

Saturday
April 18th,
2009



The Avenue
Murfreesboro
Central Park
Games begin at 9:30 am

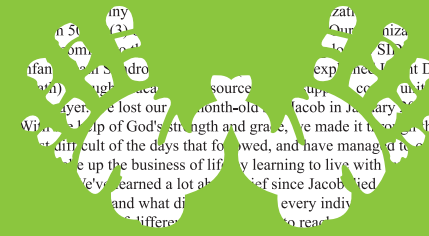
Event Sponsors



Tiny Handprints
PO Box 100153
Nashville, TN 37210

For more information visit us at:
www.tinyhandprints.org

TINY NEWS PRINT



NEWSLETTER OF THE JACOB HUGHES WILLIAMS FOUNDATION

The Story Behind the Journey Stephanie Williams

While most of you know why we started Tiny Handprints, few of you know the story behind the journey that brought us to where we are as an organization today. We think it's a wonderful testament to the goodness and grace of God, and how He can work even the worst of circumstances for His good in a design so intricate that it can only be evidence of the Master's hand. We wanted to share that story with you.

The seed for non-profit work was planted in my heart early, at the age of 14 when I watched one non-profit after another come in to help as my older sister battled leukemia. Make-A-Wish granted her a shopping spree. Ronald McDonald house provided my parents a place to stay as they traveled to Vanderbilt from Lebanon on a regular basis. Others brought her gifts to entertain her as she spent countless hours in her hospital bed on chemotherapy. I was in awe of their compassion and generosity they extended to strangers, and I knew that's what I wanted to do some day.

Fast-forward eight years...I first met Scott and Traci Williams, friends and former roommates of my then-boyfriend, Ladd. Anyone who knows the "Texas Williams" knows that they have been with us through a lot, and we're proud to call them our very best friends.

Fast forward just a few more years to April 2007, just after we lost Jacob. We were introduced to another family, the Blands, who had just lost their little girl. If you've read the website, you know a little about them. The similar circumstances surrounding the death of our little ones and our lives since then are almost scary. We've supported each other on our journey through the grief, and I'll be forever grateful to be able to call them friends.

In March 2008, my sister invited us to attend her church. The sermon was on having a "Plan B" when life doesn't go the way you expect it to. They shared the story of a family who had just lost their infant daughter at only 2 hours old to a birth defect. I was touched, to say the least, by their tremendous faith. I have been a "believer" for some time, but I was really struggling with my relationship with God since we'd lost Jacob. I began to follow that family's blog and found it a constant source of strength and encouragement – I admired their relationship with God and how they sought His will for their lives, in spite of what they'd lost.

I started to pray for these things for myself, and to really try to focus on my relationship with my Savior. It didn't take long for my sorrows and fears to give way to hope and a whole new sense of purpose, and I found that my childhood dream of starting a non-profit organization had a renewed place in my daily thoughts. We certainly had a way to connect with families in need, but what now?

Behind the Journey... continued on page 2

March, 2009 . Volume 1 . Issue 1

IN THIS ISSUE

Strides for SIDS
MomOlympics 2009

The Story Behind the Journey
Featured Sponsor: Stroller Strides

Featured Family: The DeMellos
Vaccines and SIDS



Presented by Stroller Strides Murfreesboro and Tiny Handprints to benefit families who have lost an infant to SIDS.

The Avenue Murfreesboro Central Park
Saturday, April 18, 2009
Games begin at 9:30 am

Sign up to participate in the MomOlympics, or just come out and be a part of the fun!

- In addition to the games, there will be:
- Activities for children
 - Raffle and participant prizes!
 - Blood pressure checks given by Middle Tennessee Medical Center
 - And much more!

For more information, visit
www.tinyhandprints.org
and click on the "Volunteer" link.

Beyond the Journey... continued

In early May, my cousin's son lost his infant son to SIDS. A few weeks later, the siblings of the author of the blog I had been following lost their infant son to SIDS. My heart ached for them, knowing first-hand the extent of their losses. I felt called to do something, anything to try to extend to them the comfort we had so graciously received. Ladd and I started talking about the materials we'd been given during that first year after we'd lost Jacob that had the biggest impact in our lives – the series of grief books sent to us from a friend of the Texas Williams, the SIDS Handbook that was given to us by Jacob's babysitter, the list of websites we found containing SIDS research information, and the memorial charms that we received from another dear friend. We could send those things to these two families, and we did.

Our newly developed "SIDS Survival Kit" seemed like a good thing, so I began to search for a local SIDS group to join up with in hopes of reaching more families. After much searching, we realized that there weren't any organizations dedicated to SIDS Support in Tennessee. How could that be – Tennessee ranks 7th in the nation in SIDS deaths, and there was NOTHING? What were we going to do, start our own organization? No way, we didn't have the money, resources or the know-how to take on something like that.

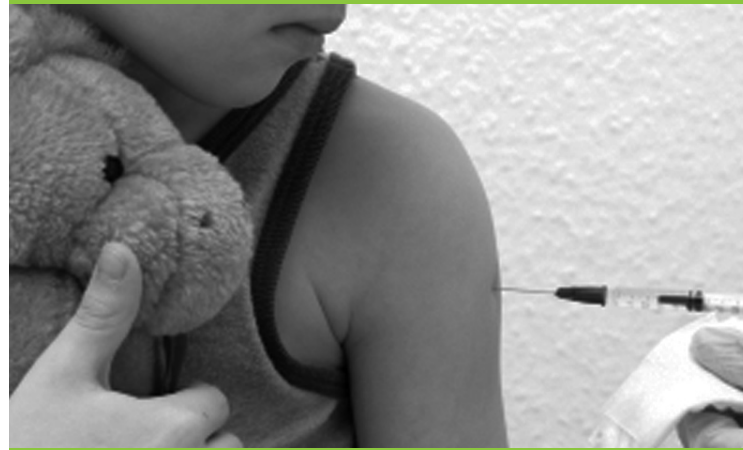


I began to pray about it, and then held on for an amazing ride as we began to experience God's power in our lives in a way I had never experienced before. Breathtaking, awe-inspiring, life-changing, miraculous power...thank you, Lord. A website - my brother is a website wizard who walked us through setting up the initial site and securing the domain. A website design

and layout - the Texas Williams presented us with a design, logo, and completely laid out website for us only to fill in the text. Have you seen the website – it is powerful in itself. They also joined us as the first board members of our organization. Legal documents to make us official – a lawyer friend of mine researched and drafted our organizing paperwork and helped with the state registration forms, free of charge. IRS registration – my sister is a CPA who made the application process effortless. Advertising materials – a printer in Clarksville gave us letterhead, business cards and bookmarks for almost nothing. And what about funding? With one simple introduction letter sent to friends and family, the donations started pouring in. We have now had over 85,000 hits to our website, raised almost \$4,000, and adopted 17 SIDS families.

And then there's Sunshine, a Stroller Strides instructor in Murfreesboro. Last July, Momma Bland asked me to go with her to a Stroller Strides class in Murfreesboro. We met Sunshine – believe me, she lives up to her name...always sunny, warm, and a pure joy to be around – and ended up joining Stroller Strides, enjoying the workouts and the companionship of being surrounded by other Moms and their infants. After hearing just the minor details of our developing organization, she latched on and adopted us as her own. She'd been looking for an organization to support, and said "she'd finally found it." Our upcoming event, Strides for SIDS MomOlympics is a product of Sunshine's generous heart and dedication to the mission of our organization, helping us to reach out to our community.

And so the journey continues thanks to the support of friends, family and God's unending grace.



Vaccines and SIDS – Is there a link?

Ladd Williams

Many have wondered about the association (if any) between immunizations and SIDS. This question is based on the fact that vaccines are routinely given during the period of the highest incidence of SIDS deaths, between 2 and 4 months of age. Does the use of vaccines increase the risk of SIDS, or is it just a coincidence? Although the rate of SIDS is declining dramatically, about 2,500 infants each year still die from SIDS in the United States. Some believe that vaccinations are responsible for some of these deaths.

The American Academy of Pediatrics currently recommends multiple doses of seven different vaccines during the first year of life. These vaccines include the combination Diphtheria-Tetanus-acellular Pertussis (DTaP) vaccine, Haemophilus influenzae type b (Hib) vaccine, Hepatitis B (HepB) vaccine, Inactivated Polio vaccine (IPV), and Pneumococcus vaccine (PCV).

The Immunization Safety Review Committee was established by the Institute of Medicine to evaluate the evidence of possible associations between immunizations and certain adverse outcomes. This year they focused on sudden infant death syndrome (SIDS) and sudden unexpected death in infancy (SUDI). Recent research conducted at the Institute of Medicine reviewed the relationship between immunizations and SIDS. The Immunization Safety Review Committee concluded that "there is no evidence of a causal relationship between these vaccines and sudden infant death syndrome, sudden unexpected death in infancy, or neonatal death."*

Timely immunizations are important to protect infants from many potentially dangerous infectious diseases. The report of the Institute of Medicine once again confirmed that there is no reason to believe that vaccines contribute to an increased risk of SIDS, sudden unexpected death in infancy, or neonatal death.

* Immunization Safety Review: Vaccinations and Sudden Unexpected Death in Infancy, Institute of Medicine, Immunization Safety Review Committee, Board of Health Promotion and Disease Prevention.



Featured Sponsor – Stroller Strides

Traci Williams

As mothers, we have a tendency to put our needs on the back burner. Stroller Strides allows mothers to incorporate caring for their infants while still meeting the need for exercise and socializing with other moms. Stroller Strides classes are offered in over 800 locations in the United States and now in Canada. The hour long classes emphasize cardiovascular activities and muscle-strengthening exercises using resistance bands and strollers, allowing moms to interact with their babies throughout their workout.

Stroller Strides is in sync with several of the top fitness trends of 2009:

- **Boot Camp-Style Workouts.** Similar to a boot camp-style workout but without the military intensity, Stroller Strides helps moms strengthen large muscle groups by using their body weight and the outside environment.
- **Budget-Friendly Workouts.** Stroller Strides classes are affordable and actually decrease in price the more you attend! Babies are part of the program, so no fees are required for daycare, and participants utilize the outdoor environment – a free resource – as equipment.
- **Getting Back to Basics.** Using simple equipment including a stroller, resistance tubing and common outdoor fixtures (think park benches, walls and fences), participants shed the baby weight through good-old-fashioned power walking, push-ups, bicep curls, crunches and more.
- **Circuit Training.** Stroller Strides classes combine cardio (power walking) with strength training and toning stations designed to target specific muscle groups.
- **Boomer Fitness.** As baby boomers jump on the fitness bandwagon, Stroller Strides offers a fun way for the fifty-plus generation to bond with their grandchildren.

Our children are a priority, and Stroller Strides instructors understand that. Their classes are struc-



tured so that if you need to stop and help your child, you can always catch up. Plus, you're there with other moms who understand the challenges of juggling motherhood and caring for yourself.

Stroller Strides is also working to help woman suffering from postpartum depression. Australian researchers found that among new moms who'd been diagnosed with depression, those who completed a 12-week stroller-walking class showed fewer symptoms than those in a mom-baby play group that didn't involve exercise. The scientists concluded that gaining fitness through the sociability of stroller walking may be a more effective treatment for depression than joining a sedentary new mother support group.*

Our own, Sunshine Dobratz, has a local Stroller Strides program serving Murfreesboro, Nolens-

ville, and Smyrna. We are so grateful to her for her involvement and tireless commitment to Tiny Handprints and our Strides for SIDS MomOlympics event this April. She is a true inspiration.

We would like to encourage all of our moms to find a local program in your area and become part of a support group for each other while getting into shape at the same time. One of the best things we can do for our families is to maintain our health, both physically and mentally. Stroller Strides can help you do that while still preserving precious time spent with your young ones.

For more information about Stroller Strides, including class locations, visit www.strollerstrides.net/murfreesboro

*Amanda Vogel, International Journal of Nursing Practices

Featured Family- The DeMellos

Stephanie Williams

"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." - Arnold Schwarzenegger

After losing their 7-month-old baby girl, Josephine (Joey), to SIDS on March 10, 2008, the DeMello family set out to make a positive difference in the SIDS community by starting the Josephine DeMello Foundation in Camarillo, California. Through their foundation, they seek to increase SIDS awareness, streamline education for new parents, and provide counseling for parents who have lost a child at a young age.

On March 14, 2009, The Josephine DeMello Foundation will host its first 5K Run for Life in Camarillo, California to help support the SIDS research programs of the American SIDS Institute and San Diego SIDS Research Project, and to support their programs of educating and supporting SIDS families and raising awareness in their community.

We should forever and a day
take the time to listen to what people have to say;
Life is short - It's not a race.
Take time to remember a face.
Tell those you love just how much,
count your blessings and your luck.
Stop your duties for awhile;
give out hugs to your spouse and child.
Ring a friend and make that date,
don't end up saying, "I was, but now it's too late."

~Yolanda DeMello

for more information visit: www.joeydemellofoundation.com