



NEWSLETTER

2008

A PROGRAM OF THE CJ FOUNDATION FOR SIDS

SUDC PROGRAM

sudden unexplained death in childhood

THE SUDC PROGRAM: AN ANSWER WHEN THERE'S NO EXPLANATION

Volunteers Bringing Hope To Our Future! Tami Gove & Lunden MacDonald

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Sudden Unexplained Death in Childhood (SUDC) is the sudden and unexpected death of a child over the age of twelve months, which remains unexplained after a thorough case investigation, is conducted. (Krous 2005)



Josh Gove



Gus MacDonald

Tami Gove and Lunden MacDonald are an inspiration to many. Their devotion to making a difference in the lives of those touched by SUDC is a lasting legacy honoring the lives of two precious little boys, Josh and Gus.

Tami and her husband Jake lost their son, Josh, in February of 2003, changing their lives forever. The Gove family has grown by two since that time with the births of JJ and Jeffrey. Tami became a Social Work Care Manager in 2007 and helps families when faced with the loss of a child. She is also a peer contact resource for the SUDC Program and has dedicated her time to helping others touched by SUDC. As Tami says, "We will never forget out sweet boy, and some-

times the grief still overwhelms us, but we believe that Josh wants us to live rich and full lives." Jake has been instrumental to the design and management of the SUDC website, which is an vital source of our outreach and accurate awareness throughout the world.

Lunden MacDonald and her husband Patrick lost their son Gus in June of 2003. At the time, they had another son, Murphy, and have since added a daughter Maeve and another son Declan to their family. Lunden says, "Although our lives will never be the same without Gus, we are honored to be able to participate in the SUDC Program and to be a part of all the good it does." Among her many volunteering efforts, Lunden is a peer support

contact, she translated SUDC support documents into Spanish, has lectured at SIDS/SUDC national conferences, and just last year she and her husband were featured on the Montel Williams Show in a heartfelt and very moving piece about Gus and SUDC.

In 2004, the Gove and MacDonald families, with the help of their loved ones, came together to create the first Josh & Gus's Run For A Reason in Littleton, Colorado. This event continues to be an overwhelming success because of the dedication of these two remarkable families! To date, the event has been able to donate over \$150,000 dollars for SUDC research, support services and awareness!

The 5th annual Josh & Gus's Run For A Reason was held on Sunday, September 21, 2008. Information can be found on the web at www.joshandgus.com. Thank you to the Gove and MacDonald families for your accomplishments and for all that you continue to do in honor of Josh and Gus!

SUDC FACTS...

- Occurs in children beyond the age of 12 months
- Is a diagnosis of exclusion – utilized when all known and possible causes of death have been ruled out
- Its incidence is approximately 1.2 deaths per 100,000 children
- In comparison, the incidence of Sudden Infant Death Syndrome (SIDS) is 45 times more common
- It is unpredictable and unpreventable at this time
- Research dollars are crucial to uncovering the mystery of SUDC

Dear Reader,

Thank you for your support over this past year. The Program is grateful for the many family and friends we have to fight the cause we all seek to see an end to.

This year's newsletter is once again jammed packed with the many areas of progress we have made over the last year.

When Chelsea Hilbert and I founded the program in 2001, we were determined to find families who were in need of support and do all we could to help push research forward and see an end to this tragedy for anyone else. It is seven years later, and I can see how far we have come.

The program has now helped over 350 families who have been touched by SUDC. Our support services are now coordinated by Paula Goldblatt, RN. You can find out more about her efforts in her enclosed article.

Once again, the awareness of SUDC that has been gained this year has helped us find more families, more friends of the program and, in addition, has helped us collaborate with more medical professionals. Our network of families is determined to find an end to SUDC. Whether it be through their efforts in fundraising, local awareness, attention in the media through powerful and courageous stories, or supporting newly bereaved families in need- they keep pushing forward.

I am proud of our ability to maintain our program as a centralized resource for SUDC all over the world. In June, the SIDS 10th International Conference held in Portsmouth, UK provided another opportunity for us to show what the SUDC program does for families and SUDC around the world. My presentation at the conference, entitled "The Sudden Unexplained Death in Childhood (SUDC) Program: Information, Support and Research opportunities for sudden unexplained childhood deaths" will soon be published in the journal Forensic Science, Medicine and Pathology.

Fundraising efforts have allowed us to continue our grant awards to crucial research- including the Mayo Clinic's Long QT Syndrome Research Project as well as the San Diego SUDC Research Project. The San Diego SUDC Research project receives no federal funding and therefore relies entirely on private grants to continue its efforts. We are proud to be supporting the only comprehensive study into SUDC that provides research participation to families worldwide. The result has been the first database of children of SUDC and collaborations with new researchers to push forward even more research into particular areas that may shed more light on the causes of SUDC.

Our website, at www.sudc.org, is always being updated with new information on research, media stories, medical information, and resources for professional and families. We also have a new page called: "How you can help"- where you can find easy ways to help SUDC. For example our new virtual "bumper stickers" that you can download and post on your facebook pages or other social networking site, personal webpage or add as your email signature.

Thank you for your support of SUDC! We are so grateful to your commitment. If you have any questions or comments on our newsletter, please don't hesitate to give me a call or send an email. I'd love to hear from you.

In peace and hope for the best future possible,

Laura Crandall
Co-founder and Program Director
SUDC Parent
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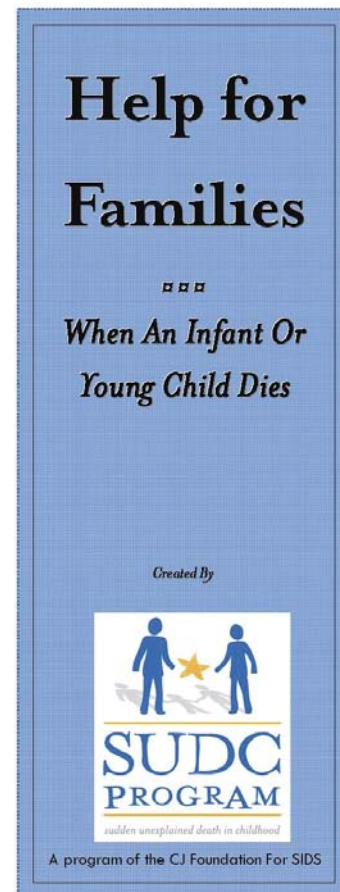
Michelle Brodeur
Outreach Services Assistant

Help For Families Booklet Created

Attention Medical Examiners and Coroners:

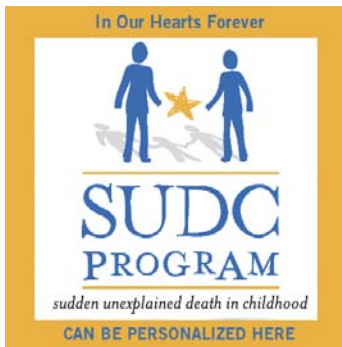
The SUDC Program has created a new brochure entitled: "Help For Families When An Infant or Young Child Dies". The brochure outlines for families in a clear manner how the medical examiner and coroner process works, defines the roles of the professionals that may be involved, provides reasonable time estimates for the investigation process, provides national resources and allows for local resources as well. The brochure is intended to be provided by the investigator during the scene investigation and to be used for all manners of sudden pediatric deaths.

The SUDC Program provides these brochures at no cost, but as a service to help the professionals and families



affected by sudden death communicate effectively and sympathetically to the families in need. For your free copies, please call us 800-620-SUDC.

How you can help SUDC today.....



1. Obtain a SUDC car magnet (\$2) and envelope seals (\$5/100) by calling 800-620-SUDC.



2. Go to sudc.org and download a virtual bumper sticker to show your support of SUDC and place it on your facebook page, myspace and other social net work sites, as well as list it in the signature of your emails. If you have a website, post the bumper sticker on your webpage as a link to www.sudc.org where friends can make secure donations online.
3. Attend an event that benefits SUDC. All upcoming events are always listed on sudc.org for your convenience. There might just be one in your area!
4. Would you like to volunteer maybe at an event? Do you have a skill set that would benefit our mission? Maybe you are a graphic artist or have a lot of technology experience. We are always looking for new technology ideas to help offer the best services to our families around the globe. Do you own or know of a business that might want to provide sponsorship for an SUDC fundraising event? Send us an email at info@sudc.org and let us know. Thank you!
5. Do you know of a family who may need support? Our grief support programs may help other families without a death specific to SUDC that were unexpected or unclear in nature. Some of our families eventually do get the specific answer as to why their child died and continue to be a part of our support programs. Contact us and we will try to help.
6. And finally, you can provide a fully tax deductible contribution to The SUDC program by either filling out the form in this newsletter or securely online at www.sudc.org

Thank you!

Glamour Magazine's Woman of Your Year



Read by over 10 Million readers monthly, Glamour magazine's coverage of Laura and SUDC led to national awareness and helping us locate more families in need of much needed support. In addition, Glamour magazine awarded The SUDC Program \$5000 in honor of Maria Crandall who succumbed to SUDC in 1997. The funds have been designated by the Crandall family to support the work of the SUDC Research Project.



Laura Crandall with Cindi Leive, Editor in Chief of Glamour Magazine at the 2007 Woman of the Year Awards at Lincoln Center in NYC on November 5th.

The SUDC Program wishes to thank Cindi and her entire staff for bringing SUDC to the attention of the Glamour readers.

The Sudden Unexplained Death in Childhood (SUDC) Research Project

Henry Krous, MD, Principal Investigator and Amy Chadwick, Project Manager



Amy Chadwick (Project Manager) and Dr Henry Krous (Principal Investigator)

As of July 2008, more than 150 families are involved in the San Diego SUDC research project. A study diagnosis has been assigned to 89 cases; 27 additional children are in the active review stage.

SUDC is rare, and while it shares certain features with SIDS, our research has identified several potentially important differences that indicate the critical need for further evaluation. A thorough medical history, death scene investigation and reconstruction, and postmortem examination (with ancillary analyses) are essential to establish the cause and manner of death.

Extensive gross and microscopic neuropathologic examination (including the brainstem and the hippocampus) is imperative. It is crucial for the research study to collaborate with parents or caregivers, clinicians, and forensic and pediatric pathologists in order to obtain the maximum information and facilitate correct interpretations.

Our working definition of SUDC is: "the sudden death of a child older than one year of age which remains unexplained after a thorough case investigation, including review of the clinical history and circumstances of death, and performance of a complete autopsy with appropriate ancillary testing." SUDC is similar to SIDS in that it is a diagnosis of exclusion.

Active research accepting new cases for study

Those who wish to enroll in the SUDC Research Project may obtain more information and download the necessary forms from the SUDC website (www.sudc.org). A comprehensive introductory package can also be obtained by contacting Project Manager Amy Chadwick at 858/966-5944 or emailing her at achadwick@rchsd.org. Participation includes the procurement of records and

materials for study from attending physicians, hospitals and Medical Examiners and/or Coroners; including but not limited to prenatal and postnatal medical histories, autopsy and investigative reports, ancillary autopsy studies, and autopsy microscopic slides. There is additional communication with the parents as needed, and a final report of the study findings is sent to the family and the prosecuting pathologist.

The San Diego SUDC Research Project owes a debt of gratitude to the medical examiners and clinicians who have been so diligent and cooperative in sharing their records and specimens. Our debt is even greater to the SUDC families whose bravery, honesty and dedication are our daily inspiration.

We gratefully acknowledge the generous grant support provided by The SUDC Program and First Candle/SIDS Alliance.

For more information on the SUDC Research Project, please visit www.sudc.org. Principal Investigator Dr. Henry Krous (hkrous@rchsd.org) and Project Manager Amy Chadwick (achadwick@rchsd.org) can be reached via email or by phone at 858/966-5944.

Recent Publications: from the San Diego SUDC Research Project:

Krous, HF, Chadwick, AE, Crandall, LA Sudden Unexplained Death in Childhood (SUDC). Forensic Science, Medicine and Pathology, In Press.

Background: SUDC is defined as the sudden death of a child older than one year of age which remains unexplained after a thorough case investigation, including review of the clinical history and circumstances of death, and performance of a complete autopsy with appropriate ancillary testing. Its incidence is 1.2 deaths per 100,000 toddlers. In comparison, the incidence of SIDS is 45 times more common, at 54 per 100,000 live infant births.

Objectives: To report 75 cases of sudden unexpected death in childhood accessioned into the San Diego SIDS/SUDC Research Project and summarize findings of those deaths specifically attributed to SUDC.

Methods: Retrospective review of cases

accessioned in the San Diego SUDC Research Project from various sources and locations.

Results: Seventy-two percent (54 of 75) of the cases remained unexplained after thorough investigation and were assigned a study diagnosis of SUDC. The mean age of SUDC cases was 2.1 ± 1.6 years; 61% were male, 92% were born at term, and 52% were firstborn. There was a seizure history in 30%; 75% of these were associated with a fever. Family seizure history was present in 49% of the cases for which this information was known; 74% were associated with fever. Twenty-six percent had both a case and family history of seizure; 63% had a case and/or family history of seizure. Almost all (93%) were

apparently sleeping when they died and 80% were found prone; 44% were found face down. The lengths, weights, and weight-for-length percentiles for age were greater than the 50th percentile for approximately 75% of the cases. The brain weight, as a percentage of that expected for the crown-beel length of each case, exceeded 100% in 47 of 54 cases.

Intrathoracic petechiae were present in slightly more than half of the cases.

Conclusions: SUDC is rare, occurs primarily in toddlers, and death appears to be associated with sleep. It is frequently associated with a case and/or family seizure history; these seizures are often associated with a fever.

Kinney HC, Armstrong DL, Chadwick AE, et al. Sudden Death in Toddlers Associated with Developmental Abnormalities of the Hippocampus: a report of five cases. *Pediatr Dev Pathol.* 2007;10(3):208-223.

Sudden unexplained death in childhood (SUDC) is the sudden death of a child older than one year of age that remains unexplained after review of the clinical history, circumstances of death, and autopsy with appropriate ancillary testing. We report 5 cases of SUDC in toddlers which we believe define a new entity associated hippocampal anomalies at autopsy. All of the toddlers died unexpectedly during the night, apparently during sleep. Within 48 hours of death, two toddlers had fever, three had a minor upper respiratory tract infection, and three experienced minor head trauma. There was a history of febrile seizures in 2/5 (40%) of the cases, and a family history of febrile seizures in 2/5 (40%) of the cases. Hippocampal findings included external asymmetry, and two or more microdysgenetic features. The incidence of certain microdysgenetic features was substantially increased in the temporal lobes of these five cases compared to the temporal lobes of 39 (control) toddlers with the causes of death established at autopsy ($p < 0.01$). We propose that these 5 cases define a potential subset of SUDC whose sudden death is caused by an unwitnessed seizure arising during sleep in the anomalous hippocampus and producing cardiopulmonary arrest. Precipitating factors may be fever, infection, and/or minor head trauma. Suggested risk factors are a history of febrile seizures and/or a family history of febrile seizures. Future studies are needed to confirm these initial findings in five cases, and to define the putative links between sudden death, hippocampal anomalies, and febrile seizures in toddlers.

Masoumi H, Kinney HC, Chadwick AE, Rubio A, Krous HF. Sudden unexpected death in childhood associated with cardiac rhabdomyoma, involuting adrenal ganglioneuroma, and megalencephaly: another expression of tuberous sclerosis? *Pediatr Dev Pathol.* 2007;10(2):129-133.

We report a 9-year-old, previously healthy girl who died suddenly and unexpectedly and was found at postmortem examination to have a cardiac rhabdomyoma, megalencephaly, and an involuting adrenal ganglioneuroma. Her death was possibly caused by a fatal cardiac arrhythmia resulting from interference of the ventricular septal rhabdomyoma with the cardiac conduction fibers. Her extended family history included a variety of disorders, including cleft lip and palate and ill-defined cardiac and neurologic diseases. The constellation of her autopsy findings suggested a diagnosis of tuberous sclerosis, for which there are gene defects that can be identified in surviving family members.

Krous H, Chadwick A, Miller D, Crandall L, Kinney H. Sudden Death in Toddlers with Viral Meningitis, Massive Cerebral Edema, and Neurogenic Pulmonary Edema and Hemorrhage: Report of Two Cases. *Pediatr Dev Pathol.* 2007;10(6):463-9.

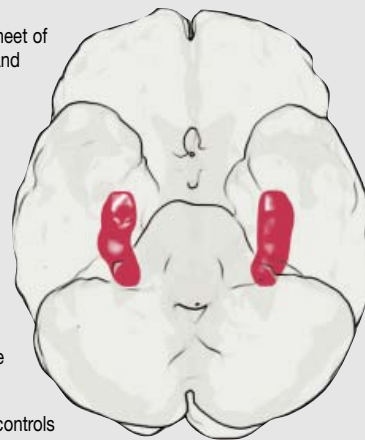
Viral (lymphocytic) meningitis typically does not cause sudden death, especially in the absence of severe inflammation in the brain or other organs. We report two toddlers with clinical evidence of a viral infection who died unexpectedly and were found at autopsy to have lymphocytic meningitis associated with severe brain edema, transtentorial herniation, neurogenic pulmonary edema and hemorrhage, and cardiomegaly. Influenza A, demonstrated in tracheal epithelium by immunocytochemistry, is the presumed cause of the mild meningitis in one case; adenovirus was cultured from swabs of the brain and anus in the second case. Current concepts of neurogenic pulmonary edema and acute cardiac dysfunction associated with intracranial disease are discussed in considering the mechanism of sudden death in these toddlers. These cases emphasize the possibility that mild intracranial viral infections may be a rare cause of sudden death via lethal cardiopulmonary complications. They also underscore the importance of a comprehensive autopsy, including detailed neuropathologic examination and viral testing, in determining of the cause of unexpected death in toddlers.

Krous HF, Wabl C, Chadwick AE. Sudden unexpected death in a toddler with Williams Syndrome. *Forens Sci Med Pathol.* In Press.

We report a toddler with Williams syndrome complicated by congenital heart disease and a seizure-like episode who died suddenly several hours after uneventful cardiac catheterization. The cardiovascular anomalies and their association with sudden death as well as the clinical neurological and neuropathologic abnormalities identified in Williams syndrome are delineated and discussed.

What is the Hippocampus

- The name derives from its curved shape, which supposedly resembles that of a seahorse.
- The hippocampus is a horseshoe shaped sheet of neurons located within the temporal lobes and adjacent to the amygdala. It is part of the limbic system.
- The hippocampus is a part of the brain that is located in the temporal lobe, which is on the side of the brain, above the region of the ear.
- Humans have two hippocampi, one in each side of the brain.
- It aids in learning and memory and is also a center for which temporal lobes seizures are known to originate.
- It has input into the brainstem that directly controls breathing and blood pressure.



http://en.wikipedia.org/wiki/Hippocampus#Related_topics

Nate's Story

Kate & Kris Pikul (Connecticut, USA) Parents of Nate (3/17/06 – 9/25/07)



Kate, Kris and Nate Pikul

Nathan was due on March 12th, 2006, a day after my birthday and 9 days before my husband's birthday. However, he decided to come a little late. Nathan Thomas Pikul entered this world on March 17th, 2006. My husband and I do not come from Irish decent but certainly love to partake in the holiday festivities and just thought that it was wonderful to have Nate's birthday on such a fun day. Nathan was our first and only child to date.

The first year of Nate's life was spent watching this happy, full of life baby blossom into a child with a tremendous personality. He was such a little character. Always making faces. He loved to copy any face you would make. He would often give you a little slap on the leg and walk backwards and give you the "who me" look. Nate made friends very easily, we believe this came from his time spent at daycare. He was the youngest there but always tried to play and act like one of the bigger kids. Some days he wouldn't want to leave, he was having so much fun!

From a very early age Nate learned how to give "rock" (fist-bump). Kris had taught him this. Where ever we went, Nate would place his fist out and would expect everyone to give him "rock" back. He wasn't a very shy boy. He loved to be the center of attention and make people laugh. One late August afternoon we were at a cousin's birthday party, all of the family and friends were there and it was getting quite late. Most of the children were tiring. Not Nate, he was standing in the middle of a circle of adults, lifting his shirt up and doing the "belly roll". Everyone was laughing so hard at him that he kept running out of the circle and back again to repeat the "belly roll". All I kept thinking that day was how lucky Kris and I were to have such an outgoing, fun-loving child. He absolutely loved being around people, big or little, he didn't care which- just as long as there was someone to entertain.

The summer of 2007 was spent playing in our backyard, going on day trips and a family /

friend vacation to Martha's Vineyard in Massachusetts. We all had such a wonderful time. There were 4 kids under the age of 3 in the one house we rented. It was crazy! They all had such a great time playing together. Nate had never been to the beach or seen big waves before. It took him a couple of days to figure out what it was all about but once he got comfortable he really enjoyed throwing the sand! He also decided that he loved the built in pool at the house better than the beach water. We played the "jump in" game about 100 times until my arms couldn't handle it anymore. Of course Nate was exhausted but he could have kept going. He would run and scream in such delight as he jumped to me in the pool. It is a vacation that we will never forget.

The remainder of the summer rolled on and when we got to September we couldn't believe just how "grown up" Nate was becoming. It was only at the end of Spring he learned to walk and knew a couple of words. Now just a few months later we had a little man on our hands. He was not only walking, he was running and climbing stairs. He asked for many things by name and linked various words together. He always knew what he wanted and if he couldn't tell you he would get frustrated and bring you to it or point to it. He loved to pick on his younger cousin just as his older cousins picked on him. His hair was so blond and lush we couldn't keep up with haircuts. His eyes remained piercing blue since birth but became even lighter as he grew. His smile, oh his smile would just break our hearts when we would be trying to reprimand him for doing something naughty. Most of the time we would just grab him and hug him because he was just that cute.

September 25, 2007.

A day that we will never, ever be able to put out of our minds or hearts. On this day we awoke to silence. A silence so deafening that it still fills our house today. Nathan had had his 18-month appointment the day before



Nate

and was given vaccinations. He always came down with a fever when he received vaccines. He had also had a febrile seizure on his first birthday due to the flu virus. After he had that seizure we knew that we needed to keep close tabs on his fevers. The night of the 24th we gave him Motrin before placing him to bed. I checked on him a couple of times that night and he felt cool as a cucumber.

We figured that he would wake up in the middle of the night if his fever rose again. At 6:04 am the next morning, our lives changed forever.



Nate

Now almost a year later, we try and focus on the positives and also what we have learned not only from our Nathan, but the people around us. The people, both friends and family that surrounded us with love and care in our darkest days. We remember in the ER turning around to leave after the coroner's office was there to take Nate and seeing all of the people that were there for us. The pain and the confusion in their eyes just told it all. In an instant we knew that our son had touched so many lives and that we were not alone in this.

We truly believe that there are just some things in this life that we cannot control. We may never know the cause of Nate's untimely death but we are truly grateful for the 18 months, 8 days we had with him and we know that he loved us as much as we loved him. When people say, "I couldn't imagine going through what you both have been through", we tell them to not even try to imagine it because you absolutely can't unless you have ever lost a child. It is a pain that is sometimes so unbearable that you can't believe that you are actually bearing it. One thing that we have learned is that we are a lot stronger than we ever could have imagined.

Nate taught us to always put some fun in the day, even if it is a bad day. Take the time to

really be grateful for what you have and not dwell on what you don't have. He also taught us to be better people. Life isn't about the high paying job or the things you have in your house. It is about the imprint that those leave in your life and the imprint you leave in theirs. We thank The SUDC Program for being in existence but wish that it didn't have to be.

To our little butterfly, Nathan Thomas, forever loved and dearly missed.

Mom and Dad
Kate and Kris Pikul



Nate



LUCA'S AUCTION FOR AN ANSWER

Date: October 3, 2008

Time: 6:00 p.m.

**Place: Di Nardo's-The Mansion, Aurora,
Ontario, Canada**

For more info go to sudc.org

Live entertainment, silent and live
auctions, raffles and door prizes.



We Welcome With Love...



Congratulations to the MacDonald Family:

Patrick, Lunden, Gus, Maeve and Murphy announce the birth of their son/brother Declan Hammond Reese MacDonald born on January 9, 2008.

Congratulations to the Cerrato Family:

Anthony, Renay, Justin, Alec and Victoria announce the birth of their son/brother Jacob Anthony born on January 3, 2007.

Congratulation to the Indihar Family:

Tony, Wendy Ryann and Anthony (4/14/05-4/29/06) announce the birth of their daughter/sister Katelyn Marie Indihar born on September 7, 2007.

Congratulation to the DeBiasio Family:

Albino, Lena, Sofia and Luca (4/5/05-8/7/06) announce the birth of their daughter/sister Lilia Rose born on September 8, 2007.

Congratulations to the Newsome Family:

Brian, Becky, Blade and Bailey (5/24/04-3/16/06) announce the birth of their son/brother Maddox William born on May 2, 2007

Congratulations to the Cirksema Family:

Leah, Nick, Tatyana (1/14/06-3/13/07) and Arianna, announce the birth of their daughter/sister Lilyana Corin on January 14, 2008.

Congratulations to the Pupecki Family:

Keith, Jody, Mackenzie and Angel Tylor announce the birth of their son/brother Dylan Tylor born on April 17, 2008.

Congratulations to the Jouvovsky Family:

Pablo, Alison, Sofia, Daniel and Jacob (7/16/01-2/15/03) announce the birth of their daughter/sister Julia Esther on March 24, 2008.

Congratulations to the Hatherly-Butt Family:

Rebecca and big brothers Brody and Jameson (2/19/04-1/20/05) announce the birth of their daughter/sister Taryn Sage Hatherly on December 27, 2007.

Congratulations to the Eason Family:

Joshua, Melissa, Olivia and Cooper (10/6/04-8/3/06) announce the birth of their twin sons/brothers Noah Cooper and Jacob Joshua on July 18, 2008.

Congratulations to the Khakeo Family:

Brian, Leah, Brian, Jr. and Brandon (12/20/04-8/10/06) announce the birth of their son/brother Kai on August 9, 2008.

Congratulations to the Borisenko Family:

John, Shawn, Connor, Collin, Jack and Riley (11/18/02-2/20/05) announce the birth of their daughter/sister Lilly on August 5, 2008.

Congratulations to the Peake Family:

Andrew, Miley and James (6/30/06-3/7/08) announce the birth of their daughter/sister Lillian Shepard Peake on July 28, 2008.

Congratulations to the Russo Family:

David, Annette, Arianna (12/3/03-4/6/06), and Andrea announce the birth of their daughter/sister Eleni Zoe on August 22, 2008.

Congratulations to the Marshall Family:

Andy, Beth, & Thomas (1/19/06-5/11/08) announce the birth of their son/brother Andrew on August 4, 2008.

Congratulations to the Polenzani Family:

Matthew, Rosa, Alessandra (8/19/04-12/24/05) and Gianluca announce the birth of their son/brother Nicola Roberto on August 23, 2008.

“Run for a Reason” Events Continue to Grow

Details on all events can be found at www.sudc.org. Please join us and... Walk. Run. Laugh. Remember.

LITTLETON, CO

Walk. Run. Laugh. Remember.



5th
Annual

JOSH & GUS'S RUN FOR A REASON

A 5K Run and 2K Family Fitness Walk
Benefiting the Sudden Unexplained Death in Childhood (SUDC) Program

5K Run and 2 Mile Family Fitness Walk

Sunday, September 21, 2008

8:30 a.m.

Clement Park, Littleton, Colorado

www.joshandgus.com

LONG ISLAND, NY

Walk. Run. Laugh. Remember.



2nd
Annual

ALEX'S RUN FOR A REASON

Sunday October 26, 2008 • 8:30 a.m.

**Newbridge Road Park, Bellmore
(Long Island), NY**

www.alexsrn.com

A 2-Mile Family Fun Run/Walk including a light breakfast, entertainment, children's activities and a raffle drawing.



13-MILER FOR TYLOR

ALL DAY CROP

Date: September 13, 2008

Place: Clinton, MA

An all-day scrapbooking event featuring door prizes, mini-classes; raffles and much more!



2nd Annual Read and Remember Eli Trivia Night Fundraiser and Book Drive

Date: October 25, 2008

Place: St. Paul, MO

Web: <http://readandremembereli.org>

The second annual Read and Remember Eli Trivia Night Fundraiser and Book Drive will take place on October 25, 2008. The Foundation's missions are to raise awareness and support for the SUDC Program and to provide local charities and organizations with new books for toddler and preschool children.

“Run for a Reason” Events Continue to be a Success!

ST. LOUIS, MO

Walk. Run. Laugh. Remember.



3rd Annual

Walk. Run. Laugh. Remember.

RILEY'S

RUN FOR A REASON

A 5K Run and 1 Mile Family Fitness Walk
Benefiting the Sudden Unexplained Death in Childhood (SUDC) Program

October 14, 2007

Jefferson Barracks Park, St. Louis, MO

www.rileyborisenko.com

Our third and final Riley's Run for a Reason was a huge success. We raised over 25,000 for the SUDC Program. We are proud to have raised over \$110,000 with our three events. We are so grateful for the support of our family, friends, and community. RRFr has been a wonderful way to remember our precious son Riley. –Shawn Borisenko (Riley's Mom)

NEW CASTLE, COLORADO

Walk. Run. Laugh. Remember.



KINDALL'S

RUN FOR

A REASON

August 16, 2008 • 10:00 a.m.

Burning Mountain Park, New Castle, Colorado

www.kindallsrfr.com

Kindall's Run was a wonderful day dedicated to our beautiful baby, and well worth all the work. To see all of the people that came out to honor her short little life was amazing, and very gratifying! The day went incredibly smooth, and to know that I was both honoring my sweet little Kindall, as well as doing something to help possibly prevent this from happening to other families was overwhelmingly satisfying. I can't think of a better way to both honor Kindall's incredibly significant life, and help raise funds for the The SUDC Program which has been invaluable to us in helping us get through this ordeal. –Kim Colbert (Kindall's mother).

RINGWOOD, NJ

Claire's

Ride

for a

Reason




JUNE 21, 2008

Ringwood to Cape May, NJ

www.claidesride.org

This year Claire's Ride For A Reason, began early Saturday, June 21, 2008, Don Tomaszewski, Don Van Teyens, Tony Van Grouw & John Burke set out on their bicycles at Claire's Place Memory Garden, Ringwood, NJ for what turned out to be a most beautiful day. They were met by Gene Buonomo later on and they continued their 207 mile journey that ended at Cape May Lighthouse, Cape May, NJ. There they were met by a grand welcoming celebration to honor their amazing ride in memory of a precious little girl, Claire.

*Pictured is Don Tomaszewski,
Don Van Teyens, Tony Van Grouw
& John Burke

ARLINGTON HEIGHTS, IL



Walk. Run. Laugh. Remember.

JOSHUA'S RUN FOR A REASON

2nd Annual 5K Run/2K Family Fitness Walk
and Kids' 1/4 Mile Dash

Benefiting the Sudden Unexplained Death
in Childhood (SUDC) Program

September
23, 2008
Arlington
Heights, IL
www.sudc.org/joshua

The event was an overwhelming success on all accounts! The event raised more than \$23,000 and we spent the day with over 400 friends, family members and supporters. It was a wonderful tribute to our son, Joshua. –Diane Burda, (Joshua's Mother).

VIRGINIA BEACH, VA

Walk. Run. Laugh. Remember.



2nd
Annual

JACOB'S RUN FOR A REASON

October 21,
2007
Mt. Trashmore
Park, Virginia
Beach, Virginia

On October 21, 2007, Ben, Michelle and Jordan Baker hosted Virginia's 2nd Annual Jacob's Run For a Reason in memory of their son and big brother, Jacob David Baker. The event took place at Mt. Trashmore Park and was a huge success with close to 500 participants and money raised exceeding \$29,000! Funds raised went to support the SUDC Research Project.

ORINDA, CA

4th
Annual

Walk. Run. Laugh. Remember.

HALEY'S 4TH OF JULY RUN FOR A REASON

A 5-Mile Run and 2-Mile Family Walk

Benefiting the Sudden Unexplained Death
in Childhood (SUDC) Program



July 4, 2008
Orinda, California

Haley's 5-mile run, 2-mile family walk kicked off Orinda's 25th Anniversary of July 4th and it was a spectacular day! About 400 participants came out to run and walk the event, including our own SUDC mom Lorri Caffrey, who flew out from New Jersey with her daughter, Kelley! In just a few hours, the event generated about \$23,000, which included a Silent Auction, Quenchers Smoothie Booth and Home Depot Kids Workshop. –Suzanne Tom (Haley's Mother)

MAPLE GROVE, MN

Walk. Run. Laugh. Remember.

LAUREN'S RUN FOR A REASON

August 10, 2008
Elm Creek Park Reserve
Maple Grove, MN
www.laurentrymucha.com



The first Lauren's Run For A Reason was held on August 10, 2008, in Maple Grove, MN. On what was a beautiful summer morning, almost 400 people came to celebrate and honor our precious daughter's life and helped us raise \$20K for the SUDC Program. Participants enjoyed a 5K run or 2K family walk, music, kids activities ranging from a bounce to creating visors with puffie paint, and food and beverages. We are so thankful for the sponsors, volunteers, and participants that made this event possible! –Sheila Trymucha (Lauren's Mother)



Arianna's Night For An Answer II



May 3, 2008
Lincolnshire, IL

Arianna's Night for an Answer II was held in Lincolnshire, Illinois on May 8, 2008. Over 260 people were in attendance at Cubby Bear North to both honor Arianna's memory and to raise money for SUDC research. Attendees enjoyed bidding on over 120 silent auction lots that raised over \$14,000 for SUDC. In total, Arianna's Night for an Answer II will donate nearly \$23,000. We thank all those who helped to make Arianna's Night such a wonderful success. It helps our family to deal with the loss of our dear Arianna and to help us keep her legacy and spirit alive. – Annette Russo (Arianna's Mother)

BALLOONS FOR BAILEY



“On March 16, 2008, we conducted our second annual “Balloons For Bailey” where we attached SUDC cards on 200 balloons to raise awareness for Sudden Unexplained Death In Childhood”.
–Brian and Becky Newsome - (Bailey's Parents)

How Do I Know If I Need Counseling?

Linda Lehmann, MA, LP, (Bereavement Coordinator at Children's Hospitals and Clinics of Minnesota)

As you move through your grief you may wonder whether you may need the support and help of a grief therapist to help you cope with the loss of your loved one. You might wonder, "Is what I am experiencing normal or am I in trouble?"

Certainly not everyone who experiences the death of a loved one needs counseling, but there are some reasons why one might benefit from counseling. The following points may help you to answer the question, "How do I know if I need counseling?"

Your grief doesn't change. Initially you may be in constant pain and on an emotional roller coaster. But as you move through your grief, it should change. You should be able to look back on your grief journey and see that it has changed over time. This is not to say that you will no longer be in pain, but the pain has an ebb and flow to it.

There will be times in which you may feel that the pain is not all consuming. You will find that you have moments, days, and even sometimes weeks in which you feel like you are on an even keel. If, however, your grief does not change over time, it may mean that something is blocking the normal progression of grief. You may need the help of a therapist to help you discover what is impeding your grief.

Your grief is significantly interfering with your ability to keep up with your daily routine. Early on in your grief you may find that the routines of life may be difficult to accomplish as the enormity of your grief wreaks havoc with your life. But after a few weeks, most people get back into some kind of routine because life impels them to do so. If you find that you are not able to keep up with your daily routine after the first initial weeks after your loss, you might benefit from counseling to help you cope with your loss.

Your self-esteem remains low. When a loved one dies it can be a devastating blow to one's self esteem. You may wonder why your loved one died and why you survived. You may wonder whether you did everything you could to care for your loved one. You become aware that despite your devotion, your loved one died anyway. You may wonder why your love wasn't enough.

These thoughts may serve to lower your self-esteem, make you feel helpless in the face of it, and feel really bad about yourself. But, as we move through our grief, most of us come to realize we did everything we could. We come to understand that our loved one's death was not caused by anything we did or did not do. However, if your self-esteem remains low, you may benefit from counseling to help you sort through why these feelings remain.

You find yourself withdrawing from others or are emotionally isolated.

All things being equal, we know that emotional support is key for healing one's grief. We all need a witness to our pain. There will be times that you will need moments of solitude as your griever; but, generally, you will need to be surrounded by others who care about you and give you much needed support.

If you find yourself socially isolated or intentionally withdrawing from others, counseling may break through some of the loneliness of grief or resolve some of the negative feelings toward others that makes you may want to withdraw from them.

You are consumed with anger, fear, guilt or any other emotion.

It is common to feel a range of intense emotions following the death of a loved one. Early on in one's grief these feelings may be overwhelming as they come in waves: deep sadness, loneliness, anger, regret. However, if any of these emotions, especially anger, fear or guilt, take hold and prevent one from fully feeling one's grief, it may be halted by the inability to work through these difficult emotions. In these instances, grief counseling may be indicated.

You cope with your feelings with addictive behavior. The intense feelings of grief may cause one to want to anesthetize the pain with addictive behavior to ease one's suffering. This addictive behavior may take the form of drinking alcohol, taking drugs, overeating, overworking, and overspending to name a few.

If you find that you are using something to prevent yourself from feeling the pain of your grief, it will not work. The grief will be waiting for you until you are ready to feel

it. If you need help to overcome this addictive behavior, you may need the help of a professionally trained grief therapist.

You think of suicide frequently or have made attempts.

It is not unusual to long for the loved one and to wish to be with them. Parents often remark, "I would never do anything to hurt myself but if I fell asleep and never awoke that would be OK with me."

However, if you think about harming yourself or have frequent thoughts about suicide, seek help immediately in order to keep yourself safe. Daily thoughts of suicide and an inability to pull yourself out of this kind of thinking means that you are in need of the care of a mental health professional as soon as possible.

SIDS 10th International Conference 2008

The SIDS 10th International Conference 2008 was held in Portsmouth UK in June. Hosted by the Foundation for the Study of Infant Deaths, on behalf of SIDS International and The International Society for the Study and Prevention of Infant Deaths (ISPID), the conference provided researchers, professionals, parents, government departments and voluntary organizations a chance to hear the latest information pertaining to the deaths of babies before birth and through the first two years of life.

Sudden Unexplained Death In Childhood was discussed in three presentations. Dr Henry Krous, principle investigator of the San Diego SUDC research project shared information regarding the pathology review in SUDC. Dr Hannah Kinney presented her data on neuropathology in SUDC as Laura Crandall presented an overview of the SUDC program and its efforts worldwide to help families and collaborate with international organizations.

All three of the SUDC presentation abstracts are due to be published in Forensic Science, Medicine and Pathology and at this time are in press.

The next SIDS international Conference will be held in Australia in 2010.

Declan's Story

by his mummy Yvonne Marnell of Scotland



(Declan's death was classified as "sudden unexpected death in infancy" and will soon be studied by the SUDC Research Project)

My husband, Rabb, was stationed in Germany with the army. So, on the 4th of April, 2005 Declan came to be born in Hanover, Germany. He was the most gorgeous boy right from the start and he made us smile every day. Because my sister died of cot death on the 14th of January, 1986, I was very careful with Declan. I made sure that he was sleeping on his back, that he was not too warm, not too cold and nobody was allowed to smoke in the house.

In October, 2006, when Declan was about 18 months old, my husband, two sons and I were posted to England and Declan settled into our new house quickly. He loved his new nursery; he loved entertaining the other children; and he enjoyed cuddles with the staff. He grew into a right little character and didn't like people being sad. He loved Fireman Sam, Rory the Racing Car, and Handy Manny. He had a good laugh winding up his big brother Aidan (6 years old) but always asked if he was "ok." Declan walked around with his play tools "fixing" everything. He was very close to his Dad and cuddled into him whenever he could, saying, "I love you, too" quite often, like he could read his Dad's mind.

My husband then decided to leave the army so that he could spend more time with the family. In December, 2007, we found a



house in Scotland (my husband's country) and moved back "home" to settle for good. Declan had wanted a bike for a long time. When he got one on Christmas morning, he was so happy. We couldn't get him off of it for days.

One evening about a week before Declan died, it started to snow. We all dressed up warm and went out with the sledge. He had so much fun trying to make snowballs and trying to throw them as far as he could.

In the evening of January 12, 2008, Declan became sick so my husband and I took him into bed with us to make sure he was ok. The next day, he seemed much better, but he did not eat much and he was very sleepy. We weren't too worried because we thought that he was sleeping the bug off and he didn't have a temperature or rash. That evening we all sat down together and watched "Flushed Away." How Declan loved all the little rats and he laughed at the right bits in the movie!

When we all woke up on Monday morning, January 14th, Declan was much better. He ate all of his breakfast and he started running after me for more yogurt and juice. Around 10:00 A.M., Declan got very tired. I felt like something was wrong so we made an appointment to go to the doctor. Again, there was no rash, no temperature, and no obvious sign that something terrible was going to happen. The doctor checked Declan over and couldn't find anything obviously wrong with him. He did see that he wasn't well and sent us to the hospital with him straight away. .

We went out to the car. I sat in the back seat with Declan in my arms. Before we made it out of the carpark, Declan stopped breathing. He was transported by ambulance to the hospital. When we ran into the A&E (emergency room) and I saw the number of doctors waiting, it made it even more clear how bad everything was. They tried for so long. At 3:00 P.M. the doctor turned to me with tears in his eyes and shook his head. I remember Rab shouting "No-o-o" and me hitting the floor as a nurse tried to catch me.

We sat in the room with Declan for three hours. I sang "Twinkle, Twinkle Little Star" as I cradled him. It was his favorite nursery rhyme. I told him that I will always love him.

I can hardly remember the days afterwards, but I do remember the phone call after the post mortem and the news that there was nothing wrong with him.

The funeral was on the 31st of January. We had "Twinkle, Twinkle Little Star" playing when he left the church on a horse drawn carriage. He loved the pipes (bagpipes) so we had them played at the cemetery. I was told that the church was full, but I can't remember anything at all. It was all like a terrible nightmare.

The days and weeks after are still a big blur. I got in touch with the Scottish Cot Death Trust a few weeks later because I couldn't understand how this could happen to my nearly 3 year old son. Michelle, their support worker, came around and started taking care of us and explaining some things. It was also Michelle who told me about the SUDC Program in the USA. She told us that we are not the only parents in the U.K. who have lost a toddler to sudden unexplained death in childhood.



On the 4th of April, what would have been Declan's 3rd birthday, we all went to the cemetery and everybody let 3 balloons go in his memory.

We are now organizing a fundraising night for the SUDC Program in Declan's memory for the 16th of August. I am really hoping to raise more awareness throughout the U.K., too.

Declan is with me all the time. There is not a moment I don't think of him or carry his love in my heart. I am now able to smile again when thinking of him. In his short life, Declan taught us that smiling, having fun, and giving love is the most important thing in life. I feel proud to call him my son and I am forever thankful for the time we had him with us.

Outreach Services Update



To paraphrase a mother who attended an SUDC Family luncheon recently in Connecticut, USA: Even though it has been many years since my child

died, I am still overwhelmed by the memories of not only those first few months, but also those first few years. I hope that the families that attended the luncheon were able to go home comforted to a small degree by the power and support that this program can give.

And this is one of the missions of the SUDC Program's Outreach Services: helping families feel less alone and less isolated after the tragic death of a child. The efforts to increase SUDC awareness have resulted in families from all over the world reaching out to us. Families have learned about the SUDC Program from the internet, newspaper and magazine articles, television programs, and an increasingly knowledgeable medical community. One police detective in Missouri told a family about the SUDC Program after learning about it from a police detective in Florida. A Scottish Cot Death Trust nurse has informed families about the SUDC Program. A SUDC mom has information about SUDC on her Facebook site. A babysitter has information about SUDC on her Facebook site. And so the word is spread and the referrals continue to come. Currently we provide services to over 340 families.

In an effort to meet the needs of our worldwide network of families, we are employing different types of support services. As the outreach nurse, I make an effort to provide families with initial assessments, grief counseling, information on local community resources, and on-going interaction. Laura Crandall, our Program Director, also calls families to provide them with not only support, but information about the latest research and medical findings. Lorri Caffrey, our Program Assistant, mails every new family a binder of information about SUDC, grief, our support services and the programs available. Monthly grief materials are sent out by Michelle Brodeur, our Outreach Services Assistant. Birthday and anniversary cards designed by SUDC family members are sent to every family in our program by parent volunteers. We gratefully thank Annette Russo for volunteering for

Paula Goldblatt, RN, MA

this special project. Michelle and I also make an effort to contact families on birthdays and anniversaries.

We have a number of online support group programs for families. We recently started two new on-line support groups in an effort to further meet the needs of our families. In reviewing our referrals, we realized that grandparents wanted to connect with one another because of their unique and very real issues. We know that grandparents are hurting not only because their beloved grandchildren have died, but also because their own children are in such pain. Another group we started is for families who have lost an adopted child to



SUDC. The adoptive families are able to utilize the regular on-line support groups in addition to the group started just for them because they, too, have such specialized issues.

Face to face meetings are important. In New Jersey, we have a monthly SUDC Family Support Group that is attended not only by families from New Jersey, but also by families from near-by Connecticut and New York. In March, we held a luncheon for New England families in West Hartford, CT. The luncheon was graciously hosted by Joanne Kuntz, maternal aunt of Maria Crandall and sister of Laura Crandall. Families from New Jersey, Connecticut, New York State, and Massachusetts attended.

SIDS Resources in St. Louis, MO. is available to provide an SUDC Family Support Group. The group met a couple times in 2006 and then again in the beginning of 2007. Please contact Lori Behrens, Executive Director of SIDS Resources at either (314) 822-2323 or 1 (800) 421-3511 if you would like to attend this group.

Face to face meetings have also occurred through families attending conferences as well as the untold number of friendships

created through the SUDC family network.

We encourage families to attend the various events that are held throughout the US. Event information can be found on the SUDC Program website: www.sudc.org. When families attend these events, they are able to meet other SUDC families in their geographic area.

SUDC parent and grandparent volunteers are terrific in their willingness to reach out and share with new families. For this we thank you.

We do need more volunteers though. We are looking for more peer supports for parents and grandparents. If you are child care provider and would like to be in contact with other childcare providers who have been touched by SUDC, please let us know. We are working on a database of bereavement resources. Please share with us any local bereavement programs and contacts that you have found helpful.

Your suggestions and feedback are always welcome. Please contact me at 1 (866) 348-7832 or paula@sudc.org.

Thank you for your generosity! And congratulations to all our events in 2007

All of the 2007 Fundraising Events have allowed us to support and provide grants for crucial SUDC research, and awareness goals across the nation. The following events and memorial funds have enabled us to provide over \$78,000 in grants to:

THE SAN DIEGO SUDC RESEARCH PROJECT:

Joshua's Run For A Reason (Illinois)
Josh & Gus's Run For A Reason (Colorado)
Arianna's Night For An Answer (Illinois)
Levi Lipnick Memorial Fund
Alessandra Polenzani Memorial Fund

National Awareness and National Ad Campaign:

Arianna's Night for An Answer (Illinois)

Thank you to all who have helped make such a difference in reaching for our goals!

In a land far, far away, there lived
a handsome little prince. On his birthday,
his father gave him a magical flute. He told the
prince that every time he played this flute, he
could magica



Unfortunately, some fairy tales never reach their happy ending.

Sudden Unexplained Death in Childhood can occur after a child's first birthday. In the last 3 decades, it's happened to over 8,000 families in the United States alone. The **SUDC Program** funds critical research, provides information and support services, and promotes awareness. Support the SUDC Program. Together we can create a future free of SUDC and help all children reach their happy ending.



The SUDC Program: An answer when there's no explanation.

800.620.SUDC / www.SUDC.org / A Program of the



Post Traumatic Stress and Me

Michael Nagle (Father of Sophia 12/4/03 – 12/11/04)



Isabelle, Santa, Melyne and Michael

Never did I imagine I would write this article but like so many of you reading it, I experienced the horrific trauma of discovering my beloved child dead in her crib.

The vision of my daughter Sophia lying lifeless and blue, the sound of my wife on the phone with a 911 dispatcher, and the fireman in my kitchen shaking his head apologetically replayed in my mind whenever they felt the urge to haunt me the first 9 months after Sophia's death. Try as I did, nothing stopped these visions when I closed my eyes at night.

In between these visions I struggled to find reasons to live and used rum and cokes to fight back my anger and sadness. The sight of other children Sophia's age was nearly unbearable. I was obsessed with the thought of how innocent and naive other parents are.

Finally it came to a grand peak. I was sitting on a plane. As other passengers boarded, a woman stopped in front of me. She was holding a young child who, as I looked at her, seemed to turn blue. She looked just like Sophia when I found her. This hallucination rocked me and only disappeared after I shook my head and the woman moved down the aisle.

A few minutes later, I opened the newspaper I had brought on board. On cue, the universe answered my inquiry regarding my sanity. There it was... an article on Post Traumatic Stress Disorder (PTSD) listing the symptoms I had been dealing with for months



Sophia

after Sophia's death. For me, these included flashbacks to finding Sophia, difficulty sleeping, feeling irritated over nothing and wanting to kick the dog for no reason.

Discovering that something other than grief could be causing these same reactions in me came as a relief. I had experienced grief before with the deaths of my mother and other loved ones. But I had never experienced it for this long, with this type of intensity, and with these types of symptoms. Now I knew there

was something else going on in addition to the grief, which meant I could seek help and answers the grief counselors had not been able to provide me.

There are different types of treatment for PTSD. It may take time to figure out which one works best for you. Once more, the type of treatment that would best suit me came from the universe. A few days after reading this newspaper article we received a flyer in the mail for a conference near our home featuring Belleruth Naparstek who would be discussing the use of guided imagery to treat PTSD. We attended the conference and found true relief from the guided imagery.

After the conference my wife Melyne and I used Belleruth's CD titled "Guided Imagery for the Three Stages of Trauma" at regular intervals to help us heal. This was more healing than any counseling session I attended. You can purchase this CD at www.healthjourneys.com for \$17.99.

There are many resources available for learning more about PTSD and getting help with the symptoms. I am glad I found help and hope you may also find ways to ease the grief and suffering that has been unjustly heaved upon so many of us.

The National Institute of Mental Health defines PTSD as "an anxiety disorder that can develop after exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened." According to the NIMH "PTSD develops after a terrifying ordeal that involved physical harm or the threat of physical harm. The person who develops PTSD may have been the one who was harmed, the harm may have happened to a loved one, or the person may have witnessed a harmful event that happened to loved ones or strangers."

The list of potential symptoms of PTSD according to NIMH include:

- persistent frightening thoughts and memories of the ordeal
- feeling emotionally numb especially with people you were once close with
- having problems sleeping
- being easily startled
- losing interest in things they once enjoyed
- having trouble being affectionate
- irritability, aggression, violence.

The symptoms of PTSD usually begin within 3 months of the trauma and the duration of symptoms varies. For some people they last 6 months and for others much longer and for some there is a risk of the condition becoming chronic.

Post-traumatic Stress Disorder

Definition:

- Post-traumatic Stress Disorder is an anxiety disorder that can occur in people who have experienced or witnessed a life threatening event, such as the unexpected death of a child.
- PTSD may be diagnosed as early as one month after the traumatic event, but symptoms also may not appear until several months or years later.

Symptoms:

- Flashbacks
- Feeling irritable or angry
- Nightmares
- Feeling emotionally numb
- Being easily startled
- Trouble sleeping
- Difficulty connecting with people with whom you are close
- Difficulty being affectionate with people you were once close to
- Although some of these feelings may be related to grief, if they are very severe or continue for months after a child's death, they may be caused by PTSD.

How it can affect you:

Constant feelings of fear or worry may cause you to:

- Be depressed
- Abuse drugs
- Drink too much
- Have trouble managing at work
- Have trouble having relationships with others

How it can affect family members:

- They may feel sad or angry that their family member is "different", or is taking too long to "get back to normal".
- Depression and substance abuse are also common among family members of people who struggle with PTSD.

How to help yourself:

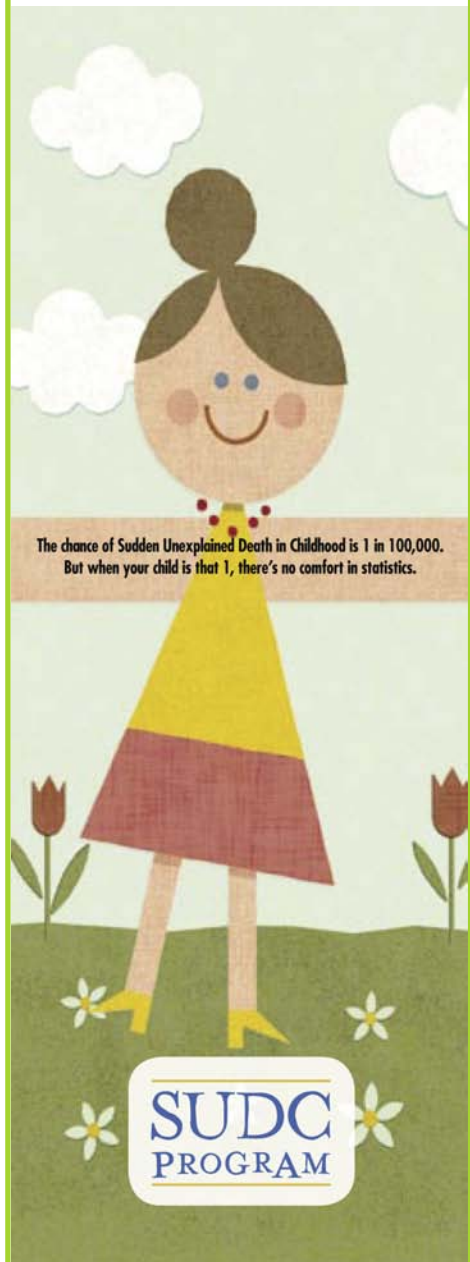
- Talk to a doctor, spouse, or friend about how you are feeling
- Get counseling to help you better understand your thoughts and feelings
- Antidepressant medications may help you feel less sad or worried
- Make exercise a part of your daily routine
- Keep a daily journal, and learn what triggers your anxiety
- Eat a balanced diet – avoid caffeine and don't skip meals
- Guided imagery or meditation may help you manage your anxiety
- Contact the Anxiety Disorders Association of America at www.adaa.org



The 2008 NJM Saturday Events were held on May 3rd, in Long Branch, NJ. The event was an overwhelming success raising more than \$16,000 to benefit The SUDC Program. Despite the chilly temperatures, families, friends and loved ones came together to share the special day honoring the lives and memories of those they love. Thank you once again to Liberty Tax Service and Grainger for continuing to help support such an important event. We also want to thank Costco for being a sponsor as well this year. We are looking forward to next year's event, hoping to see you all there!

New SUDC Literature Available

The SUDC Program gratefully thanks the Della Femina Rothchild Jeary and Partners Ad agency in NYC for creating a new informational brochure on SUDC! Providing facts on SUDC and the mission of the program, it can be used for public awareness and includes a donation card for fundraising. If you would like copies of the new brochures, please contact us!





LOVE MESSAGES



TO: Our Beautiful Baby, Alessandra
(8/19/04-12/24/05)

MESSAGE: Not a moment goes by that we don't think of you and miss you, sweet girl. You are a shining star in our hearts forever. We thank God that you are our daughter, and what a gift you will always be to us!

LOVE: We Love you so much, Daddydee, Mama and Gianluca

TO: Isabel Nova Cox
(8/21/06-2/6/08)

MESSAGE: Not a day goes by that we don't look at your smile in pictures and wish that you were sharing your innocence, curiosity and joy with us. You are deeply missed.

LOVE: Mama and Dada

TO: Heath Hopson
(12/8/87-4/23/01)

MESSAGE: SAY MY CHILD'S NAME (author unknown)
The mention of my child's name may bring tears to my eyes, But it never fails to bring music to my ears. If you are really my friend, let me hear the music of his name! It soothes my broken heart and sings to my soul!

My angel Heath, it doesn't seem like it has been seven years since you passed away. It is still so hard not knowing what happened to you that morning. I find comfort in words spoken by a friend. Perhaps you were simply, "needed by God early."

LOVE: Mom

TO: Bella
(1/9/02-5/17/03)

MESSAGE: All the tears can't bring you back or you would be here by my side. I miss you with all that I have. As long as I am living, my baby you will be.

LOVE: Mommy and Mia

TO: Brandon Khakeo
(12/20/04-8/10/06)

MESSAGE: You are loved dearly. Thank you for our blessing of your soon-to-be-here baby brother.

LOVE: Daddy, Mommy, and Brian

TO: Jacob John Heit
(1/30/07-4/3/08)

MESSAGE: Jacob, you are the most amazing little man that we have ever known! You left this world far to soon for us, but we are so blessed to have you in our lives. We love you more than words can say. And miss you more and more every day.

LOVE: Always and forever, Mom, Dad and everyone who knows you!

TO: Ryan
(1/17/97-2/11/99)

MESSAGE: I love you very much. Everyone in my family misses you.

LOVE: Your Sister, Samantha (age 7)

TO: Jessica Bixon
(10/9/98-7/18/04)

MESSAGE: We miss you more than words can say. You are always in our hearts and forever in our souls.

LOVE: Mom, Dad and Jason

TO: Isabel Nova
(8/21/06-2/6/08)

MESSAGE: Each morning that I awake, no one knows as I try to carry on the sadness in my heart and the tears that flow. What it meant to love you Isabel Nova, only God and my heart knows, forever in my heart!

LOVE: Belen Vanoni, Grandmother

TO: Shannon Taylor Feeley
(11/22/03-7/1/07)

MESSAGE: We miss you every moment of everyday our lives will never be the same without our Princess Snow White. We love you so much!!!!

LOVE: Mommy, Daddy, Megan and Caitlin

TO: Jenna Nicole
(6/4/02-8/25/03)

MESSAGE: Every time with us was very short. You were cherished every minute of that time. We love and miss you greatly.

LOVE: Mommy

TO: Ansley McTigue
(4/19/05-7/14/07)

MESSAGE: Ansley brought amazing joy to our lives. She filled my heart with overflowing love. While I ache for her every second of every day, I am sustained by our love and the love of God. My cup runneth over.

LOVE: Gamma

TO: Ansley McTigue
(4/19/05-7/11/07)

MESSAGE: We miss you everyday. You were and are, our sunshine! We pray everyday that you are happy and dancing in heaven. We miss your kisses, belly laughs, tantrums and snuggles, little pooks.

LOVE: Mommy and Daddy

TO: Emily Alyssa Herrera Demara
(8/9/04-3/5/06)

MESSAGE: Our family chain is broken and nothing feels the same. We think about you in silence and often speak your name. You left us peaceful memories. Your love is still our guide. And although we can not see you, you are always by our side. It broke our hearts to lose you, you did not go alone. A part of us went with you the day God called you home.

LOVE: Mommy, Daddy, Big Brother, Big Sister

TO: Cory Hrant Dahmen
(6/19/96-7/8/97)

MESSAGE: You are loved incredibly, sweet Cory. Tori wishes she could draw a heart and bring you back to life. Jordan wants to play baseball with you. I wish I could hold you in my arms again, smell your sweet face and touch your soft skin. There isn't a day that goes by without thoughts of you. We miss you!!

LOVE: Mommy ("I'm smiling next to you")

TO: Vivian Woods Mangum
(11/27/05-12/22/07)

MESSAGE: Our beautiful, spirited Vivian—We miss you so very much. Every minute of everyday you are in our thoughts. You will always be loved and in our hearts.

LOVE: Grammy and Papaw

TO: Chloe
(10/10/03-7/12/05)

MESSAGE: We miss you and love you so much. We wish you were here to meet your new baby brother in August.

Your sisters are missing their playmate
LOVE: Mommy, Daddy, Kaitlyn and Gracie

TO: Our Beloved Natalie Joy
(7/29/05-3/18/07)

MESSAGE: Remembering you in my heart forever. Love, love, love you soooooo much!!

LOVE: Hug and Kisses, Mommy

TO: Kindall

MESSAGE: Kindall, we miss your bright beautiful presence every single day. It is still so hard to believe we are living without you. We love you so much, forever.

LOVE: Mommy Daddy and your big sister, Caylee

TO: Anthony Indihar
(4/14/05-4/29/06)

MESSAGE: Anthony, I hope you're having a good time in heaven. I wish I was there with you. I love you!

LOVE: Your sister always, Ryan

TO: Nicholas Arnold
(6/26/01-11/7/02)

MESSAGE: I think about you all the time and I know that you're near and thinking of us too, especially when I hear your name or the songs we enjoyed together. When I see a set of twins or a wild bunny I know that it's YOU sending me a sign that you're with us in spirit. Thank you for those signs and watching over us. Happy 7th birthday in Heaven Nicholas. We miss you and love you so very much.

LOVE: Mommy and Frankie

TO: Luca
(4/5/05- 8/7/06)

MESSAGE: Loving and missing you always, forgetting you, never.

LOVE: Mamma, Pupa, Big Sister Sofia

TO: Bailey
(5/24/04-3/16/06)

MESSAGE: We love you Bailey bugs and miss you everyday. You were such a blessing to our lives.

LOVE: Mommy, Daddy and Blade

TO: Alex
(3/8/04-2/5/06)

MESSAGE: Dear Alex, A day doesn't pass that you aren't in our thoughts. Our love for you grows stronger everyday. We miss you so much.

LOVE: Nana and PopPop

TO: Taylor Hamm
(7/21/05-10/31/07)

MESSAGE: Dear Taylor, We love you so much and miss you so much that it leaves a hole in all of our lives. We know you and mommy are in heaven together; 2 angels

God has now. Bye, "Babes"
LOVE: Daddy Grandpa Bob, Grandma Nay, Uncle Will and Dylan and Drake

♥ ♥ ♥ ♥ ♥ **LOVE MESSAGES** ♥ ♥ ♥ ♥ ♥

TO: Luca DeBiasio

(4/5/05- 8/7/06)

MESSAGE: To our special Grandson Luca, We can't believe two years have passed. We have a pain in our heart that will never go away. You are our special little grandson. We miss you so much. You are always in our minds. Love you always. We hold you in our hearts forever sweet precious angel. Lots of hugs and kisses. Love you and miss you always.
LOVE: Nonna and Nonno

TO: Brandon George Cagle

(9/30/06-3/19/08)

MESSAGE: Brandon, you have been gone just 3 months and we miss you so. Me, Daddy and sissa know you are having a great time in heaven. We know some day we will all be reunited playing and giving "fishes-lipped" kisses.
LOVE: Love you so much, Mommy and Daddy

TO: Our Sweet Baby Gus

MESSAGE: Not a day goes by that we don't say your name in our house! Your brother already knows all about you. We will NEVER stop loving you here and on the moon! <3
LOVE: Mommy, Daddy, Murphy, Maeve and Declan

TO: Jacob Beaty

(4/11/05-2/5/07)

MESSAGE: The love we have for you only grows stronger; you are sadly missed and greatly loved by us all. We're sending kisses and hugs to you in heaven.
LOVE: Daddy, Momma, Curtis, Josh, Kyria, Gabby, Tee and Andrew

TO: Nicholas Arnold

(6/26/01- 11/7/02)

MESSAGE: Dear Nicholas, It has almost been 6 years since that day we lost you and we miss you so very much. We are lucky to have your twin brother, Frankie, to watch grow and think that you look just like him. We love you very much; you will be in our hearts forever. Happy 7th birthday in heaven.
LOVE: Grandma and Papa

TO: John Jr.

MESSAGE: We are always thinking about you, sweet precious. Love forever, and until we see you again.
LOVE: Mama, Dada, Eric

TO: Stephen Wayne Winfrey Jr.

(7/17/02-4/29/04)

MESSAGE: We love and miss you dearly Baby Boy
LOVE: Mommy, Daddy, Kila, Kenzie and Nana

TO: Caleb White

(3/23/00-2/18/04)

MESSAGE: You've now been gone longer than you were with us. We treasure those few short years we did have which have given us so many beautiful memories. Loving you ALWAYS, forgetting you NEVER.
LOVE: Daddy, Mummy and your brothers Kris, Matt Tyler and Jayden

TO: Jenna Morgan Caffrey

(8/17/01-1/11/03)

MESSAGE: Your spirit is with me always, guiding me along my path. I listen to hear your voice in the wind and feel your love in the sunshine. You are forever my child living in my heart, filling it with love.
LOVE: Mommy

TO: Alex

(3/8/04-2/5/06)

MESSAGE: You are always in our hearts and in our minds. We love and miss you so so very much!
LOVE: Mommy, Daddy, and your brother Brandon

PLEASE DETACH AND ENCLOSE ALONG WITH YOUR DONATION

YOUR CONTRIBUTION MAKES A DIFFERENCE

Enclosed is my tax deductible gift of \$ _____ to The SUDC Program of the CJ Foundation for SIDS.

_____ Check or _____ Credit Card Mastercard Visa American Express Discover

Account # _____ Expiration Date: _____ Signature: _____

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

In Honor of: _____

Occasion to be Noted: _____

In Memory of: _____

Acknowledgement card will be sent to the person(s) you designate here:

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Address: _____

City: _____ State: _____ Zip Code: _____

Checks payable to: The SUDC Program of CJF

Mail to: The SUDC Program

c/o The CJ Foundation for SIDS

The Don Imus WFAN Pediatric Center

30 Prospect Avenue, Hackensack, NJ 07601

*Secure online donations can also be made through www.sudc.org



...that their
light may
always shine.

Light a candle for all children who have died.

Second Sunday in December

7 PM Around the Globe

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“We can only appreciate the miracle of a sunrise if we have waited in the darkness.” Author Unknown
Picture by Jay Mangum, in loving memory of his granddaughter Vivian.



Running To Help Find A Cause

On October 5, 2008,
Jennifer Harrington will
be running the Portland

Marathon in Oregon, to raise awareness and
donations for The SUDC Program in memory
of Preston Drummond (8/4/03-5/23/05). If
you live in the area, show your support by
cheering on Jennifer as she runs the 26.2
miles! You can show your support by
sponsoring Jennifer.

Fore more info visit sudc.org



SUDC PROGRAM

sudden unexplained death in childhood

The SUDC Program
c/o The CJ Foundation for SIDS
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30 Prospect Avenue
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special event possible.