

# **IRIS**

# INFANTS REMEMBERED IN SILENCE

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# Whispers of the Heart E-Newsletter

Please NOTE: IRIS will no longer be printing and mailing every newsletter. This will allow funds to be allocated to higher priorities. Our newsletters will be emailed, posted on our website, and on Facebook.

218 NW 3<sup>rd</sup> Ave.
Faribault, MN 55021
Phone: (507) 334-4748
e-mail: support@irisRemembers.com
www.irisRemembers.org

Offering parents, families, friends and professionals support, education and resources on the death of a child in early pregnancy, or from premature birth, stillbirth, neo-natal death, birth defects, sudden infant death syndrome (SIDS), illness, accidents, and all other types of infant and early childhood death

#### 2014 Board Members

Leif and Natalie Crooks - Faribault Denise Gillen - Faribault Anna Kettering - Faribault Allyn & Deanna Kuennen - Northfield Chris Petricka - Kenyon Michelle Priebe – Waseca Joshua & Devan Willour - Owatonna

#### **Founder and Executive Director**

Diana Sundwall

Founded in 1987

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IRIS

You are Invited To The IRIS Silent Vigil

October 15<sup>th</sup>
Pregnancy & Infant Loss
Remembrance Day

IRIS House – 218 Third Ave. NW Faribault MN 55021

6 - 8 pm

You are encouraged to create a luminary in memory of your child and join us! Don't live in the area? You are welcome to send us your luminary and we will be honored to light it for you.

#### The Luminary:

Create a memorial luminary by decorating a white paper lunch bag or other similar bag.

#### Don't have a white paper bag?

You can pick one up at the IRIS House before the event and decorate it at home You can decorate one at the September 23<sup>rd</sup> Support Group Meeting You can decorate one from 6 – 7 pm on October 15<sup>th</sup> at the IRIS House

#### **Luminary Lighting:**

Luminaries will be lit in silence from 7 – 8 pm in conjunction with other parents around the world.

#### **Unable to Join Us?**

If you are unable to join us please feel free to decorate a bag and mail it to:

IRIS hird Ave

218 Third Ave. NW Faribault MN 55021

We would be honored to light it for you.

If you would like your luminary returned to you please include a self addressed stamped envelope (SASE).

#### Suggestions on decorating a luminary in memory of your child:

- Include a picture of your child, grave-site, keepsakes, etc.
- Use your computer and printer to print on your bag.
- Use clear paper, such as vellum, to create a bag and/or use on your bag.
- Decorate your bag with color markers, cut out decorations, stickers, rub-on's, etc.
- Use scrapbooking papers and supplies to decorate the bag.

We will post pictures of the IRIS Silent Vigil on our website and on the IRIS Facebook page. We would love to see pictures of what you do at home for this special day and encourage you to post your pictures on the IRIS page as well.

#### **Upcoming Events**

- **09/23/2014 Evening Support Group Meeting** 7 8:30 pm at the IRIS House.
- 10/05/2014 Balloon Release & Pot Luck
- 10/07/2014 Turkey Trot Committee Planning Meeting
  6:30 pm at the IRIS Office.
- **10/08/2014 Midday Support Group Meeting** 11 am - 1 pm at the IRIS House.
- **10/14/2014 IRIS Board Meeting** 7 pm at the IRIS House.

#### 10/15/2014 - IRIS Infant Loss Remembrance Day in Faribault

New IRIS Anniversary Quilt Display -All day

Please visit the IRIS Website and Facebook Page for Locations and Times.

Join us at 7 pm for a Silent Candle Light Vigil at the IRIS House or Join with IRIS and other parents around the world as we remember and honor infants that have died by lighting a candle at 7 pm in your time zone.

- **10/21/2014 Common Burial** 6:30 Maple Lawn Cemetery
- **10/28/2014 Evening Support Group Meeting** 7 8:30 pm at the IRIS House.
- 11/04/2014 Turkey Trot Committee Planning Meeting 6:30 pm at the IRIS Office.
- 11/12/2014 Midday Support Group Meeting 11 am - 1 pm at the IRIS House.
- **11/25/2014 Evening Support Group Meeting** 7 8:30 pm at the IRIS House.

## 11/26/2014 - Turkey Trot - Early Check-in and Onsite Registration

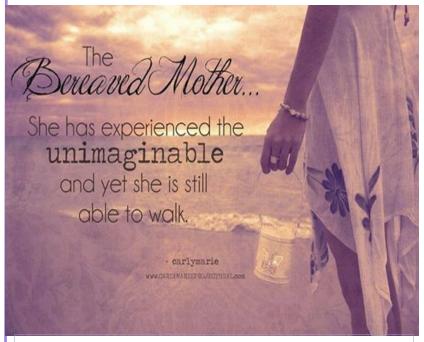
Early Check-in and Onsite Registration will be open from 4:00 - 6:30 pm at the Faribault Middle School.

#### 11/27/2014 - 6th Annual IRIS Turkey Trot

Check out our Turkey Trot event page for all of the details: http://www.irisremembers.com/trot

- 12/07/2014 21st Annual IRIS Holiday Service of Remembrance More info to be announced. Please Save the Date!
- 12/10/2014 Midday Support Group Meeting
  11 am 1 pm. All Support Group
  meetings are held at the IRIS House.
- **12/23/2014 Evening Support Group Meeting Canceled**No Support Group Meeting!

National Quilt Gathering in Washington, DC, Due to circumstances beyond our control, the National Quilt Project developed by Quietly United In Loss Together (QUILT) has been postponed and changed from quilt square to afghan squares. IRIS will no longer be participating.



#### **Support Group Meetings:**

**Midday Meetings** are held the second Wednesday of the month from 11 am - 1 pm

**Evening Meetings** are held the fourth Tuesday of the month from  $7-8~\mathrm{pm}$ 

All IRIS Support Group Meetings are held at the IRIS House. Anyone in need of support is encouraged to join us. Meetings are open to anyone who has had a child die during pregnancy (any gestational age) through early childhood. Meetings are a wonderful place to talk about your experience, your child, your feelings and concerns. You are welcome to bring keepsakes to share.



The Narcissus By: Mary I. Farr

An ancient parable tells of a child who visited a garden of wisdom with her grandmother.

As they wandered among the radiant sprays of delphinium, foxgloves, roses and delicate turks cap lilies, the old woman told her granddaughter about mysterious healing qualities of flowers. She spoke of roots and petals crushed into secret potions, exotic therapies, magic elixirs, soothing teas, and bewitching perfumes.

As they ended their walk, the grandmother invited the child to select a flower bulb to plant in her own garden. After inspecting the thick, dark tubers, the child made her choice and slipped it into the pocket of her dress.

"This is a very special bulb you've chosen", said her grandmother. "It is called a narcissus, and you must cultivate it with great care in order to gain all of its healing benefits. In fact, the first thing you must do when you get home is place it in a dark spot, and leave it there until it begins to sprout. Once it grows roots, you can take the bulb into the daylight and plant it in the garden with the rest of your flowers."

The little girl promised to do as her grandmother said ..... at least until she got home.

Then, after finding just the right place in a cellar closet, the child could not resist opening the door every hour or so to see if the narcissus had sprouted. Each day she jumped from her bed, raced to the damp, earthen room and peered through the shadow into the closet. And each day brought another disappointment. She wailed to her grandmother who listened politely but only encouraged patience. Secretly the grandmother removed the bulb from the cellar, washed the dirt away and examined it with a reading glass ..... Nothing.

(Narcissus cont. on pg. 5)

#### She was only mine a while

By Kymberli Brady © 1999

Lord, today I sent my baby to You Please give her wings and let her fly She's new at this so take it slow Teach her how they flutter by I'll miss her so though we'd never met And I'll never know her smile But You need her and now she's Yours She was only mine a while She'll never know pain And she'll never know fear For I know that You will keep her near And now...

I close my eyes to say good-bye And watch her fly away to You Please keep her, Lord, and love her 'till I get my wings and join You, too.

#### There's This Place Gretchen Kemp

"There's this place in me where your fingerprints still rest,

your kisses still linger, and your whispers softly echo. It's the place where a part of you will forever be a part of me."



Healing doesn't mean
The damage never existed,
It means the damage
No longer controls our lives.

#### Southern Minnesota Initiative Foundation Awards\$18,434 in Valspar Paint

Valspar Paint Donated to IRIS through the Southern Minnesota Initiative Foundation

OWATONNA - Southern Minnesota Initiative Foundation (SMIF) awarded \$18,434 worth of Valspar paint to 20 projects across the region with Infants Remembered In Silence, Inc. (IRIS) of Faribault receiving 60 gallons for painting of the exterior of the IRIS House, the basement (that is soon to be sheet rocked), kitchen area and other unpainted areas of the house.

Picture-It-Painted is a partnership between SMIF and Valspar Corporation in support of community beautification and restoration projects throughout southern Minnesota.

Since 1998, SMIF and Valspar Corporation have awarded over 8,000 gallons of paint valued at over \$175,000 to more than 200 projects in southern Minnesota. The grant is awarded to projects that will have a visual impact, provide a public benefit



Pictured left to right: Susan Carter (Manager, Valspar Foundation), Lori Mickelson, Diana Sundwall. Tim Penny (President, Southern Minnesota Initiative Foundation)

to the community, and involve volunteer participation.

This year, over 700 gallons were awarded to different beautification projects in southern Minnesota.

"The Picture-it-Painted program reminds us that collaboration shapes and improves our communities. These projects involve a number of volunteers and will provide their communities with an asset they can enjoy for years to come," said Tim Penny, SMIF President and CEO. "We are pleased to support these projects that will improve the look of our region."

#### Picture It Painted—Southern Minnesota Initiative Foundation



What a awesome grant—IRIS received 60 gallons of paint—enough to paint the exterior of the IRIS house as well as the kitchen, upstairs bathroom, interior porches,

and touch up the other walls and ceilings. We also plan to finish off the lower level and have paint to complete that! Needed: volunteer painters, drywall hangers, and handyman crew. We also need volunteers to assist with prep work such as taping off areas for the painters, and clean up like sweeping, and cleaning areas, brushes, and other paint tools. If you are interested and able—please call our office at 334-4748. Your help is needed!



# Don't Miss this Special Opportunity to Share Memories through Scrapbooking!

"The child is not with us, but the heart and soul have the need to remember."

How wonderful would it be for you to have something you treasure, something to look through, a way to remember the moments you shared? The feeling would be Amazing!

On October 18, 2014, IRIS will be hosting a very special day of Scrapbooking! This is a FREE event! We have all of the supplies you will need!

So, what is scrapbooking? Scrapbooking is preserving special memories, pictures, and keepsakes that you have of your child. It is a creative outlet, allowing you to memorialize the child that has died regardless of his/her age. Scrapbooks hold some of the most priceless moments of the person's life and tell us a story regardless of how long life was. Creating a scrapbook allows us to appreciate our wonderful memories of the child and allows us to honors his/her memory.

Many things have changed in your life since your child's death, but the priceless memories you have created will forever be a treasure. Creating a Scrapbook helps you see and remember those moments and helps to preserve them for years to come.

It is also an opportunity to enjoy time spent with other parents who have had similar experiences and are not fearful of seeing your pictures or hearing your story because they have been in your shoes and truly understand.

Mark your calendar now for this very special day: Saturday, October 18<sup>th</sup>, from 9 am – 9 pm. You are welcome to bring your own scrapbooking supplies or use the scrapbooks, papers, embellishments, and other decorations that have been donated to IRIS.

All you need to bring is your pictures from pregnancy or ultrasounds; photos of your child, or of a memorial event or funeral; and other keepsakes. We will help you with the rest.

Meals and Treats: You are also welcome to bring a treat to share (not required), a bag lunch, and your own beverages. IRIS will provide supper.

To register, please contact Natalie at the IRIS Office (507) 334-4748 or email: support@irisRemembers.com



MILK MOOLA—IRIS collects the Kwik Trip Milk Moola labels. Bring them in and our volunteer will take care of the rest. In March we received \$123.40! Remember to wash/rinse the labels before bringing them to our office. THANK YOU!!



#### Gopher Sports is a 2014 Turkey Trot Diamond Sponsor!



Pictured above are employees from Gopher Sport along with IRIS staff and Turkey Trot volunteers.

Coming soon....the 6th Annual IRIS Turkey Trot! We hope you plan to join us on Thanksgiving morning, November 27, 2014. You can run, walk, trot or jog, bring the kids and bring your dog! We will have prizes for the top runner in each age category, and treats for all participants at the end of the race.

IRIS received a \$2,500 donation from Gopher Sport in Owatonna in March 2014. Turkey Trot planning began early this year in the hope of allowing more people to volunteer and participate. Generous donations continue to come in to our office!



TURKEY TROT WEBSITE REGISTRATION IS OPEN

T-shirts provided to <u>ALL</u> participants who register by 11:59 PM on November 9, 2014. Register to guarantee your t-shirt! www.irisRemembers.org

(Narcissus cont. from pg. 3)

"Then one day, after the little girl had given up hope of ever seeing her narcissus become a flower, her grandmother called from the cellar steps. Look here", said the old woman. "Something has happened to your bulb."

The little girl gasped in disbelief. Indeed, something HAD happened. The bulb had grown a hardy set of roots, and from its top poked a soft green nub. Sure enough, the narcissus was going to bloom after all, and after she had give up hope.



And this is how the narcissus came to be known as the flower of the new heart. As is the case in our human lives, real growth often takes place in darkness. God and healing most often meet in the unlit places of our hearts. It is the winter days and violet nights that invite us to send down roots ..... to grow in courage and hope, coaxed into spring and toward the promise of a new heart.

# IRIS Turkey Trot

5K Walk, 5K & 10K Run, Gobble Wobble, and Tot Trot



# Thanksgiving Morning November 27, 2014

Held regardless of weather conditions

#### Faribault Middle School

704 - 17th St. SW, Faribault, MN

Early Check-in:

/ Check-in: November 26<sup>th</sup> ~ 4:00 - 6:30 pm

Day of Check-in & On-site Registration:

November 27th ~ 7:00 am

#### Event Times:

7:50 am - Line Up Kids Events

8:00 am - Gobble Wobble

8:10 am - Tot Trot

8:20 am - 5K & 10K Line Up

8:30 am - 10K Timed Run

8:35 am - 5K Timed Run

8:40 am - 5K Walk

For more information contact Infants Remembered In Silence (507) 334-4748

email: trot@irisremembers.com

visit www.irisRemembers.org

join us on Facebook!

All proceeds benefit:

Infants Remembered In Silence, Inc. (IRIS)

a 501(c)3 nonprofit organization

# Register at <u>www.irisRemembers.org</u>

Register by November 9th to guarantee your T-shirt



#### Infant Memorials

- **Henry Bushberger** Aaron & Lisa Bushberger
- **Amy Cibuzar Bruzek Funeral Home** Gina & Greg Cibuzar
- **Baby Frankie** Claudia Panossa
- **Baby Havumaki** Christina Havumaki
- **Bryson Matthew Hennen** Marsha & Michael DeGroot
- Sam Hoke Leah Penn Boris
- **Christian Joel Kriesel** Grandma & Grandpa
- **Erin Grace Kriesel** Larry & Julie Kriesel
- Korbin Allan LeMieux Becky & Allan Baker Amalie & Tyler LeMieux
- Elle May Lindenfelser Megan & Cole Lindenfelser
- **Lucas James Loomis** Andrea & Mark Loomis
- Joshuah Neubauer Vicki & Charlie Mach Angie & Dan Neubauer
- Sarah Pagel Gemini, Inc
- **Noah Priebe** Michele Priebe

- Samuel Priebe Michele Priebe
- **Brock E Reyerson** Donald & Susan Reverson Andy & Darci Reverson
- **Baby Scott Judy Carver**
- **Kristen Margaret Stortz** Bev & Paul Nichols Heather & Carl Stortz Megan Gluth & Peg Bohan
- **Derek Sundwall** Helen Kellev Diana Sundwall
- Morgan Ann Twedt Stacie & Dale Stensrud Matt & Paula Twedt
- Erica Vandereide Marianne Vandereide
- **Kelly Vandereide** Marianne Vandereide
- William Thomas Wagner Sheri & Tim Wagner
- **Corbin Lawrence Wall** Lawrence & Barbara Crabtree Marie Crabtree & Derek Wall
- Maya Analise Will Marisa Rueda
- Nasir Zaevon David Williamson Katie & Quan Williamson
- **Anthony Michael Zimprich** Jon &Vanessa Zimprich



https://www.etsy.com/shop/Corbinscandles

Corbin's

Candles



#### **Adult Memorials**

- Annette A Kubista Jerome Kubista family
- **Nettie Hatlen Berry** Brian & RoJean Sweeney



# Donations given in Honor

- **Eleanor Raidt**
- Lani Embury
- **Ashley Purfeerst Bridal** Party
- Flynn Walker



#### THANK YOU!!

United Way of Dodge County
United Way of Faribault
Waseca Area United Way
Northfield Area United Way
\$4,500
\$2,375
\$2,000
\$1,000

### **United Way**

#### **General Donations over \$1,000**

Clear Channel Gopher Sport Little Black Dress MN Community Foundation MN Valley Electric Trust (ORU)



Brown Printing Company Boldt Funeral Home Church of St. Dominic

#### **General Donations \$250 - \$499**

Images 4 Life Ladies Eagles Auxiliary - Faribault Truist Wells Fargo Community Support Campaign

#### **General Donations Under \$250**

Community Shares of Minnesota-Allina Dodge County Child Care Association Kwik Trip, Inc. Medford Catholic Daughters (CDA) Rice County Abstract & Title St. Patrick's Church CCW Shieldsville

#### **Personal Donations**

Tanya Anderson Ryan Ball Ella Beardsly Brian & Brenda Brandt Karen & Frank Dempsey Debra Dwver Amanda Hall Marlene Hunt **Deborah Greising** Corrie Guggisberg Sara Jackson Dick & Anna Kettering Lisa Knack Joseph & Staci Martin Tara Miller Daniel & Angie Neubauer Mary Kay Reynolds Betty & Bernard Smisek Deeann & Darren Wacker Margaret & JD Walker





# Thank You for Your In Kind Donations

- Allina Hospital—Baby wash basins and Baby Bath
- Cedar Chiropractic—Copy Paper
- In Memory of Kay Heiskari—Yarn and other Sewing and Craft Supplies
- Jason Krohn—Screen Door and other Handyman Repairs.
- ♥ Shine Grant to help with printing needs.
- Patricia Koopman—Assorted Fabric
- Chris Petricka—Bathroom Mirror
- ♥ Linda Sammon—Ceiling Fans
- YMCA Metro-group and Johnnie Walker—31 students and 4 adults helping with yard cleanup on July 10th
- Anna and Dick Kettering—Using their truck to haul yard work clippings to the dump! And the Expo table entry fee.
- City & Lakes Garbage—waste removal for the year!
- ♥ Lorna Zincke—handmade hats
- Dean Fahrendorf—handmade children's toys
- ▼ I & S Group—using copier for printing needs
- Sherri DeBettignies

  Blanket and Hat
- ♥ Denny McBride—Driveway Snow Removal
- Mortenson Fire & Safety—Fire Extinguishers
- Joan & Randy Paulson family— "I Love You Forever" book
- ♥ Sharon Bonin—baby quilt and bib set
- ♥ Jane and Steve Cross— door way rug
- Jason and Jenny Goodwin—Glider Rocker
- Hutchinson House—use of house for "Return to Zero" viewing
- Kathy Roth—bridal gown for infant items
- ♥ Jamie Walburn—bridal gown for infant items
- ♥ Stacy Bowman—bridal gown for infant items
- ♥ Lorna Zincke—handmade hats
- Amy Mickelson—Large Seashells
- ▼ Kathy Brady—knit blankets and knit hat
- Alex Lemke—Boy Scouts Eagle Project landscaping
- Milt's Lawn Service—fertilize and weed spray

#### **Volunteer Spotlight ~ We "LOVE" our volunteers**



Pictured are Diana Sundwall IRIS Executive Director, Anna Kincade IRIS Volunteer and Unsung Hero, and Anna Kettering IRIS Board President.

Anna Kincade was named one of the 2014 Unsung Heroes in Faribault, MN for the countless hours she dedicates to IRIS. Kincade has been an IRIS volunteer for over 15 years where she has knit or crocheted approximately 1,000 blankets and caps for infants and young children who have died. The blankets and caps range from simple to extremely ornate, tiny to crib-sized. These special blankets and hats are hand-knit or crocheted for a child to be wrapped in, buried in, or saved as keepsakes. Kincade also makes Prayer Shawls for IRIS to give to grieving families or a sick infant in intensive care.

"Anna has touched the lives of thousands of people that she will never know," Sundwall wrote in her nomination. "She brought a sense of peace and great comfort to grieving families."



#### Volunteers needed!!!!

Experienced drywall hangers
Basic yard work
Lawn mowing
Painting

Have a spare 30 minutes each week? Like to sweep, vacuum or dust? IRIS House needs a volunteer to help with simple cleaning chores either weekly or monthly or whenever you would like to volunteer! Hours would be during our business hours—please call the office if you are interested and would be willing to volunteer your time!



#### **IRIS Wish List**

- Printer Ink (HP 61 Tricolor and Black)Baby Yarn
- Trash Bags (tall kitchen and yard)
- ▼ Avery Labels 5160
- Toilet Paper
- ▼ Kleenex
- Paper Towels
- Dawn Dish Soap
- ♥ Furnace Filters (16 x25x1)
- Yard Rakes
- ♥ Embroidery Machine
- Card Stock
- Sheetrock
- Volunteers













## Infants Remembered In Silence

Would like to invite you, your family, and friends to our:

12<sup>th</sup> Annual

# Potluck & Balloon Release

Sunday October 5, 2014

## Kinder Park

(The IRIS Park)
Located at the corner of 17<sup>th</sup> St. and 24<sup>th</sup> Ave. in NW Faribault (Behind the Faribault Golf Club)

# Potluck at 12 Noon

IRIS will provide plates, napkins, silverware, and bottled water.

Please bring a dish to share and your own beverage if you would like something other than water.

# Balloon Release 2 pm

Bring your own latex balloon(s) to release (as many as you would like)
Mylar (foil) balloons do not work well, are bad for the environment, and are not usually found.

Please contact the IRIS Office if you have any questions: Phone 507-334-4748 or <a href="mailto:support@irisRemembers.com">support@irisRemembers.com</a>

## Balloon Release Suggestions

1. <u>Blow up your own balloons</u>: Purchase a small tank at Wal-Mart, Target, etc. Consider placing a hand written note to your child, flower seeds, etc. inside the balloon. (Sharp corners will pop the balloons.)

<u>Purchasing your balloons:</u> Call several days ahead and <u>order</u> your balloon. Tell them that they are for a balloon release and do not need to be weighted. Balloons can be ordered at most grocery stories, flower shops, and party shops.

<u>Do NOT Release Mylar</u> (foil) Balloons, they are bad for the environment and are not usually the ones found. Latex balloons are degradable.

2. <u>Place a tag on each balloon</u>. On a computer create a special 3 ½" x 2" tag (business card size). Print the tag on plain computer paper; include your child's name, dates, picture, message, etc.

For safety reasons and convenience, please include the IRIS info. We have had calls from people who have found a balloon several years after it's been released and they could not read the child's name but could read the IRIS info. Those finding the balloon tags have stated they felt more comfortable contacting the Organization rather than the parents.



- 3. Cover each tag with clear contact paper before tying to balloon string.
- 4. IRIS will have tags and contact paper at the balloon release if you need them.
- 5. <u>Bring your balloons in a large bag</u>. Have the strings and tags inside so the wind will not tangle them. (Clear bags look nice filled with balloons)
- 6. Leave balloons in your car; be sure to crack your windows so the balloons don't pop.

If you have questions please contact the IRIS office (507) 334-4748 or <a href="mailto:support@irisRemembers.com">support@irisRemembers.com</a>

You may find it interesting to know that in the past 6 years only men and young boys have found balloons and called in to the office and we have had one Mom who called in for her son who found the balloon.

One balloon was found in WI still partially frozen in the lake ice and balloons from the 2007 release were found in Athens PA (1,211 miles in 50 hours) and Selkirk NY (1,253 miles in 48 hours). We have also had balloons found in Germantown Maryland (1,175 miles in 24 hours) A balloon was found 10 miles from the White House in Washington D.C. Balloon tags have been found 8 years after their release!