



IRIS

1987 -2012

# Infants Remembered In Silence

*Whispers of the Heart Newsletter*

January 2012

As we celebrate the momentous occasion of our 25<sup>th</sup> Anniversary, we at IRIS would like to ask you to take a moment to reflect on how much our services have meant to you, your family, and friends. We sincerely hope that IRIS services have meant as much to you as they have to IRIS advocates, volunteers, staff, and board members. The experience of being with grieving parents and the child that has died is a true honor for us and a very rare experience for IRIS Parents.

As you may expect there will be many special events in 2012 to honor your precious child and our 25<sup>th</sup> Anniversary. Our goal is 25 memorable events that we encourage all of you to take part in. In the following pages you will find information on some of these wonderful events including:

- The IRIS Pancake Breakfast
- The IRIS Advocate Training Conference
- Memorial Water Lanterns ~ A Must See Event
- Heirloom Album Making
- Memorial Quilt Squares and Square making events

The IRIS Advocate Training Conference is something many of you have been asking for. It is open to anyone from around the world that would like to learn how to provide the very unique services provided by IRIS. Thanks to a wonderful donation, **Scholarships are Now Available** for this incredible opportunity!

Be sure to keep an eye on the IRIS website for current and up to date information on events and our expanded newsletter that will offer additional poems, memorial donations and much more.

I hope that you will be joining us this year as we celebrate 25 Years of Caring and Compassion for IRIS parents and their precious children.

Diana Sundwall  
IRIS Founder and Executive Director

## IRIS 25<sup>th</sup> Anniversary Events Save the Dates

- February 12<sup>th</sup>  
IRIS Pancake Breakfast 8 – 12 noon  
Silent Auction Items needed
- MN BBQ Contest – May 18<sup>th</sup> – 19<sup>th</sup>  
Volunteers needed ~ More Info TBA
- April 20<sup>th</sup> – 22<sup>nd</sup>  
IRIS Advocate Training Conference  
See enclosed brochure ~ Scholarships available
- March 10<sup>th</sup>  
Heirloom Album Making  
All Purpose Room  
1207 Prairie Ave. SW, Faribault  
Meals Provided (Bring a treat to share – optional)  
Bring you precious child's keepsakes & Pictures to work on.
- July 14<sup>th</sup>  
Memorial Water Lanterns  
More info TBA
- August 18<sup>th</sup>  
LaCanne's Memorial Golf Tournament and  
Butterfly Release – Faribault Golf Club  
More info TBA
- October 7<sup>th</sup>  
Balloon Release and Pot Luck
- December 2<sup>nd</sup>  
Holiday Service of Remembrance

*For more info please stay updated by visiting the IRIS website.*

## Events with Dates to be Announced

Proceeds donated to IRIS

- For the Love of Joshuah Softball Tournament
- A Memorial Truck and Tractor Pull
- Memorial Planting
- Volunteer Appreciation

Infants Remembered In Silence, Inc.  
101 NW Third St, Faribault MN 55021  
Phone: (507) 334-4748  
E-mail: [iris@qwestoffice.net](mailto:iris@qwestoffice.net)  
Website: [www.irisRemembers.com](http://www.irisRemembers.com)

Scholarships Now Available!



# Why Attend the IRIS Advocate Training Conference?

This IRIS Advocate Training Conference is the premier training event of the year. The Conference provides a rich learning environment for both professionals and those who have experienced this great loss themselves and now wish to make the healing journey better for those who currently grieve the death of a child. The training offers current and cutting-edge practices and techniques to give optimal care for the child and grieving parent(s) while allowing them to make the decisions that best fit their unique needs and beliefs regarding their precious child. IRIS Advocate training is a "hands on" training that focuses on working directly with the child that has died. The techniques you learn can be used in a hospital and/or funeral home setting. You will learn to work directly with children that have died during early pregnancy, before birth, at birth, and through early childhood, from all causes. You will learn how to assist the parents in creating keepsakes, how to answer their difficult questions, and offer support for years to come. Scholarships are now available!

## Our blueprint for success is simple

Small class sizes, one-on-one attention, instructors with "Real-World" experiences in the field with a hands-on approach to learning.

## Welcome

Infants Remembered in Silence, Inc. (IRIS) is excited to announce its 2012 IRIS Advocate Training! IRIS is honored to present a comprehensive, national training, geared towards bereaved parents and professionals who wish to assist newly bereaved parents and staff in a unique "Hands On" environment.

## What is IRIS

Infants Remembered In Silence, Inc (IRIS) was founded in 1987 to meet the unique needs of families grieving the loss of a pregnancy, or death of an infant, or young child. In 2012 IRIS will celebrate 25 years of caring for the child that has died and his/her bereaved parents.

### IRIS Mission Statement:

Infants Remembered In Silence, Inc. (IRIS), a nonprofit organization, supplements the care given by the medical, mental health, and religious communities providing resources and referral information, support and education to parents, family, friends, and professionals after a child dies in early pregnancy (ectopic pregnancy, molar pregnancy, miscarriage, etc.) or from stillbirth, neo-natal death, sudden infant death syndrome (SIDS), sudden unexplained death of a child (SUDC), birth defects, illness, accident, and all other types of infant and early childhood death.

## Who Should Attend?

- Those who have experienced an infant loss themselves and wish to improve the journey for those who currently grieve the death of a child
- Health care professionals
- Funeral directors
- And others who wish to support grieving families



*"I truly don't know if I would have survived without IRIS. They were there when we couldn't speak; they knew what the tears meant, what our questions were, and how to help us make decisions. I don't know what we would have done without them."*

~ An IRIS Parent

## Continuing Education Credits

IRIS is an approved provider of Continuing Education Recognition points/hours. CEU's will be made available upon request. 17 hours of education will be provided; CEU's will be calculated accordingly. No partial contact hours will be issued.

## Grant Support

Thanks to donations from the Cities97 "City Sampler" Holiday CD sales (produced by Cities97 Radio in the Twin Cities) and a Legacy of Angels Donation, we are pleased to announce that ALL Participants for this IRIS Advocate Training will receive a grant for \$455 off the \$900 registration fee. This will bring your cost for the three day training down to \$445 plus lodging.

Thanks to these wonderful grants we are able to provide all participants with nine (9) boxed clothing sets for infants 10 – 42 gestational weeks, a bereavement support packet, assorted books, and training materials at no additional charge.

## Conference Goals & Objectives

- To raise awareness of the overwhelming impact infant loss has on parents, grandparents, family, friends & coworkers.
- To provide you with the skills and confidence to work with grieving parents and professional staff.
- To train you in methods appropriate for working with these precious infants/children.
- To teach you skills to create lasting memories with/without the parents participation.
- Upon fulfilling the requirements and standards as established by Infants Remembered In Silence you will be qualified as an IRIS Certified Advocate (ICA).

*"When I was a kid if I got hurt my Dad would say "Well if that's the worst thing that happens to you in your life then it's not too bad." Somehow it always helped. I kept waiting for him to get to the hospital. I knew he would say it, and somehow he could fix it. When he walked into the room, he looked so sad and didn't say "If this is the worst thing that happens..." that's when it really sunk in. He couldn't fix it, he couldn't make it right. My son was dead and for the first time in my life my Dad couldn't fix it. My life was over, and I knew it."*



~ An IRIS Mom

## Love the Cause, but Unable to Attend

You are welcome to participate by making a tax deductible contribution to IRIS a 501(c)3 non-profit.

## Families and Children

IRIS is committed to an environment conducive to learning for all conference attendees. Due to sensitivity of this training and your required time commitment, it is not suitable for babies or young children to attend. Out of respect for others we ask that children are not in the training area, meetings, or at gatherings. If you choose to bring children, please have a support person to care for them in non-training or meeting areas. We appreciate your cooperation.



## Conference & Lodging Location

Gainey Conference Center  
2480 South County Road 45  
Owatonna, MN 55060

The Gainey Conference Center provides all of the comforts of home. From the moment you are welcomed by their attentive staff members, you will know that you have found one of the most prestigious facilities in Minnesota. Located in Owatonna MN, just south of the Twin Cities, the Gainey Center's heritage is one of excellence and Midwest hospitality. For more information and detailed directions to the beautiful Gainey Center, visit [www.stthomas.edu/gainey](http://www.stthomas.edu/gainey)

## Reservations

Hotel reservations will be made for you when registering for the conference. You will have a choice of a private room or sharing your room with another conference participant.

## Directions & Transportation

The Gainey Conference Center is located one hour south of the Twin Cities and 40 minutes west of Rochester, Minnesota. Major airline service at the Minneapolis-St. Paul International Airport brings the Center within easy reach of all parts of the country. NOTE: GPS navigation to the Gainey Center *will not work*, please follow the directions and map listed at [www.stthomas.edu/gainey/maps](http://www.stthomas.edu/gainey/maps)

## Important Conference Details

- Registrations are taken in order received with a maximum of 50 participants.
- All breakout sessions will be limited to ten participants to allow for one on one instruction.
- Lodging fee will be paid with conference registration.
- Register now so that you can reserve your spot for this premier training event!

## Registration, Cancellation, and Refund Policy

- Registration fee must be paid in full by March 15, 2012.
- All refund requests must be submitted in writing and postmarked no later than March 10, 2012. We will refund the entire registration fee minus a \$100 administrative fee. No refunds will be given for cancellations made after the deadline.

## Registration Details

Registration is extremely limited. All registrations will be processed in the order received. Those interested in attending this unique training are asked to complete the registration form below. All registrations must be prepaid to attend. Payment options: Check (made payable to IRIS) or online with PayPal.

## Registration Includes

- Hotel accommodations
- Welcome reception
- Memorial reflection area
- IRIS 25<sup>th</sup> Anniversary Banquet
- Parent, Grandparent Displays and Discussion
- Conference workshops
- Conference manual and handouts

- All meals and breaks
- Continuing education contact hours
- Exhibits
- Training and testing supplies
- Nine (9) clothing sets for infants 10 – 42 gestational weeks
- Bereavement Support Packet
- Additional Books
- Book Store

## IRIS Store, Vendor Displays, and Memorial Area Open

Friday 1:00 pm – 5:00 pm  
Saturday 11:00 am – 1:00 pm & 4:00 – 5:00 pm

## Daily Highlights

- Creative Memories photo editing opportunities: Do you have a picture of your precious child that you would like tubes removed from, skin problems fixed, skin/nail color alterations, etc. Please bring one (1) picture to our Creative Memories experts to enhance. There are simple techniques to edit these pictures and show the child's perfect beauty.
- Memorial/reflection area: Please bring your keepsakes to share
- IRIS Store
- Gainey Center Events (bonfire, nature walk, etc.)
- Create a memorial square for the IRIS 25<sup>th</sup> Anniversary quilt

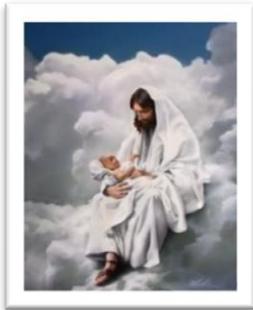
## Workshop Details

It's against the laws of nature for a child to die before their parents. In the past it was considered taboo to see, hold, touch, or talk about your child that had died. Today we know that seeing, holding, touching, and talking about the child is the beginning of healing, the beginning of moving forward, the beginning of lovingly remembering this precious child. IRIS Advocates work directly with parents, granting them permission to cry, to grieve, to ask questions, and assist them in creating memories that will last a lifetime. As an IRIS Advocate Trainee, you will be attending training workshops on:

- Parents & Grandparents Point of View: what's requested and needed, Q & A
- Doula services for grieving parents
- Preservation of the child's body
- Autopsies
- Keepsakes
- Dealing with Families: immediate and extended
- Support Groups – Listening with your heart
- Self Care for Advocate
- Legal Requirements and documentation
- Reality, where do we go from here?
- Getting advocate services into Hospitals/Funeral homes

Visit: [www.irisRemembers.com](http://www.irisRemembers.com) for more info, printable registration form, and online registration, or call the IRIS office (507) 334-4748

**Scholarships available**



### He Sings me Lullabies

Author unknown

Daddy, please don't look so sad, Mama please don't cry  
Cause I am in the arms of Jesus and he sings me lullabies.

Please try not to question god, don't think he is unkind,  
Don't think He sent me to you, and then he changed his mind.

You see I am a special child, and I'm needed up above,  
I'm the special gift you gave him. The product of your love,

I'll always be there with you so watch the sky at night,  
Find the brightest star that's gleaming,  
it's my halo's brilliant light.

You'll see me in the morning frost  
that mists your window pane,  
That's me in the summer showers  
I'll be dancing in the rain.

When you feel a little breeze from a gentle wind that blow,  
That's me, I'll be there planting a kiss on your nose.

When you see a child playing and your heart feels a little tug,  
That's me, I'll be there giving your heart a hug.

So Daddy Please Don't look so sad, Mama don't you cry.  
I'm in the arms of Jesus and He sings me lullabies.



### Thank You

We at IRIS would like to say  
Thank you to our very special  
volunteers who have been so very  
active in the last three months  
including: Anna Kincade,  
Loretta Haney, Sharon  
Christenson, DeeAnn Wacker,

Renee Kleeberger, Margaret Walker, Ashli Schmidt, Anna  
Kettering, Stacy Chmelik, Deanna & Allyn Kuennen,  
Courtney & Chad Wolff, Sherry Lee, Carol Underfurth, Libby  
Schmit, Natalie & Leif Crooks, Sheri & Jon Velishek,  
Vanessa & Jon Zimprich, Sue Rau, Amber Warnemunde, the  
students at Northfield Area Learning Center, Sue & Tony  
Reuvers, Katie Raidt, Denise Gillen, Chris Petricka, Jaclynn  
Lansing, Jenny Umbreit, Julie Longshore, Brandi Petricka,  
Angie, Connie DeGrood, Andrea Vogelsberg, & Jason  
Petricka, Kelly Krause, Melanie LaCanne, Morristown Fire  
and Rescue, Boy Scout Troop 306, Amy Selly, and the  
hundreds of volunteers from the IRIS Turkey Trot, Holiday  
Service, and in the IRIS Office! Words cannot express what  
your kindness has meant to others.



In Memory of a special IRIS  
volunteer and bereaved mom.

### Sue Burger

9/1/1953 ~ 11/18/2011

### Footprints In The Sand

One night a man had a dream. He  
dreamed he was walking along the beach with the lord. Across  
the sky flashed scenes from his life. For each scene, he noticed  
two sets of footprints in the sand; one belonged to him and the  
other to the Lord.

When the last scene of his life flashed before him, he looked  
back at the footprints in the sand. He noticed that many times  
along the path of his life there was only one set of footprints.  
He also notice that I happened at the very lowest and saddest  
time in his life.

This really bothered him and he questioned the Lord about it.  
"Lord, you said that once I decided to follow you, you'd walk  
with me all the way. But I have noticed that during the most  
troublesome times in my life, there is only one set of  
footprints. I don't understand why when I needed you most  
you would leave me."

The Lord replied, "My precious child, I love you and I would  
never leave you. During your times of trial and suffering when  
you see only one set of footprints, it was then that I carried  
you."



### An Angel's Grace

Written by: Uncle Adam Anderson

Though you were only with us for a moment,  
Your impact on us will be permanent.

On paper you left tiny hand prints,  
In our hearts you molded a deep imprint.

In our minds you will forever stay,  
Grace Elizabeth is your name.

Although you were hard to let go,  
God had other plans for your soul.

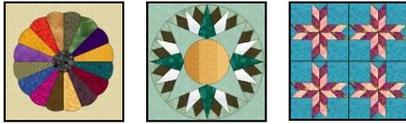
You will never be forgotten by those who love you,  
Tears will fall for those who never got to know you.

Even though your life consisted of just one breath,  
That one breath we will never forget.

And though we will never know why you were taken away,  
Oh how we would have loved if you could stay.

But God had plans for you in another way,  
Angel Grace Elizabeth is now your name.

In loving memory of my niece  
Grace Elizabeth Anderson  
October 16, 2010



### “Infant Loss Memorial Quilt”

The Infants Remembered In Silence “Infant Loss Memorial Quilt” is designed to honor, remember, and celebrate an infant or young child that has died.

#### Who can contribute a quilt square?

Anyone who has had an infant or young child die.

#### How many blocks can I make?

Due to the tremendous overwhelming response to this project and the size of each block, we request that each family honor their child by creating one (1) block per child that has died.

#### General Requirements for IRIS Quilt Block

- Finished quilt block must be 12 inches by 12 inches square.
- Each block will have a center square that will hold information such as name, date of birth, date of death, pictures, etc. (color of your choice) See pattern.
- Your entire design must fit inside the 8 inch center square of your block.
- Each block will have a 2” boarder on all sides. (color of your choice) See pattern.
- Block must be made of a durable washable fabric. It is our experience that the quilt will be touched, handled, and folded often. 100% cotton fabric is recommended to ensure that your child’s block will withstand normal wear and tear.
- Inkjet printable fabrics are acceptable.
- Finished quilt block should NOT be “hemmed or finished” in any manner.

#### ONLINE INFO

#### Helpful Hints, Deadlines, Mailing Information, Quilt Release Form and Pattern Available at

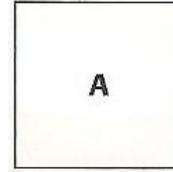
[www.irisRemembers.com](http://www.irisRemembers.com)

IRIS will be hosting several “Block Days” where you will be able to create your own Memorial Block. Dates and Location will be posted online.



## IRIS Memorial Quilt Block Pattern

1. Cut pieces as indicated below.



Cut 1 of Piece “A”  
9 ¼” Square

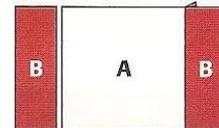


Cut 2 of piece “B”  
9 ¼” X 2 ½”

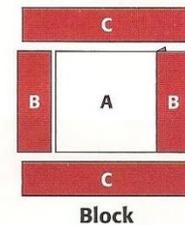


Cut 2 of piece “C”  
12” X 2 ½”

2. Decorate piece “A” being sure to leave ⅝” boarder for the seam allowance on all sides.
3. Sew pieces “B” to the right and left side of piece “A” as indicated.



4. Press seam allowance toward piece “B”.
5. Sew pieces “C” to pieces “A” and “B” as indicated below.



6. Press seam allowance toward piece “C”.
7. Complete paperwork and mail to:

IRIS Quilt  
101 Third St. NW  
Faribault, MN 55021



## Corporate Donations

- ♥ Allina Health System – Matching Grant Program: Thorson Starlett (Volunteer Program) - \$100
- ♥ Our Lady of the Prairie Church - \$400
- ♥ VFW #3723 – Owatonna - \$50
- ♥ LaCanne’s Marine Golf Tournament - \$2,785
- ♥ For the Love of Joshua Softball Tournament - \$600
- ♥ Kwik Trip (Milk Moola) - \$82
- ♥ Razoo – GiveMN - \$218
- ♥ Hickory Tech – Matching Grant (Pam Lehrke) - \$30
- ♥ ABC Companies - \$2,500

## Personal Donations

- ♥ Kathie & Stan Hanson
- ♥ Kelby & Donna Woodard
- ♥ Emily Steffel
- ♥ Pamela & Mark Stelten
- ♥ Patrick Schroeers
- ♥ Jeffrey & Bonnie Luskey
- ♥ 3 Anonymous Donations
- ♥ James D. & Margaret Walker
- ♥ Emily Velishek
- ♥ James & Joanne Pichner

## In Kind Donations

- ♥ Paula Pertoutka for the light bulbs
- ♥ St.Paul’s German Lake Church – Joyce Bohlen for all the blankets
- ♥ Father Doyle for officiating the Holiday Service and to Shattuck for use of the Chapel of the Good Shepherd for the Holiday Service of Remembrance
- ♥ Judy Kunkel and Anna Kincade for Blankets
- ♥ Lorna Zincke for hats
- ♥ Nancy Geren for Prayer Shawls
- ♥ Thank you to Jacob’s Well – Prayer Shawl Ministry for the prayer shawls



- ♥ Northfield Area United Way (2010 Grant) \$250
- ♥ United Way of Faribault (2<sup>nd</sup> Quarter) \$1125



## In Honor of

In Honor of Mom Raidt  
Margaret & JD Walker



## Adult Memorials

- ♥ In loving memory of Sue Berger

Matt Berger  
Tommy Berger  
Dennis & Patricia Germann  
Rodney & Susan Owen  
Raymond Navarro  
Donald & Elizabeth Thomas  
Diana Sundwall  
Stacy Chmelik

- ♥ In loving memory of Dad Margaret & JD Walker

*“The best and most beautiful things cannot be seen or even touched; they must be felt with the heart.”*

*~Helen Keller*



## Memorials

- ♥ In loving memory of Joseph Thomas Markman Mom & Dad (Lori & Todd) Tonita & Harold Amundson
- ♥ In loving memory of Sara Jane Murray Lori & Todd Markman
- ♥ In Honor of Garrett Robert Sterling’s 9<sup>th</sup> Heavenly Birthday Mom & Dad (Amy & Brad)
- ♥ In loving memory of Catherine Rose Allen Mommy & Daddy (Christine & Scott)
- ♥ In loving memory of Ethan Patrick Culhane David & Linda Field
- ♥ In loving memory of Marissa Mueller Gladys Barsness
- ♥ In loving memory of William Thomas Wagner Mom & Dad (Sheri & Tim)



## Memorials

- ♥ In loving memory of Baby Lemke  
Crystal & Chris Lemke  
Grandma Lemke
- ♥ In loving memory of Baby Bauer  
Becky Bauer  
Grandma Lemke
- ♥ In loving memory of Victoria Graves  
Mom (Tammy)
- ♥ In loving memory of Jayden Anne Krohn  
Mommy & Daddy (Jessica & Jason)
- ♥ In loving memory of Aubrey Corionna Dozark  
Mommy (Alisha DeCook)  
Grandma & Grandpa (Lori & Peter Dozark)
- ♥ In loving memory of Mariah Grace Boerner  
Mommy & Daddy (Lisa & Joel)
- ♥ In loving memory of Kilian Richard Donahue  
Mommy & Daddy (Jessie & Jim)
- ♥ In loving memory of Kelly Jean Vandereide  
Mommy & Daddy (Marianne & Jay)
- ♥ In loving memory of Erica Kay Vandereide  
Mommy & Daddy (Marianne & Jay)
- ♥ In loving memory of Lillian Grace Petricka  
Mommy & Daddy (Angela & Jason)
- ♥ In loving memory of Nicholas Joseph Moravec  
Mom (Denise Moravec)
- ♥ In loving memory of Grace Elizabeth Anderson  
Grandma & Grandpa Cross (Jane & Steven)
- ♥ In loving memory of Wyatt Joseph Borden  
Mommy (Laura Jones)
- ♥ In loving memory of Anthony Michael Zimprich  
Grandma & Grandpa McBride (Jean & Dennis)
- ♥ In loving memory of Jake Michael Schaffran  
Mom & Dad (Cheryl & Jaime)



## Memorials

- ♥ In loving memory of Michael Glenn Strampe  
Mom & Dad (Susan & Matthew)
- ♥ In loving memory of Alexis Brooke Kuglin  
Mommy & Daddy (Kristine & James)
- ♥ In loving memory of Blake Robert Stadler  
Grandma Armagost-Fleck (Cheryl)
- ♥ In loving memory of William & Bethany DeGrood  
Mom & Dad (Connie & Joe)
- ♥ In loving memory of Chase & Finley LaCanne  
Mommy & Daddy (Melanie & Nick)
- ♥ In loving memory of Baby Maas  
Mom & Dad (Jeanne & Marvin)
- ♥ In loving memory of Emma Kaye Ward  
Grandma & Grandpa Maas (Jeanne & Marvin)
- ♥ In loving memory of Griffin Jon Velishek  
Mommy & Daddy (Sheri & Jon)
- ♥ In loving memory of Jarrod Allen Olson  
Mommy & Daddy (Marcy & Bradley)
- ♥ In loving memory of Hannah Rose Rysavy  
Mommy & Daddy (Wendy & Ben)
- ♥ In loving memory of Hope & Gus Kuennen  
Mommy & Daddy (Deanna & Allyn)
- ♥ In loving memory of Kaden Robert Ackman  
Mommy (Nicole)
- ♥ In loving memory of Elizabeth Marie Meek  
Troy & Carrie Grossman
- ♥ Derek Joseph Sundwall  
Mom (Diana)
- ♥ In loving memory of James Brown IV  
Grandma & Grandpa Dupont (Nancy & Gary)
- ♥ In loving memory of Christian Kriesel  
Grandma & Grandpa Kriesel (Julie & Larry)



Infants Remembered In Silence, Inc. (IRIS)  
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Celebrating 25 Years of Caring  
1987 - 2012

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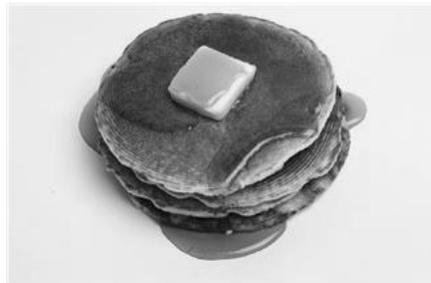
## IRIS 25<sup>th</sup> Anniversary **Pancake Breakfast**

Sunday, February 12<sup>th</sup>

Faribault American Legion  
112 NE 5th St.

**Bake Sale**

Drop off Baked Goods and Snacks  
By Feb. 10<sup>th</sup> at the office or at  
American Legion the 12<sup>th</sup>



8am – 12 noon

Adults - \$7 Ages 2 – 6 years \$3

**Bingo**

1 – 3:30  
All Ages  
Welcome!

## **Silent Auction**

8 am – 2:30 pm (Ends after Bingo Break)

Memorial Silent Auction Items/Baskets Welcome. Please drop off at the IRIS office by February 9<sup>th</sup>

For more info call (507) 334-4748 or visit: [www.irisRemembers.com](http://www.irisRemembers.com)