

# **KIWANIS CLUB LA CAÑADA LA CRESCENTA-AM**

**July 9, 2025**



## **2024-2025 Officers**

### **President**

Christie Crahan

### **President-Elect**

### **Vice-President**

### **Treasurer**

Martha Burns

### **Secretary**

Rosemary Hook (assistant)

### **Immediate Past President**

Chris Ecker

<https://www.lcfkiwanisam.org>

[LCLCKiwanisAM@outlook.com](mailto:LCLCKiwanisAM@outlook.com)

**Fiscal Year Oct 1-Sep 30**

**PO Box 1255**

**La Cañada, CA 91012**

**Wednesdays at 7:30 am  
LCIF Parish Hall or Zoom  
1700 Foothill Boulevard  
La Cañada, CA 91011**

## **Sudden Infant Death Syndrome Dr. Tom Keens**



## **NEXT MONTH AT A GLANCE...**

### **ZOOM or IN-PERSON**

### **Pledge/Flag Salutes:**

**07/16/25 – No meeting**

**07/23/25 – Barbie Eland**

**07/30/25 – Rose Velasquez**

**08/06/25 – Chris Ecker**

### **Inspiration:**

**07/16/25 – No meeting**

**07/23/25 – Rosemary Hook**

**07/30/25 – Susan Johnson**

**08/06/25 – Dick Barley**

### **Song Leader:**

**07/16/25 – No meeting**

**07/23/25 – Brian Hummel**

**07/30/25 – Brian Hummel**

**08/06/25 – Brian Hummel**

### Welcome Home Kit

Home Supplies for Families & Individuals Moving into Housing

Union Station Homeless Services' Welcome Home Kit Program helps us provide our residents moving from a bridge housing site into a permanent housing facility with a "Welcome Kit" of necessary items. This important program assists Union Station in meeting the basic needs of the people we serve as they rebuild their lives and escape homelessness. All items should be new.



Suggested items for the kits:

- Laundry Basket
- Laundry Soap
- New set of Bath towels
- New set of Kitchen Towels
- Set of Twin Sheets
- Set of Plates for 4
- Set of Utensils for 4
- Small Set of Cookware
- Set of Cooking Utensils, etc.
- Set of Drink glasses (4)
- Set of Coffee Cups/Mugs (4)
- Dish Brush
- Pot holders/Mit

**Guidelines**

- Schedule your delivery time with our volunteer department
- Make sure items in the basket are new, unopened, and secure
- Deliver to our Adult Center 1402 S. Raymond Ave. Pasadena
- Monday-Friday from 9am-4pm

[unionstationhs.org](http://unionstationhs.org) • 626.240.0720

**UNION STATION HOMELESS SERVICES**



**ZOOM PROBLEMS:** If you get booted out **JUST** go to <https://us02web.zoom.us/j/81544355138?pwd=eDBvZmhMcng5NGV6dXBGQVN0NGhMZz09> and log back on.

#### **Calendar of Events:**

**Club Board Meeting**-7:30 am, 1<sup>st</sup> Monday of the month (except on holidays then 2<sup>nd</sup> Monday) at small room near Parish Hall

**Division 3 (DCM) Board Meeting**-5:30 pm, 3<sup>rd</sup> Monday of the month at the Elks Lodge, 120 E Colorado St, Glendale

#### **KEY CLUB/BUILDERS CLUB MEETINGS (During School Year)**

**St. Bede Builders Club**-12:15pm, 2<sup>nd</sup> Wednesday, at Parish Center with Glory Williams.

**Rosemont Builders Club**-12:30 pm, 1<sup>st</sup> Wednesday in Multi-purpose Rm with Jessica Cole.

**St. Francis HS Key Club**-11:45 am, 2<sup>nd</sup> or 3<sup>rd</sup> Wednesday, Rm #104 with Patrick Davitt and DARK during the holiday season and summer months.

**Franklin Key HS Club**-12:22 pm, every Tuesday, Rm #530, with Davy Mouremann and DARK during the holiday season and summer months.

**Crescenta Valley HS Key Club**-12:17 pm, every Tuesday, Rm #7205 or North Gym with Saul Sheridan and DARK during the holiday season and summer months.

**Clark Magnet HS Key Club**-11:50 am on odd-dated Wednesday, Rm #5215 with Ms. Violet Mardirosian and DARK during the holiday season and summer months.

**Village Christian HS Key Club**-12:30pm, twice a month on Thursday, Rm #B-2 with Ms. Lilit Vartanian and DARK during the holiday season and summer months.

#### **Programs/Speakers:**

**07/16/25\* - 11am-Homeboy Industries Tour & HomeGirl Cafe Lunch (130 Bruno St, LA)**

**07/23/25 - YMCA-Joanne Pingry**

**07/30/25 -**

**08/06/25 - Service Project: Snack Packs for Friends in Deed**

**08/11/25 - Board Meeting, 7:30 am, LCIF Conference Room**

**Hospitality:** Cindy Bradford & Barbie Eland-thanks for taking care of the coffee, tea, & pastries.

**Newsletter:** Zoom Operators: **Chris Ecker & Brian Hummel**, Editor: **Martha Burns**, Photos: **Martha Burns**, Web: **Cindy Bradford**

***THIS PAST WEEK...***

**Members in Attendance:** 10 members in person and 8 guests, and 2 members on Zoom & 0 guests.

**Guests:** Our speaker, **Dr. Tom Keens & his wife Susan**, **Diana Matsvshima**, **Maria Soldevilla**, **Gail Calahan**, **Jim & Bernedette Celoni**, and Chris Ecker's friend **Corrina Koebnick**.

**Welcome Back:** None

**Birthdays:** Insook Park, July 11. We sang our birthday song to her.

**Anniversaries:** None

**Ribbon Cuttings:** None

**NEXT MEETING at Church Fellowship Hall & zoomed on July 16 at 7:30 am. Zoom meeting ID is 81544355138 and passcode is 505812**  
<https://us02web.zoom.us/j/81544355138?pwd=eDBvZmhMcng5NGV6dXBGQVN0NGhMZz09>

**NEWSLETTER EDITORS/PHOTOGRAPHERS NEEDED** Editors will no longer need to write about the program unless they wish to do so. Just include the info on **HAMS & announcements**. You will send the info to either Martha Burns or substitute editor Cindy Bradford to finish it up & convert to PDF and then they will load on to our website.







***Kiwanis Officers and Directors:*** If you have a program/speaker, please give name/date to **Martha Burns or Cindy Bradford** as they will be the schedulers. Check out our website's calendar to schedule/view future programs. [www.lcfkiwanisam.org](http://www.lcfkiwanisam.org) Remember speakers can join us on Zoom, so anyone far or near might be good candidates.

***President's Announcements:***

- As Club President, **Christie** must attend the monthly DCM meeting at the Elks Club in Glendale at 5:30 pm. Snacks are provided. She would like it if another member could attend with her on Monday, July 12. Please email or call her if you would like to join her. You hear all about the other 7 clubs in our Division 3.
- Our club provided Foundation monies for **Insook Park** to shop and buy things for a "Welcome Home Basket" to Union Station as part of our Cal-Nev-Ha District Project. One homeless person there will receive the goodies (kitchen & bathroom supplies).
- Our board meetings are changing from the 1<sup>st</sup> Monday of the month to the 2<sup>nd</sup> Monday of the month now at 7:30 am. Also every 3<sup>rd</sup> board meeting will be at a board member's home in the evening.
- Our Cal-Nev-Ha District will be going to a Dodger Game on Wed. Sept 25 (see attached flyer)
- The members decided to have a **Summer Party, which will be on Sunday, August 24, 6pm** and **Martha Burns** agreed to have her backyard available. Probably a pot-luck? We will also have a "White Elephant" auction, so start looking for things now to bring. Hopefully the Johnsons can attend and be auctioneers.
- On July 16, instead of a meeting, we will be taking an outing to **Homeboy Industries** in downtown LA. 130 W. Bruno St. It will be a 45-minute tour at 11am followed by **lunch at the Homegirl Café**. Again, another opportunity to bring a potential future member. We will meet at the church at 10:15am for carpools.
- We need officers for Programs and Interclubs & a director for Community Service.

***Next week our program is: NO PROGRAM.*** We have an outing to Homeboy Industries

***Kiwanis Announcements:***

- **Martha Burns** read a nice thank you note from one of our scholarship recipients, Hannah Yi, who will be attending UCLA in the fall.
- SOS! We need ALL members to help get weekly program speakers. Everyone probably has friends or family who might have a "story" or "experience" to share with us. Put on your thinking cap and let Cindy or Martha know. We are grateful for anyone who wishes to share their knowledge with us.



#### **Other Announcements:**

- **Christie Crahan** said that she would welcome anyone who wants to go to the Sunday free "Music in the Park" concerts can meet her there at 6pm with their lawn chair and any food they bring to eat. Let's party!!!
- Please let **Martha or Cindy** know if there are any changes in your personal info we have on file-like phone#, email or address change etc.

**Upcoming InterClubs:** Always check our newsletter calendar and the calendar on the website [lcfkiwanisam.org](http://lcfkiwanisam.org) to see what is going on.

**Health News:** Contact **Insook Park** if you know of someone who needs a card or cheering up.

#### **H.A.M.S.:**

- **Insook Park** gave \$10 to see Dr. Keens and his wife today. Her son and their son were good friends.
- **Brian Hummel** paid \$20 to see Tom and Susan and Jim and Gail today as they all sing together in the St. Bede's Choir. Also this is his last meeting for a month, as he will be gone to the Netherlands to visit his son and family. However, they have no A/C there, so he is hoping the weather is cool. He thanks those who are taking over his food run.
- **Joy Gibson** told his weekly joke. I wonder how many jokes he has told over all these years? Maybe over 1,000!
- **Chris Ecker** gave \$10 as he had a great time hiking & camping with Corrina and pup for 5 days. Most of the trails/roads were fine except for the last 2 miles. They managed to hitchhike back to their car with this nice lady. Chris had to squeeze in the front with her and after 5 days with no shower, he wondered if the lady was going to endure the ride with them.
- **Martha Burns** gave \$5 as she went to her niece's July 4<sup>th</sup> party in Dana Point and met this fun neighbor guy, who was the director of the UC Berkeley summer camp for years, but still goes back now every year with his own family. Of course he has the "VIP" tent. Turns out Martha's daughter & family have been going to the same camp every year (Martha & Tom went one year) and both families will be there the same week this coming Friday. So they are going to meet up with them-a little difficult since there are no cell towers there, but he insists he will find them, as they all have tent #'s.
- **Christie Crahan** gave \$5 as she and her pup, Scooter-Do, drove to Morrow Bay for the long holiday weekend. She went to an art show and she was so excited to see this one art guy who used to be at the Montrose Art Show.
- **Guest Maria Soldevilla** gave \$5 for camping with her Husky dog. Wasn't sure he liked the lake.

## **Program/Speaker: Sudden Infant Death Syndrome - Dr. Tom Keens**

Sudden Infant Death Syndrome (SIDS) is the sudden, unexplained death of an infant younger than one year old. It's also known as cot death or crib death. While the exact cause of SIDS is unknown, it is the leading cause of death for infants between one month and one year of age. About 2,500 infants die every year in the US because of SIDS and of that 150 are in CA. Fortunately the rate of deaths per years as declined as more people become aware etc.

Key Facts about SIDS:

- **Sudden and Unexplained:**

SIDS occurs without any warning signs or symptoms, and the cause of death remains unexplained after a thorough investigation.

- **Age Range:**

While SIDS can occur anytime during the first year of life, it most commonly occurs between 2 and 4 months of age.

- **Risk Factors:**

Several risk factors have been identified, though SIDS can still occur in babies without these factors. These include:

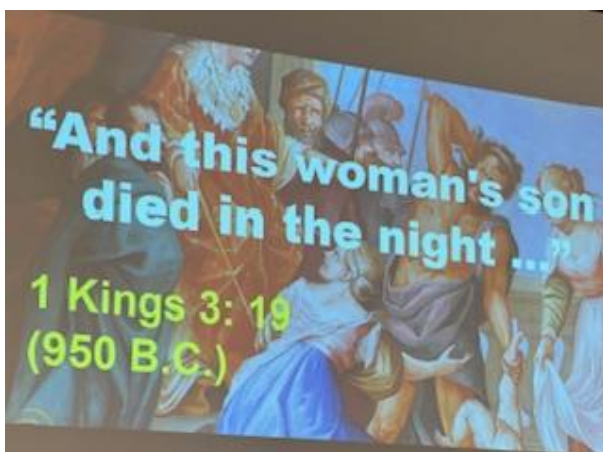
- **Sleeping Position:** Babies who sleep on their stomach or side are at higher risk than those who sleep on their back.
- **Soft Sleeping Surfaces:** Soft bedding, pillows, and loose objects in the crib can increase the risk.
- **Exposure to Smoke:** Smoking during pregnancy or exposure to secondhand smoke after birth increases the risk.
- **Other Factors:** Premature birth, low birth weight, and male sex are also associated with a higher risk.

- **Prevention:**

While SIDS cannot be completely prevented, there are measures parents can take to reduce the risk:

- **Back to Sleep:** Always place infants on their backs to sleep for naps and at night.
- **Firm Sleep Surface:** Use a firm, flat sleep surface like a safety-approved crib mattress.
- **Safe Bedding:** Keep soft objects, loose bedding, and toys out of the baby's sleep area.
- **Avoid Overheating:** Ensure the baby is not too hot or too cold during sleep.
- **Pacifier Use:** Consider offering a pacifier at bedtime, as it may help reduce the risk. **No Smoking:** Do not smoke or allow smoking around the baby.

Thank you Dr. Keens for sharing this information with us. Hopefully someday they might be able to prevent this type of death.



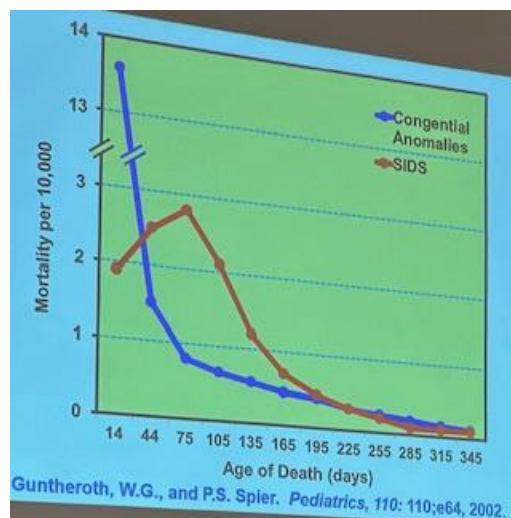
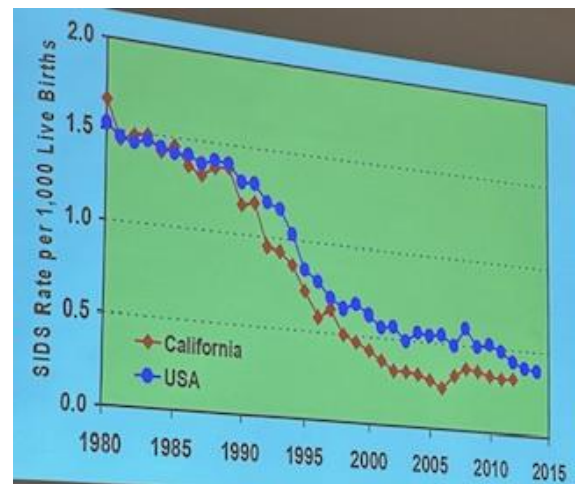


## Sudden Infant Death Syndrome

The sudden unexpected death of an infant, under one-year of age, with onset of the fatal episode apparently occurring during sleep, that remains unexplained after a thorough investigation, including performance of a complete autopsy, and review of the circumstances of death and the clinical history.

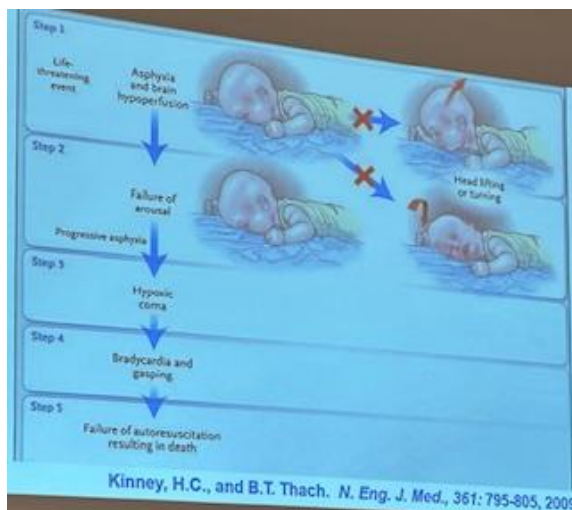
Krous, H.F., J.B. Beckwith, R.W. Byard, T.O. Rognum, T. Bajanowski, T. Corey, E. Cutz, R. Hanzlick, T.G. Keens, and E.A. Mitchell. *Pediatrics*, 114: 234-238, 2004.

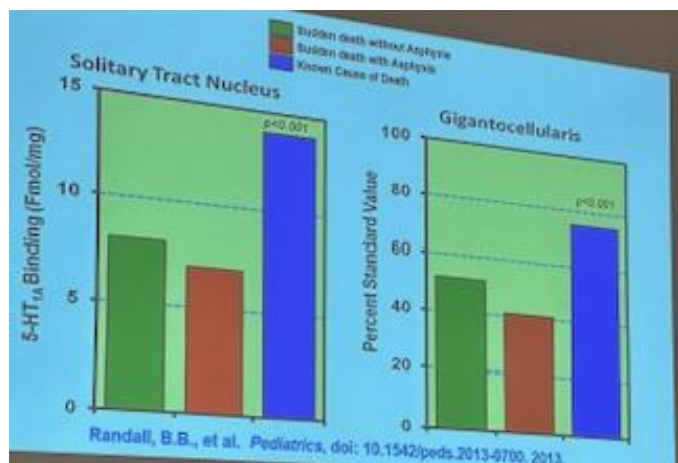
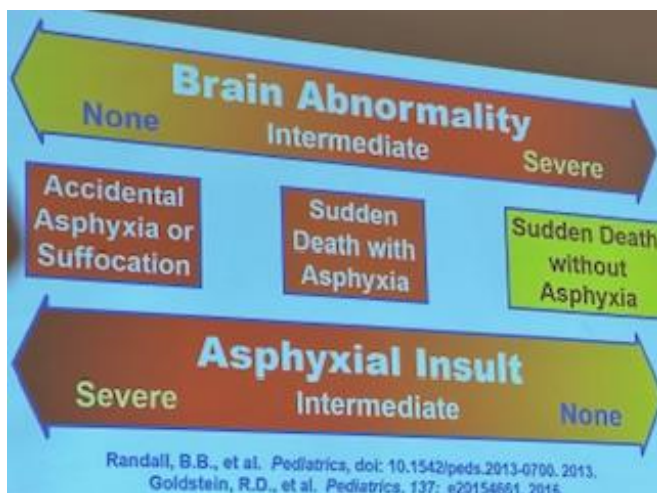
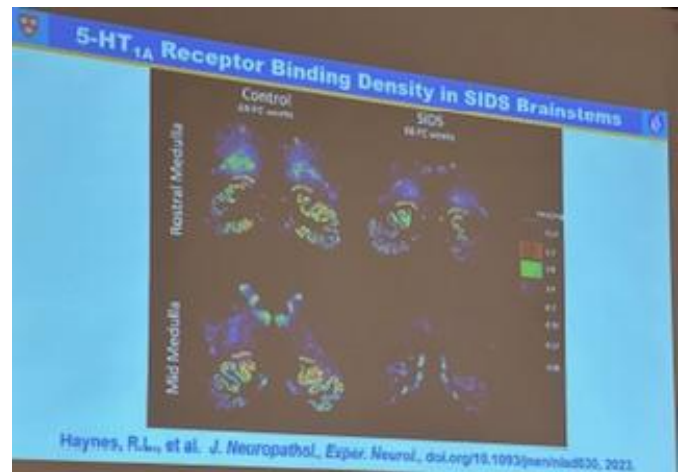
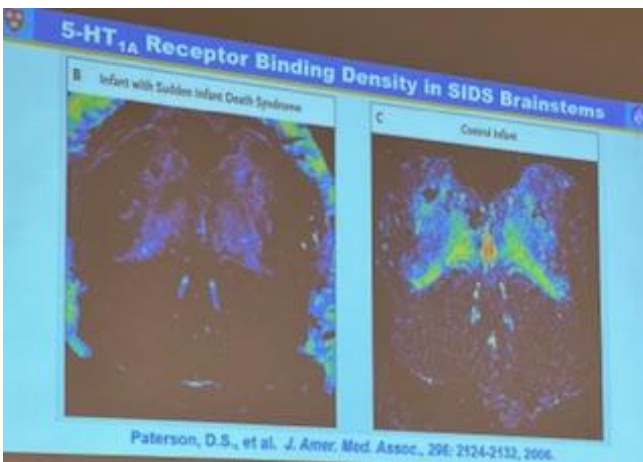
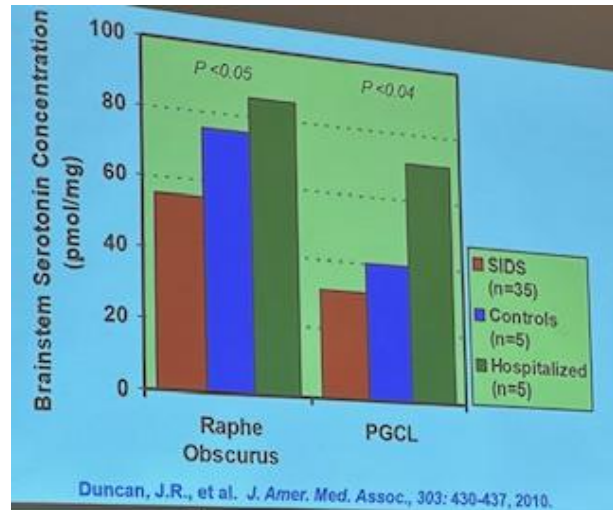
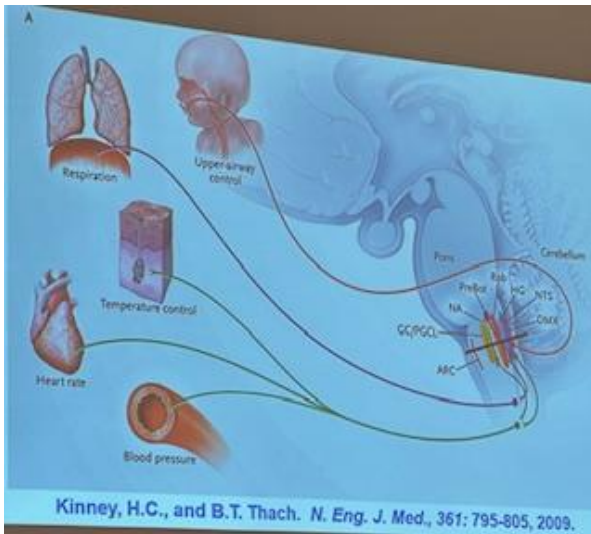
UCSD



## A Traditional Medical Model of SIDS

- Cardiac causes.
- Respiratory causes.
- Arousal disorders.
- Metabolic disorders.
- Infections.
- Vitamin deficiency.
- Environmental toxins.

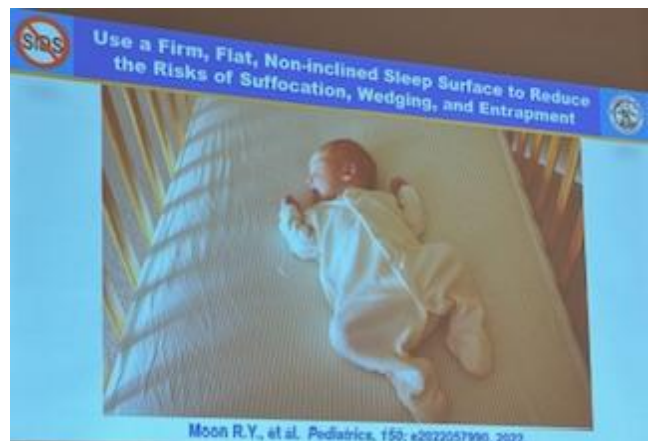
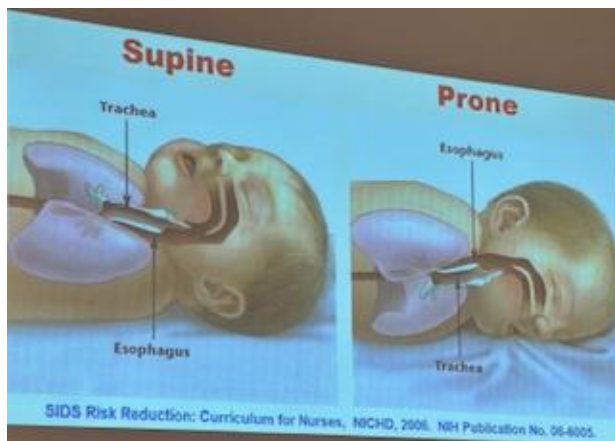






## Risk Factors $\neq$ Causes

- Most infants with risk factors will not die from SIDS.
- Some infants without risk factors will die from SIDS.
- However, infants with risk factors are at increased risk of dying from SIDS.



**SIDS** **Avoid Overheating and Head Covering: Infants Should Not Feel Hot to Touch**




Moon R.Y., et al. *Pediatrics*, 150: e2022057990, 2022.  
<http://www.medscape.com/features/slideshows/safe-sleep-principles/>

**SIDS** **Avoid Alcohol, Marijuana, and Illicit Drug Use During Pregnancy and After Birth**



Moon R.Y., et al. *Pediatrics*, 150: e2022057990, 2022

**SIDS** **Infants Should Be Immunized According to AAP and CDCP Advice**




Moon R.Y., et al. *Pediatrics*, 150: e2022057990, 2022.  
<http://healthlevelup.com/vaccinations-and-children/>

**SIDS** **Avoid Use of Commercial Devices Inconsistent with Safe Infant Sleep**




Moon R.Y., et al. *Pediatrics*, 150: e2022057990, 2022.

**SIDS** **Do Not Use Cardiorespiratory Monitors to Reduce the Risk of SIDS in Healthy Infants**



Moon R.Y., et al. *Pediatrics*, 150: e2022057990, 2022.

**SIDS** **Encourage Tummy Time when the Infant is Awake and Being Observed.**




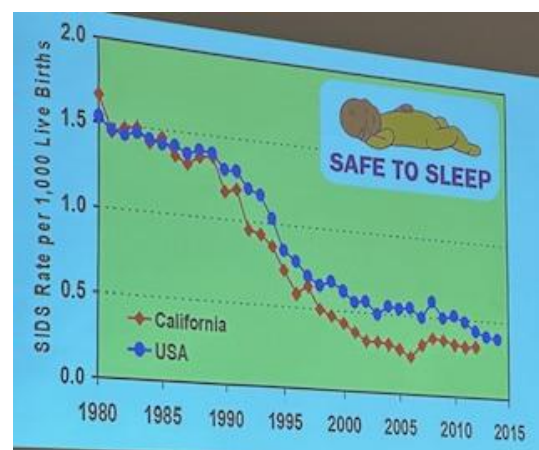
Moon R.Y., et al. *Pediatrics*, 150: e2022057990, 2022.  
<http://healthlevelup.com/vaccinations-and-children/>

**SIDS** **Avoid Swaddling if ...**

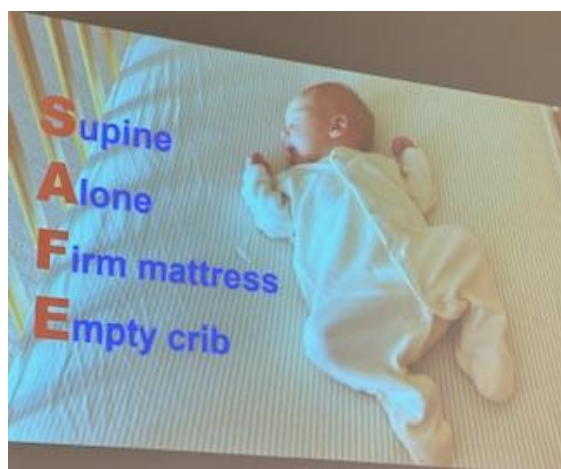
- Prone sleeping position.
- Thick blankets.
- Face covered.
- For infants older than 3-months.

There is a danger when infants begin to roll from supine to prone, the swaddled infant can not regain the supine position.

Ponsonby, A.L., et al. *M. Eng. J. Med.*, 229: 377-382, 1993.  
 Wilson, C.A., et al. *J. Ped. Child Health*, 30: 506-512, 1994.  
 L'Hoir, M.P., et al. *Eur. J. Pediatr.*, 157: 681-684, 1996.  
 Van Sleuwen, B.E., et al. *Pediatrics*, 210: e1087-e1096, 2007.  
 Pease, A.S., et al. *Pediatrics*, 137: e20153273, 2016.  
 Moon R.Y., et al. *Pediatrics*, 150: e2022057990, 2022.





### Sudden Infant Death Syndrome

- Most common cause of sudden infant death between the ages of 1-month and 1-year.
- Cause remains unknown.
- Can not be predicted in infants prior to death.
- Reduction in SIDS in populations through public health intervention.
- SIDS has not been eliminated.