns at risk and envision treatments to protect them during the vulnerable period.

Despite tremendous success at reducing SIDS rates since inception of the Back to Sleep campaign in 1994, SIDS remains the leading cause of death for infants one month to one year of age. The Back to Sleep campaign warns parents about the dangers of tummy sleeping, soft bedding and tobacco exposure both during pregnancy and after birth as leading risk factors for SIDS.

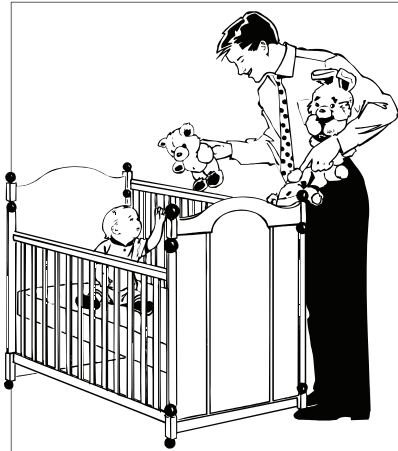
The current study, which will appear in the November 1 *Journal of the American Medical Association*, is important because it provides more conclusive evidence that a significant number of SIDS infants have a brain disorder. The abnormalities identified in this study suggest that there is a problem in the development of the brain that occurs in utero and after birth as well. According to Dr. Hannah Kinney, senior author of the paper, this opens the window of time available for identifying infants at high risk and using drugs and other interventions as the baby passes through the critical first six months of life where they are at the greatest risk for SIDS. "My hope is that this research will in some way ease the pain for parents of SIDS victims, helping them understand that their baby's death was part of a disease process rather than a mystery," says Kinney. The abnormalities identified as part of this study appear to affect the brainstem's ability to use and recycle serotonin, a brain chemical which plays a role in communications between brain cells. Serotonin is most well known for its role in regulating mood, but it also plays a role in regulating vital functions like breathing, heart rate, temperature, blood pressure and arousal. While the SIDS cases contained more serotonin using neurons, they appeared to contain fewer receptors for serotonin than did the control cases. The researchers also found that male SIDS infants had fewer serotonin receptors than did either female SIDS infants or control infants. The finding may provide insight into why SIDS affects roughly twice as many males as females.

"This finding lends credence to the view that SIDS risk may greatly increase when an underlying predisposition combines with an environmental risk—such as sleeping face down—at a developmentally sensitive time in early life," said Duane Alexander, M.D., Director of the NIH's National Institute of Child Health and Human Development.

The majority (65 percent) of the SIDS cases in the data set were sleeping prone or on their side and 23 percent were sharing a bed at the time of death, indicating the need for continued public health messages on safe sleep practices.

This new study represents the latest in a body of research begun in the mid 1980's and initiated by Dr. Kinney and the SIDS Center of Excellence at Harvard University/Boston Children's Hospital.

**The “Cribs for Kids” Project provides safe cribs for babies, to help prevent tragic infant deaths.**



Since October of 2003, SIDS Mid-Atlantic has provided almost 2000 cribs to needy families. We know that about half of all SIDS and other sudden infant deaths can be prevented if all babies have a safe place to sleep.

In 2005, nine babies in Washington D.C., 64 babies in Maryland, and 90 babies in Virginia died of Sudden Infant Death Syndrome. Another 23 babies in Virginia died of accidental suffocation in their beds. Many of these babies did not have a safe place to sleep. Their cribs were either old and not fit for use, or they had no cribs and were sleeping on a couch or an adult bed. By comparison, only 2 babies died in Virginia in automobile accidents. Who would suspect that beds were a greater hazard to babies than automobiles? We have worked hard to ensure that all babies have safe car seats. Now we need to ensure that every baby has a safe place to sleep.

“Cribs for Kids” provides needy families with the most basic of needs for their babies: cribs and bedding to help prevent those unnecessary and tragic deaths. There are many parents in Virginia and Washington, D.C. with extremely limited income and little or no extended family support. These families often make do with older unsafe cribs or no cribs at all. SIDS rates among African American infants are twice that of the general population. We must strengthen and extend our education programs into these communities with hands-on, on-site programs that can be implemented in homes, daycare centers, churches, community centers, schools and hospitals; and involve local civic, service and social groups to assist in these efforts. “Cribs for Kids” is true hands-on program designed to provide both an appropriate sleeping environment—a crib—and education regarding safe sleep for babies to the families who most need the information.

**Each crib we donate costs about \$65, including shipping. If you would like to help us continue this worthwhile project by making a tax deductible contribution, please send your contribution to:**

**SIDS Mid-Atlantic, 2700 S. Quincy St. Suite 220, Arlington VA 22206.**

**SIDS Mid-Atlantic Board of Directors**

**Board of Directors 2007**

- |                    |                   |
|--------------------|-------------------|
| Annemarie Bezold   | Joani Horchler    |
| Brian Rainey       | Lynn Kuba         |
| Todd Brighton      | Christina Lloyd   |
| Liz Builta         | Michelle Mullaley |
| Debby Byrne        | Katie Scully      |
| Beverly Byron      | Patti Smith       |
| Jane Ashley Heavey | Michelle Winner   |
| Fern Hauck, MD     | Jill Wood         |

The Board of Directors of SIDS Mid-Atlantic is a voluntary board. Each Board member is expected to:

**Attend Board Meetings and Functions.**

The board meets four times a year.

**Be Active Fund Raisers.**

**Actively Participate in Board Committee Work**

Committees include fundraising, family support and education.

**Function as an Ambassador for SIDS Mid-Atlantic**

A board member's term is two years, for a maximum of three consecutive terms.

**If you would like to serve on the board, please call or email: Betty Connal 703-933-9100 [sidsma27@aol.com](mailto:sidsma27@aol.com)**

## SIDS MID-ATLANTIC IS THANKFUL

*SIDS Mid-Atlantic is grateful to the foundations, corporations and individuals who have enabled us to provide support services to bereaved families and education and outreach to help prevent infant deaths.*

Alcoa Foundation  
 Arlington Community Foundation  
 Sandy Baressi  
 CJ Foundation for SIDS  
 David's Bridal/May Foundation  
 Deborah Discenza  
 Sallie Eissler  
 Exxon Mobil Foundation  
 Larry Fitzgerald  
 Gannett Foundation  
 Grubb Ellis Company  
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 Andrea Lewis  
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 Rite Aid Foundation  
 Ronald McDonald House Charities  
 Safeway Foundation  
 Spring Creek Foundation  
 Alexander and Margaret Stewart Trust  
 TJX Foundation  
 Venable Foundation  
 Virginia Chapter March of Dimes  
 Wawa Foods  
 Washington Forrest Foundation  
 Washington Post Foundation  
 Weissberg Foundation  
 Scott Wilkinson  
 The Family of Alexandra Bulta

Todd Brighton  
 The Family and Friends of Kylie Xiu Clifford  
 The Family and Friends of Hannah Fitzgerald  
 The Family and Friends of Lucas Gebhardt  
 The Family and Friends of Christopher Hanks  
 The Family of Lily Heavey  
 The Family of Colin Knowles  
 The Family and Friends of Henry Senzo Leggett  
 The Family and Friends of Brenna Mullaley  
 Brian Rainey  
 The Family and Friends of Helen Rainey  
 The Family and Friends of Joseph Kimmitt Rainey  
 Steve and Katie Scully  
 The Family of Armani Spady  
 The Family and Friends of Gavin Staples  
 The Family and Friends of Brisan Winner  
 The Family of Hayley Wood

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Donations enable us to implement the Cribs for Kids program. Each crib costs \$65. Donations also enable us to provide support to bereaved families and education and outreach to help prevent infant deaths.

Education programs available from SIDS Mid-Atlantic include:

SIDS for Emergency Personnel

SIDS for Child care Providers

SIDS for Health Care Providers

SIDS for Nursery Nurses

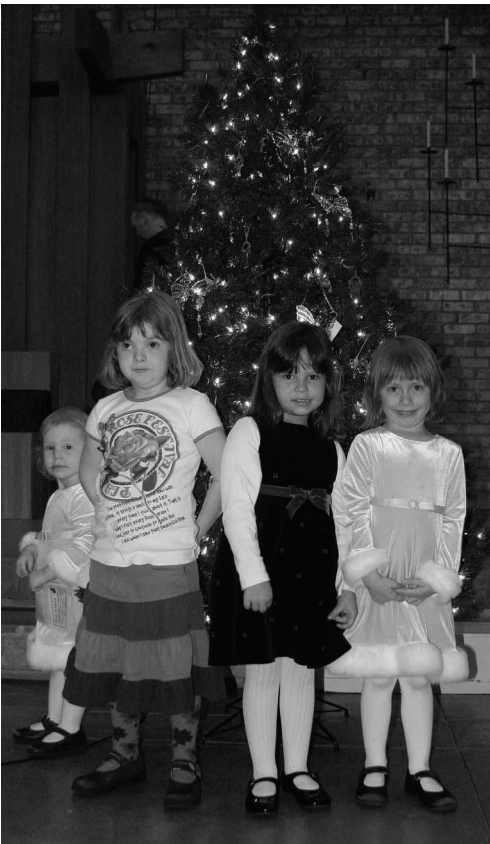
Grief and Loss in Pregnancy and the First Year of Life

Prematurity: It's a Bigger Problem Than You Think

Five A's Smoking Cessation Programs

Perinatal Substance Abuse

**CELEBRATION OF REMEMBRANCE: ARLINGTON UNITARIAN CHURCH NOVEMBER 19 2005**



In the rising of the sun  
and its going down,  
We Remember Them.

In the blowing of the  
wind and the chill of  
winter,  
We Remember Them.

In the opening of the  
buds and in the rebirth  
of spring,  
We Remember Them.

In the blueness of the  
skies and in the warmth  
of summer,  
We Remember Them.

In the rustling of the  
leaves and in the beauty  
of autumn,  
We Remember Them.

In the beginning of the  
year and when it ends,  
We Remember Them.

When we are weary  
and in need of strength,  
We Remember Them.

When we are lost and  
sick of heart,  
We Remember Them.

When we have joys and  
special celebrations we  
yearn to share,  
We Remember them

So long as we live, they  
too shall live,  
for they are part of us.

We Remember Them.



## WINTER ANNIVERSARIES



*Kylie Xiu Clifford*



*Isaac Hoff*



*Josiah Lee Wiggins*

Tyler Atkins	October 3, 2003 to December 26, 2003
Thomas Emery Bass	December 18, 1989 to February 26, 1990
Emma Leigh Brighton	November 6, 1997 to February 26, 1998
Dominic Albert Carroccia	January 11, 1993 to March 18, 1993
Kylie Xiu Clifford	September 1 2003, to December 19, 2003
Lindsey Cunningham	August 31, 1994 to February 20, 1995
Chad Fredrickson	November 26, 1992 to March 15, 1993
James Jackson Gier	October 22, 2003 to January 11, 2004
Bradley Orville Heiner	September 26 2004 to December 14 2004
Isaac Wilkens Hoff	January 10,2002 to January 17, 2002
Chloe Alexis Hopke	January 9, 2001
Rabia Hussein	December 18, 1992 to March 5, 1993
Matthew Ingebretsen	August 27, 2002 to January 6, 2003
Corrine James	November 11, 2000 to February 5, 2001
Tristan Andrew Jenkins	January 21 to January 27, 2003
James Tyler Jan	December 28, 1993 to March 31, 1994
Tensyshia Legree	Jun3 27 2004 to January 20 2005
Tyler McKinnon	September 10, 2003 to January 7, 2004
Marc Michael	January 2, 2002
Emily Duran Morales	September 1 2004 to December 7 2004
James Robert Murphy	December 12 ,1976 to January 30, 1977

## WINTER ANNIVERSARIES

Meloni Krystene Powell	November 21, 1990 to February 29, 1991
Christopher Pravado	December 2, 1999 to March 12, 2000
Natalie Reinertson	September 17, 1998 to January 6, 1999
Carolyn Scully	October 29, 1993 to February 9, 1994
Matthew Sexton	December 15, 1996 to March 10, 1997
Robert Showalter	November 17, 1999 to February 23, 1990
Armani Spady	June 27, 1990 to March 21, 1991
Jesse Alexis Trejo-Mendoza	December 17 2004 to February 14 2005
Nichole Whitney	November 23, 1994 to March 23, 1995
Josiah Lee Whitney	November 23 1994 to March 23 1995
Bradley Wilkinson	January 21, 1989 - February 7, 1989
Meilahn Wilson	February 10 2005 to March 26 2005
William Wyker	October 15, 1999 to January 24, 2000
Ryan Zumstein	August 13, 1999 to January 22, 2000



*Armani Spady*



*Tristan Andrew Jenkins*



### SIDS RIBBON PINS

Pink and blue awareness ribbons are available for SIDS through the website

[www.personalizedcause.com](http://www.personalizedcause.com)

They are beautiful jewelry quality cloisonné ribbons, one and one-half inch long, with a space for you to personalize them with your baby's name.

#### **SIDS Mid-Atlantic Support Group**

Please join us on the

First Thursday of each month from

7 to 9 pm at McLean Presbyterian Church

1020 Balls Hill Road, McLean, VA

703-933-9100

**For information on other support group meetings please call 703-933-9100**



Fighting To End The Tragedy of SIDS  
for Brian - 6/01/04 - 9/28/04

SIDS Mid-Atlantic  
2700 S. Quincy St. Suite 220  
Arlington VA 22206

Phone: 703-933-9100  
Fax: 703-933-9101  
Email: [sidsma27@aol.com](mailto:sidsma27@aol.com)

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**WWW.SIDSMA.ORG**

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SIDS Mid-Atlantic is a member of the  
Combined Federal Campaign Code 6014  
and the Commonwealth of  
Virginia Campaign Code 3392

**The mission of SIDS Mid-Atlantic is:**

- to support family members and others who have been affected by the death of an infant
- to educate the public and professional community about SIDS and other infant deaths.

We provide support to bereaved families with peer contacts, monthly support groups, a newsletter, referrals, and family events.

We educate first responders, police, health care providers, child care providers, medical examiners, funeral staff, churches, parents and families about SIDS, and about helping families who have suffered an infant death.

We provide a "Cribs for Kids" Project, and "Stop Smoking Stop SIDS" education and training.

To volunteer or to learn more about SIDS Mid-Atlantic, or to submit ideas or articles for the Family Connection Newsletter, please contact us at

**703-933-9100**

**[sidsma27@aol.com](mailto:sidsma27@aol.com)**

**[www.sidsma.org](http://www.sidsma.org)**