



**Dedicated to SIDS Education**

March 2011

# 2nd Anniversary Newsletter

## Because of Cody... 2011 Events

### Mark Your Calendars....

[Other Because of Cody... Events You Should Know About...](#)

#### **The 3rd Annual Sticker to Support SIDS Awareness Fundraiser**

will take place on **Friday May 13th!**

If **you** or **your business** would like to participate, please contact Because of Cody... Each year the number of businesses & individuals that participate has increased so much. **Make sure you are a part of it this year!** If you would like to participate on an alternate date, arrangements can be made to do that. **Here's how it works:** Businesses usually allow employees to wear jeans. The employees who choose to participate will **buy a sticker for \$5 that says they support SIDS Awareness, Because of Cody...** (if you wear jeans everyday, we have alternative ideas for your business) Individuals can contact Because of Cody... to buy a sticker for \$5.

**Just think...**for every person wearing a sticker **at least one person will learn who Because of Cody... is** and more importantly **why we exist...**and that is to **educate about SIDS and Safe Sleep for Babies. What a great way to spread the word!**

- Look for us at the Friendship Festival for the 3rd year in a row!
- Check our website soon for details about walking in the Festival's Grand Parade. We'd love to have all of you walk with us!
- Because of Cody... is sponsoring an 18U Softball Team at BBYSL. Last year's 14U & 18U teams both placed 1st in the regular season & in the post-season tournament.
- Because of Cody... will be having their 3rd Annual Pregnancy & Infant Loss Remembrance Service at the American Lutheran Church in Bourbonnais on Saturday October 15th at 6:30pm. See the website for additional details which will be posted closer to the time of the service. Please contact us if you'd like your pregnancy loss or the loss of your baby included in our program.
- October 15<sup>th</sup> is the "Wave of Light", in honor of Pregnancy & Infant Loss Remembrance Day. Please light a candle on 10/15 at 7pm in ALL Time Zones. If everyone lights a candle at 7pm & keeps it burning for at least 1 hour, there will be a continuous "Wave of Light" over the entire world on October 15<sup>th</sup>, Pregnancy and Infant Loss Remembrance Day.
- October is SIDS Awareness & Pregnancy & Infant Loss Remembrance Month. Both the Villages of Bourbonnais & Bradley have proclaimed that they will recognize & support this every October. We hope that other communities will do the same. You can show your support by displaying pink & blue ribbons at your home or business.

**The 3rd Annual Because of Cody... Golf Outing** will take place at **Oak Springs Golf Course** 6740 E 3500 S Rd, St. Anne, IL 60964 on **Saturday July 9th 11:30am-7:30pm.**

**Here's a look at the day: 11:30am - Registration & Lunch, 1pm - Shot Gun Start, Dinner will be served at the Club House.**

The day will also include Games, Raffles, & an Auction.

You can be a part of the fun & help make the 3rd Annual Golf Outing a huge success by golfing, sponsoring or donating items.

**If you'd like to be a Dinner, Lunch or Hole Sponsor, please contact Judy Jo Arbour for more information.**

(Sponsors can be businesses, families or individuals)

**If you would like to DONATE ITEMS or a BASKET TO BE RAFFLED OFF or ITEMS FOR THE AUCTION, please contact Judy Jo Arbour at 815-693-5769.**

**The 3rd Annual Walk for SIDS in Memory of All Babies Lost to SIDS** is planned for **Sunday September 25th** at the **Perry Farm** in Bourbonnais.

**Registration / Check-in will begin at 12:30pm and the Walk will begin at 2pm.**

**Online registration** will be available sometime in **late spring.**

It's **NOT too early** to start **getting your teams together & collecting donations.**

**Contact Dawn Knapper @ 815-936-6152 or dawnk@becauseofcody.org** with any questions.

Contact us: Email: [info@becauseofcody.org](mailto:info@becauseofcody.org) Phone: **815-293-7437 (SIDS)**

Find us on FaceBook and on the web. [www.becauseofcody.org](http://www.becauseofcody.org)

## About Because of Cody...

Because of Cody... is a not for profit 501(c)3 organization established in loving memory of Cody Thomas Arbour. Cody died from SIDS (Sudden Infant Death Syndrome), on September 26, 2008, at the young age of 4 1/2 months old. Because of Cody... is dedicated to educating our community, as well as other communities about SIDS and Safe Sleep for Babies. It is our passion to educate as many people as we possibly can, so that other families don't lose a baby to SIDS like Cody's family did.

Thanks to the support of many people, businesses and organizations, Because of Cody... has had some VERY successful fundraisers. This has allowed us to print our educational materials and to develop our website [www.becauseofcody.org](http://www.becauseofcody.org), which contains a lot of educational material as well.

Our materials can be found at various physician's offices, our 2 local hospitals & a neighboring community hospital, daycare centers, as well as several other local businesses. The number of places you can find Because of Cody... materials is always growing. This is so exciting!

We strongly believe that educating others about SIDS and Safe Sleep for Babies is the key to keeping babies safe while they sleep. Although SIDS cannot be prevented, there are MANY ways to reduce the risk. Because of Cody... has done speaking engagements for various groups. We have educated healthcare providers, teens at local high schools, childcare providers, parents, soon to be parents, grandparents and various others. We customize our program according to the group we are educating. We are grateful for every opportunity we get to educate and are willing to speak to any size group. We provide this service as well as our educational materials free of charge. Please contact Because of Cody... if you would be interested in having us come out and educate. Thanks for helping us spread the word!

### Meet the Because of Cody... Board of Directors

President / Co-founder: Dawn Knapper

Secretary: Kelly Smith

Organizational Strategy: Jeffrey Arbour

Community Liaison: Mark Kohl

Vice President / Co-founder: Judy Jo Arbour

Treasurer: Tami Mongaraz

Accounting Specialist: Kari Jemar

Because of Cody... operates solely with the help of volunteers. Without these people, who unselfishly give of their time, we could not reach out to so many to educate them about SIDS & Safe Sleep for Babies! If you are interested in volunteering in any capacity or would like to join the Board of Directors, please contact us!

### Safe Sleep Steps for Babies



- ~ **BACK TO SLEEP** for baby **EVERY nap & at nighttime!**
- ~ Baby should sleep **ALONE** in a **CRIB**. **Never share a bed with baby!**
- ~ Use a **FIRM MATTRESS** & a **safety approved CRIB**. (A safety approved playpen is an acceptable substitute)
- ~ Leave **pillows, quilts, comforters, stuffed toys, BUMPER PADS & positioners out of the crib** when baby sleeps.
- ~ **A loose blanket in the crib with baby while they sleep is not recommended.** If you choose to use one, here is what you need to do: Put **baby with their feet at the foot of the crib** with a **light blanket** tucked in securely around the mattress, coming up no higher than the baby's chest. A Halo Sleep Sack could be used instead of a blanket.
- ~ **USE A FAN** in the baby's room to improve circulation & to keep baby from overheating. The use of a fan in baby's sleep area reduces the risk of SIDS by over 70%!
- ~ **SMOKING SHOULD BE AVOIDED** while you are pregnant and after baby is born.
- ~ Experts recommend **giving babies a pacifier at nap and nighttime** for the first year of life, if they will take one.
- ~ **Make sure baby doesn't get overheated!** Keep baby's head uncovered indoors & while sleeping. Don't overdress baby, dress them like you are dressed. Keep the room temperature between 68-72 degrees. If you take baby out; don't forget to uncover, unwrap & unzip them when you are indoors or in a warm car.

[www.becauseofcody.org](http://www.becauseofcody.org)

# THANK YOU! ~ THANK YOU! ~ THANK YOU! ~ THANK YOU!

## Business Sponsors

### Website Supporters

- ~Geoffrey, Johns & Associates
- ~Gibson City Hospital
- ~iTalent
- ~MCS Technologies

### Advertising Sponsors

- ~G & G Printing

### Fundraiser Sponsors

- ~ABC Pediatrics
- ~ATI Physical Therapy
- ~Baker's Square
- ~BBCHS
- ~Bradley Elementary School District
- ~DCFS
- ~JR's Chicken
- ~Knock Out Golf
- ~Park Place Counseling
- ~Status for Men
- ~Status Salon
- ~The Daily Journal
- ~Vito's Pizza
- ~Westwood OB

### Golf Outing Sponsors

- ~Bill & Cheryl Russell
- ~BJ Inc, Robert Yergler
- ~Clancy Gernon Funeral Homes
- ~CNG
- ~Day Drainage
- ~Dick & Sharon Dionne
- ~Dralle Chevrolet & Buick
- ~Dr. Sonny Oo
- ~Dr. Vallone, DDS
- ~Electricorp
- ~Exposure Tanning & Hair
- ~Geoffrey, Johns & Associates
- ~Hanks Farm Stand
- ~Hunt Family - Val Hunt, Harry/Dorri Groom, Stacy/Chad Johnson, Sara/Matt Boucek
- ~Island View Marina
- ~Koehler Chiropractic
- ~Netherton's Auto Body
- ~Paul, Heather & Ava Nelson
- ~Riverside Hospital
- ~Ryan Reum Insurance
- ~Security Lumber
- ~The Baker Group
- ~The Chiczewski Family
- ~The Kramer Family
- ~Xtreme Promotions

## Walk Supporters

### Individual Over \$1,000

- ~Rachel Rood
- ~Val Hunt

### Individual over \$250

- ~Jarrod Knapper
- ~Hannah Knapper

### Individuals over \$100

- ~Molly Knapper
- ~Ryan Jemar
- ~Judy Jo Arbour
- ~Katie Bush
- ~Justin Norton
- ~Crystal Martinez
- ~Carrie Matya
- ~Marla Rice
- ~Dr. Naina Batish

### Team Over \$500

- ~Gee Gee
- ~Cody Bear
- ~Centrue Bank in Memory of Isabella
- ~Kids Walk for SIDS
- ~Friends Who Care
- ~BBCHS Leos Club
- ~Softball to Support SIDS Awareness

### Families Over \$100

- ~Barb & JT Arbour
- ~Cathy & Bill Herrington
- ~Al & Lindee Kutemeir
- ~Dorri & Harry Groom
- ~Tom & Cassie Glynn
- ~Machelle & Clay Deeringer
- ~Stacy, Chad & Valeree Johnson
- ~The Gilpin Family in Memory of Isabella
- ~Sara & Matt Boucek

*"Every charitable act is a stepping stone towards heaven."*

*- Henry Ward Beecher*

## Additional Because of Cody... Supporters

### Blue Ribbon Sponsors

- ~1st Presbyterian Church of Gibson City Women's Group
- ~1st Presbyterian Church of Gibson City
- ~Best Buy
- ~Bourbonnais Friendship Festival
- ~Dr. Naina Batish
- ~Ellen Uthe
- ~Kohl's
- ~The Dr. Edward Jurkovic Family
- ~The Bush/Denton Families in Memory of Dylan Denton

### Special Mention

- ~Clint Lindsey
- ~Randy King
- ~2010 BBYSL 14U & 18U Because of Cody... Softball Teams
- ~Dawn Knapper
- ~Jeffrey Arbour
- ~Jody Forbes
- ~Promise for Ethan
- ~Village of Bourbonnais
- ~Village of Bradley

### Golden Heart Recipients

- ~Brett Casino
- ~Dan Abert
- ~Debbie Denton Smith
- ~James Goodreau
- ~Joe Arbour
- ~Pastor Tom Hillertz
- ~Stephanie Prairie

The 2010 Because of Cody... "Outstanding Supporter Award" goes to **Maegen Bush & Daryl Denton** of **From Dylan With Love**. From Dylan With Love held a Texas Hold'Em Tournament in October and raised nearly \$5,000 for **Because of Cody...**

♥Thank You just doesn't seem like enough for all of the support you have given Because of Cody...♥

Because of Cody... is truly blessed thanks to an amazing number of people, businesses & organizations who have offered support in numerous ways. There are so many that it is not even possible to mention them all. We are grateful to those who have offered encouragement, helped us spread the word or volunteered their time. Every dollar and gesture has helped make Because of Cody... what we are today!

