

adrienne

**From:** Alice Lara [laura@sads.org]  
**Sent:** Monday, March 15, 2010 10:42 AM  
**To:** adrienne@sads.org  
**Subject:** Happy Thanksgiving!



Dear Alice,

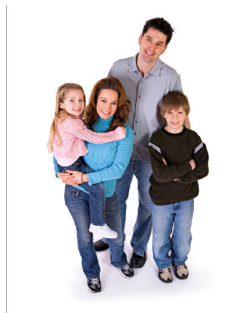
Giving thanks is a tradition this time of year. As family and friends gather together for Thanksgiving, take this opportunity to establish a life-saving tradition: identifying family members who may be at risk of SADS, and also to making a year-end giving pledge to the SADS Foundation.



## Thanksgiving is National Family History Day

The number one warning sign of SADS is having a family history of unexpected, unexplained sudden death in a young person under age 40.

Completing your family health history (or pedigree) can save lives. An excellent way to identify who in your family may be at risk is to chart your family tree.



**The SADS Foundation is about to launch the Pedigree Project online. But you can begin this process now by downloading the [family list](#) and the [short questionnaire](#).**

**Start today to protect your family!**

## Year end giving

Looking for that perfect holiday gift for someone who has everything? Family members and friends will agree that making a life-saving gift to the SADS Foundation is the best way to celebrate the season.



We would like to take this opportunity to thank the thousands of friends, families, physicians, health care workers, contributors, and

## Brittany's Trees

Every year in Carol Stream, IL, the family and friends of Brittany Valene continue a tradition of an annual display of lighted Christmas trees to celebrate the holiday and raise awareness and funds for the SADS Foundation ([photos](#)).

Brittany was a 3<sup>rd</sup> grade student at Heritage Lakes who died in February 2005 from Long QT Syndrome.

Join in this tradition of celebrating the holidays and honoring the memory of Brittany Valene and make a [contribution](#) today.

corporate sponsors who work so tirelessly to save the lives of children and young people with SADS conditions. We are making a difference.

*Sincerely,*

Alice Lara  
SADS Foundation

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