



## CELEBRATING 88 YEARS of Cradle Nurses

A search through The Cradle archives offers a fascinating glimpse into the organization's history and the people who have shaped it. One clipping, now yellow and brittle, from a 1926 issue of the Chicago Tribune touts The Cradle's uniqueness: "Distinguishing the Cradle baby from the ordinary adopted child is...the constant nursing they receive from the moment they arrive."

In celebration of National Nurses Week, beginning each year on May 6 and ending on May 12, the birthday of Florence Nightingale, we wanted to look back on the tradition of infant nursing at The Cradle and recognize the extraordinary contributions Cradle nurses have made since the agency's earliest days.

When Florence Walrath established The Cradle Society in 1923, in a modest Evanston home purchased through donations, she also launched a six-month training course for the young women who would be caring for babies in the onsite Nursery. Two years later, the house next door was acquired to expand the Nursery and provide quarters for student nurses on the second floor.

The Cradle's permanent building, constructed in 1939 for \$150,000, was a state-of-the-art facility designed to prevent infection and reduce infant deaths. Aseptic



The Class of 1961; Arline Floeter Lemke is at the top of the stairs on the left.

techniques were implemented to guard against hand-borne germs, and ultraviolet light barriers were used to kill airborne bacteria. A newspaper article from that year proclaimed, "The new miracle nursery...will make the Cradle the most scientific nursery in existence." Cradle nurses were specially trained in these techniques, and the infant mortality rate dropped to less than 1% in the first year of life – the lowest rate in the world.

In 1957 a dormitory annex was added to The Cradle, giving our nurses and trainees comfortable new quarters. Wisconsin native Arline Lemke (née Floeter) came to Evanston in July 1960, just two months after graduating from high school, to begin The Cradle's infant nurse training

*(Continued on page 2)*

## CRADLE Events

**THE CRADLE OPEN HOUSE**  
Sunday, May 15, 2011  
Noon to 3 p.m.  
The Cradle, Evanston

**THE CRADLE CLASSIC**  
Monday, June 13, 2010  
10 a.m. to 7 p.m.  
North Shore Country Club, Glenview

**DAY AT THE RACES**  
Sunday, June 26, 2011  
12:30 p.m. to 4:30 p.m.  
Arlington Park, Arlington Heights

For more information, visit:  
[www.cradlefoundation.org/events](http://www.cradlefoundation.org/events)

## CONGRATULATIONS !



Proud parents Kara and Tom Nickels took baby Allegra home on January 26, 2011.

## CELEBRATING 88 YEARS of Cradle Nurses, from page 1

program. She had a private room on the third floor of the new building and shared a bathroom down the hall. A vending machine in the basement lounge dispensed Coca Cola – in bottles. Hubert, The Cradle’s “chauffeur” who picked up babies at area hospitals, lived in a basement apartment.

For fun, Arline and the other girls would walk downtown to shop at the now defunct Wieboldt’s department store, or hop the “EI” and go to a tavern on Howard Street at Chicago’s northernmost edge (Evanston was dry in those days). A strict 11 p.m. curfew was enforced by the house mother, Mrs. Knight.

By this time the nurse training program had been extended to a year. Arline and her classmates spent part of their days working in the Nursery and were each paid a monthly stipend of \$35. There was a division of labor among “dirty nurses,” who did the diapering and bathing, and “clean nurses,” who did the feeding. The Nursery was also quite clinical then, with babies separated by cubicles, glass partitions and germicidal blue lights. Nurses’ hands grew raw from the mandated 3 minutes of scrubbing, and they were required to wear surgical masks and headgear. “We were really charming looking,” Arline recalls with a chuckle.

They also fell in love with their young charges. “Whoever got to admit the baby was considered that baby’s ‘mother’ until they left,” Arline explained. “The baby was presented to the adoptive parents in a special bassinet and the nurses would peek in to see what the parents looked like. And we’d cry because that was our special baby.”

Newborn infants occupied two closed nurseries on the second floor, while older babies stayed in an open nursery on the third floor. One toddler in particular stole the hearts of at least two nurses during his stay at The Cradle. Arline speaks very fondly of Clem, a “beautiful blonde curly-headed boy” of mixed-race heritage who was two years old before he was adopted.

Joan Wood, a registered nurse from Canada who worked in the Nursery from 1960–62, while her husband was earning his Ph.D. at Northwestern, also adored Clem. She learned many years later that he had been adopted into a multiracial family by a minister and his wife, went to college and became a teacher.

The fact that babies went to such good homes, and were so well taken care of, impressed Joan. “It was just a great place to work if you loved children,” she said. She was also impressed by the doors it opened for the graduate nurses. “The young ladies who came out of the program had some wonderful opportunities,” Joan observed. A new adoptive family, for example, might hire a Cradle nurse as their baby’s nanny and take her with them on an extended trip abroad.

Arline left The Cradle following her graduation in 1961, returned to Wisconsin, and went on to care for babies in some capacity for the next 45 years – working in the newborn nursery of a community hospital, tending to babies in a daycare center, and providing daycare in her own home. She appreciates the training she received at The Cradle and the friendships she established here.



Kathy Perysian with a Cradle baby, March 2011

The nurse training program continued until 1972, certifying more than 850 young women in The Cradle’s infant care techniques over a 50-year period. One of the program’s final participants, Kathleen Dettmer Perysian, has worked at The Cradle almost continuously since her graduation in 1971.

When Kathy arrived there were five nurseries at The Cradle, each with a capacity of 12 babies and two nurses assigned to each. She

remembers the training as being tough (with only 15 minutes to eat!), but invaluable. She also watched the annual census decline from 294 babies admitted in 1970 to only 41 in 1989. Admissions began to pick up again in the mid-1990s, and in 1998, the Nursery underwent a major renovation which transformed it into the bright, airy, modern space it is today.

“After almost 40 years,” Kathy reflected, “I’ve taken care of hundreds of infants. Each baby is unique, and I’ve loved being with all of them. I’m grateful to have been here all of these years and to have worked with the most amazing people.”

The theme of this year’s National Nurses Week, “Nurses Trusted to Care,” is a fitting description of the nurses and infant aides who provide skilled, nurturing care to Cradle babies 24 hours a day, 365 days a year. Many will tell you that it’s the “best job in the world.”

Assisting our dedicated team is a large corps of volunteer Cuddlers who spend two-hour shifts in the Nursery from 8 a.m. to 8 p.m. daily, feeding, rocking, snuggling and giving love to the babies. During Nurses Week, Cradle Cuddlers purchase a spring floral arrangement for the Nursery break room and provide a week-long supply of baked goods, fruit, veggies and other snacks for each shift. Last year they hung a banner, just opposite the Nursery window, which summed up the feeling of all of us at The Cradle: “We Love our Nursery Staff.”

To view a slideshow of the Nursery from the 1920s through today, and take a virtual tour, go to [www.cradlefoundation.org/nurserytour](http://www.cradlefoundation.org/nurserytour).

## MESSAGE FROM THE PRESIDENT



Dear Friends,

It could be said that The Cradle Nursery is the heart and soul of this organization. When Florence Walrath founded The Cradle Society 88 years ago, on March 12, 1923, it was with the express purpose of having a safe and nurturing environment – outside

of a hospital setting – for infants awaiting adoption.

As our feature story illustrates, the Nursery has undergone many transformations over the decades: from a collection of rooms in a private home; to a scientifically advanced facility that served as a model for infant nurseries worldwide; to the cheerful and inviting sanctuary it is today. No visit to The Cradle is complete without a stop on the third floor to look through the Nursery window and see our nurses, infant aides and volunteer Cuddlers tending to the beautiful babies in our care.

The Nursery also remains one of The Cradle's most distinguishing features. No other U.S. adoption service provider operates a 24-hour onsite newborn nursery. Whether a baby is healthy or has special needs, and whether his or her birthparents decide to make an adoption plan or parent their child, the Nursery is here for them – at no charge.

As National Nurses Week approaches, I hope you will join me in honoring the wonderful women and men who take such loving care of Cradle babies. I also encourage you to take a moment to view the slide show of the Nursery over the years on The Cradle Foundation's website, and to take a look at our Nursery Wish List on this page.

With thanks and regards,

Julie S. Tye

## The Cradle Newsletter's Big Adventure

In January, Cradle Foundation Development Coordinator Sue Petersen and Cradle Chief Operating Officer Merrilee Hepler climbed Mt. Kilimanjaro in Tanzania. The Winter 2011 issue of the newsletter accompanied them to the summit!



## Cradle News on the Web



Would you like to know more about some of the wonderful people who work in the Nursery? Our monthly *Cradle Connections* e-newsletter typically includes an interview with a staff member or volunteer.

Past issues have featured Nursery Director Victoria Brooks, Cuddlers Tom Stilp and John Buccheri (pictured above) and Nurse Mary Hasson. You can read these profiles, and others, on our website at [www.cradlefoundation.org/enewsarchives](http://www.cradlefoundation.org/enewsarchives). Also, if you're not receiving our e-news and would like to, please sign up at [www.cradlefoundation.org/esubscribe](http://www.cradlefoundation.org/esubscribe).



## Nursery Wish List

Since its opening in 1923, The Cradle Nursery has provided outstanding care for more than 14,000 infants. It remains the only facility of its kind in the U.S., and a service that is offered free of charge to birthparents who are weighing an adoption decision. As you can imagine, feeding, bathing, diapering, clothing, sheltering and pacifying 75 – 100 newborns every year requires a whole lot of supplies! The Nursery would greatly appreciate donations of any of the following items:

- Pampers Swaddlers (size Newborn)
- Aveeno Baby Shampoo (\$5 – \$6 each)
- Dr. Bronner's Pure Castile Baby Mild Liquid Soap (available at Target; \$15.75 for 32 oz.)
- Martex white washcloths (sold at Costco)
- WubbaNub Infant Pacifiers (\$25 for three pack) – we could use 100 total
- Cool mist humidifiers (\$30)
- Graco plug-in electric swings (\$129)
- Snap and Go style stroller – for use with our older babies. Used is fine for this item, and we would love to have 6 since they wear out! Should fit a standard infant car seat.
- Babies R Us gift certificates (any amount)

For more information, or to arrange a delivery, please contact Maureen Kelly at 847.733.3230 or [mkelly@cradle.org](mailto:mkelly@cradle.org).



## FOUNDATION BRIEFS



Lia Potter, left, with Elliot and Clara Schwartz at The Cradle

### PHILANTHROPIC KIDS

Five-year-old Elliot Schwartz visited The Cradle in March with her mom Jennifer, younger sister Clara, and good friend (and Cradle baby) Lia Potter. The purpose of Elliot's visit – besides taking a tour and looking in on the babies in the Nursery – was to present The Cradle with a check for \$45, representing the Tzedakah money she had collected. The word "Tzedakah," commonly translated as "charity," is derived from a Hebrew word meaning righteousness, fairness or justice. Jewish homes commonly have a pushke, or charity box, for collecting coins for the needy. Children are encouraged from a young age to place any coins they collect into the box. Elliot decided that all the change she had gathered, along with her birthday money, should go to The Cradle. "I would like the babies to have a good home," she said. Thank you, Elliot!



### 11th ANNUAL SIRAGUSA SCHOLARSHIP PROGRAM

On March 3rd, the Siragusa Scholarship Committee met at The Cradle and awarded 43 scholarships totaling \$28,600 to Cradle families whose children have special needs. We were fortunate to have received supplemental funding for our 2011 program from the Innovating Worthy Projects Foundation. Scholarships will be used for a wide range of needs, such as educational aids for a 9-year-old girl with Down syndrome, and a special therapeutic program for a 10-year-old boy who is deaf and has Pervasive Developmental Disorder. Ivan, 5, pictured at left, was born premature with a club foot and significant prenatal alcohol exposure. He lived in an orphanage and did not speak until he was nearly 4. "Ivan is a beautiful boy," his mom wrote. "Unfortunately there is no cure for Fetal Alcohol Syndrome. I plan to use the generous gift you gave us to find doctors who have worked with this syndrome and can help Ivan reach his potential."



Dr. Madeleine Shalowitz, a developmental pediatrician, examines a baby in the Nursery.

### SUPPORT FOR THE NURSERY

In addition to the magnificent grant that enabled The Cradle to establish the Siragusa Scholarship Fund in 2000, The Siragusa Foundation provides generous annual support for The Cradle Nursery and our care and placement of babies born with special medical needs. We are profoundly grateful for our long and fruitful partnership with an organization whose vision includes engaging those in need as "valued individuals in a caring society...and enhancing quality of life." The Cradle also greatly appreciates the many other foundations, corporations and individuals whose financial support helps to sustain our Nursery program and give vulnerable babies the best possible start in life.

Honor a birthday, placement day or other special occasion by purchasing a brick for The Cradle's commemorative brick courtyard and garden. The deadline to order is June 15, 2011 and you can return your form in the attached envelope.

\_\_\_\_\_ standard brick(s) (4" x 8") at \$150 each.....\$ \_\_\_\_\_  
(quantity)

\_\_\_\_\_ deluxe brick(s) (8" x 8") at \$300 each.....\$ \_\_\_\_\_  
(quantity)

**My total contribution.....\$ \_\_\_\_\_**  
**Your gift is tax-deductible as allowed by law. Thank you!**

**IMPORTANT!**

Please provide contact information so that we may reach you if we have any questions regarding your bricks.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ / \_\_\_\_\_ - \_\_\_\_\_

If you have any questions, please contact Maureen Kelly at **847.733.3230** or [mkelly@cradle.org](mailto:mkelly@cradle.org).

To purchase a brick online, visit [www.cradlefoundation.org/brick](http://www.cradlefoundation.org/brick)

**THE CRADLE FOUNDATION ACCEPTS GIFTS THROUGH:**

**Checks:** Please make your check payable to The Cradle Foundation and return it with this reply form.

**Credit card:**  Visa  MasterCard  Discover

My account # \_\_\_\_\_

Expiration date \_\_\_\_/\_\_\_\_ Security code \_\_\_\_\_

Signature \_\_\_\_\_



Please use the space below to let us know how you wish to list your own name, your family name, or the name of a loved one you wish to honor or remember.

**STANDARD BRICKS:** Up to 3 lines of 13 characters

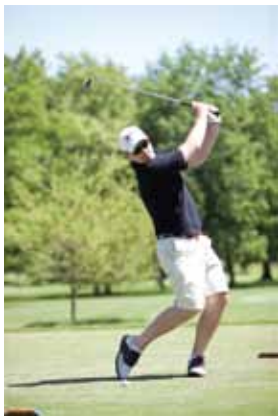
**DELUXE BRICKS:** Up to 5 lines of 13 characters







## EVENT SEASON Heats Up



Every June, The Cradle Foundation holds two of its major annual fundraisers – *The Cradle Classic* and *Day at The Races*. 2011 will mark the 11th year for each of these unique events.

On Monday, June 13, golfers (of all skill levels!) will tee up at the beautiful North Shore Country Club in Glenview for *The Cradle Classic*. The all-day outing features lunch, practice time on the putting green and driving range, 18 holes of golf,

challenging contests to win great prizes, on-course beverage carts, a post-tournament reception and awards ceremony, a silent auction and \$1,000 cash raffle. Registration begins at 10 a.m. and the day concludes at 7 p.m. Tickets are \$600 per golfer; \$100 for the reception only.



The elegant International Room at Arlington Park, site of *Day at the Races*, overlooks the track, providing a spectacular, birds-eye view of the exciting

action below. This year's family friendly event will be held on Sunday, June 26 from 12:30 to 4:30 p.m. In addition to horse racing, guests will enjoy a delicious lunch, extensive silent auction, a raffle to win one of 4 new iPad 2s, and special activities for the kids. Tickets are \$90 per adult and \$45 per child 4-11; kids 3 and under are free.

For more information about these events, go to [www.cradlefoundation.org/events](http://www.cradlefoundation.org/events) or contact Bonnie Krasny at 847.733.33234 or [bkrasny@cradle.org](mailto:bkrasny@cradle.org).

## MESSAGE FROM A Cradle Family



Amy and Jay McManus brought their daughter, Liv Anna, home from The Cradle on October 18, 2010. To honor this special day, they set up a Personal Fundraising Page on The Cradle's Foundation's website requesting donations to The Cradle from friends and family.

*Liv spent 6 weeks in The Cradle Nursery after her birth under the care of loving nurses and volunteers. Our family has received the greatest gift and we would like to pay it forward to The Cradle*

*to support their mission. The smallest donation can make the biggest difference in the lives of the adopted children, their birthparents and waiting families.*

Amy's parents, Linda and Vince Hanson, included the following note with their gift:

*We always knew that no matter how long it took, Amy and Jay would be given the honor of raising the child that was meant just for them. Thanks to the Cradle and everyone working with them, that is just what happened. We could not have asked for a sweeter grandchild and Liv has now completed our family.*

The Cradle has gratefully received gifts totaling more than \$600 in honor of Liv McManus. To learn more about personal fundraising pages, go to [www.cradlefoundation.org/pfp](http://www.cradlefoundation.org/pfp) or contact Maureen Kelly at 847.733.3230 or [mkelly@cradle.org](mailto:mkelly@cradle.org).

The Cradle's Blues Brothers themed private reception at *First Look for Charity*, a black-tie preview of the Chicago Auto Show held on February 10 at McCormick Place, was organized by our very dedicated – and fun-loving! – event committee.

Back row: Reba London, April Smail, Susan Giffei, Scott Wiscomb, Linda Stasek, Mary Ruebenson, Brooke Voss, John McNabola and Bill Stasek

Front row: Brad Tustin and Frank Kuzel



## ADOPTIONLEARNINGPARTNERS.ORG



*Though parenting may test you, parenting is not a test – no one is going to take points off if you look at someone else's work. The best parenting is collaborative and builds on the wisdom of those who've been there before.*

— from the ALP course, "Parenting Matters"

The courses on AdoptionLearningPartners.org are created in partnership with leading experts in the field and include stories from parents in situations like yours, to help you learn from the experiences of others. You may be surprised at how much we've grown! Our newest additions include the four courses in the *Tough Starts Matter Series*. These courses equip adoptive parents with insight into how their child's difficult beginning in life (tough start) may lead to troubling behavior years later, and provide practical tips and strategies for parents to help their child cope and their family thrive.

ALP also offers webinars throughout the year on a range of topics. The next webinar, [Are You Sleeping? Expert advice for adoptive families struggling to get a good night's sleep](http://www.adoptionlearningpartners.org/webinars/are-you-sleeping-webinar.cfm), will be held on **Thursday, May 19, 2011**, from 7 to 8 p.m. Central Time, with Q&A until 8:30.

Dr. Julian Davies, Co-Director of the Center for Adoption Medicine, will offer a practical, humorous and balanced exploration of why young children (and their parents!) often sleep so poorly, and what to do about it. Developed in consultation with pediatric sleep doctors, but sensitive to the unique needs of the adoptive families, this webinar will feature concrete sleep tips. The cost is \$15. To learn more and register, go to:

<http://www.adoptionlearningpartners.org/webinars/are-you-sleeping-webinar.cfm>



Isabella Vangen shows off her pretty hair!

and Biracial Children." Dan Vangen, dad to 21-month-old Isabella, attended the March 19 workshop and wrote:

*The class gave me the confidence in knowing I will be giving Isabella the best and most appropriate care possible regarding her hair and skin. I look forward to washing her hair tomorrow and styling it with the new knowledge gained from your class!*

### African American Hair and Skin Care Workshops

Cradle staff members Erylne Jean-Baptiste and Iheoma Okeke-Banks have led three very popular and informative workshops at The Cradle on "Caring for Afro-Textured Hair and Skin: Practical Advice for Parents of African-American

## PARENTING WORKSHOPS at The Cradle

### HOW TO DISCIPLINE YOUR CHILDREN, Without Losing Yourself

Wednesday, May 11, 2011, 6:30 to 8:30 p.m.

Sometimes a child's misbehavior is more than just being defiant. This workshop will help parents understand their child's behavior and find different avenues of approach. Participants will learn to identify new approaches to discipline and understand possible deeper meanings to a child's misbehavior.

Guest Speaker Kay Holler, LCSW, is a therapist in private practice and an adoptive parent.

2 hours of DCFS Foster Care Training/Hague Compliant

### FAMILY AFFAIR: Everything is Relative

Saturday, June 4, 2011, 9:30 to 11:30 a.m.

Your family and friends will likely have questions about your adoption, from the beginning of your process through, and after, the time you bring your child home. This presentation will focus on how to best answer questions about your adoption journey and manage all varieties of responses - even the least enthusiastic. It will also offer creative tips on what to share, remembering it is ultimately your child's story.

Guest Speaker Becky Carter, LCPC, is a licensed therapist, an adoptive parent and an adult adoptee.

2 hours of DCFS Foster Care Training/Hague Compliant

*Workshops are open to the community. Fees: \$20 per person per workshop, \$10 for second family member; non-refundable. Pre-registration is requested. Register online at [www.cradle.org/parenting-workshops-0](http://www.cradle.org/parenting-workshops-0) or by calling 847.733.3208.*

The Cradle would like to recognize the following companies that have generously donated products for these classes:

Aubrey Organics	Mixed Chicks
Blended Beauty	Oyin Handmade
Curls	Snapaholics
Free Your Mane	Sofn'free GroHealthy
HairVeda	Taliah Wajjid Black Earth Products
Miss Jessie's	Zipporah Beauty

The next hair and skin care workshop will be held at The Cradle on **Saturday, August 20** from 9 a.m. to noon. For more information, visit [www.cradle.org/parenting-workshops-hair-care](http://www.cradle.org/parenting-workshops-hair-care).

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## CRADLE | Calendar SPRING/EARLY SUMMER 2011

**05/11 HOW TO DISCIPLINE YOUR CHILDREN**  
Parenting Workshop\*  
The Cradle, Evanston  
6:30 to 8:30 p.m.

**05/15 ANNUAL OPEN HOUSE**  
The Cradle, Evanston  
Noon to 3 p.m.

**05/19 ARE YOU SLEEPING?  
ALP WEBINAR**  
7 to 8 p.m. Central Time

**06/04 FAMILY AFFAIR**  
Parenting Workshop\*  
The Cradle, Evanston  
9:30 to 11:30 a.m.

**06/13 THE CRADLE CLASSIC**  
North Shore Country Club  
Glenview, IL  
10 a.m. to 7 p.m.

**06/26 DAY AT THE RACES**  
Arlington Park Racetrack  
12:30 to 4:30 p.m.



Jenna and Jake (with a furry friend) at the 2010 Open House

*\*Open to the community. Fee: \$20 per person per workshop, \$10 for second family member; non-refundable. Register online at [www.cradle.org/parenting-workshops-0](http://www.cradle.org/parenting-workshops-0) or by calling 847.733.3208.*