

# the heartbeat

ISSUE 11, SUMMER 2018



## Our Mission

High Risk Hope® is a *for purpose* organization that provides support, encouragement, information, and resources to women and families who are experiencing a high risk pregnancy resulting in hospital bed rest, potential premature birth, and neonatal intensive care after delivery.

## Our Hospitals

Florida Hospital Tampa  
Hoag Hospital Newport Beach  
Johns Hopkins All Children's Hospital  
Mease Countryside Hospital  
Tampa General Hospital  
Sarasota Memorial Healthcare System  
St. Joseph's Women's Hospital

## Board of Directors

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## PATIENT SPOTLIGHT:

### Emerson Baker

Sarasota Memorial Hospital  
Born at 34 Weeks



As Shannon Baker entered her third trimester of pregnancy, she was having pain in her leg and experienced shortness of breath. At 30 weeks pregnant, she was diagnosed with deep vein thrombosis (blood clots) and multiple pulmonary embolisms. She had surgery to prevent the blood clots from traveling to her brain. After the surgery, they found a chorioangioma (benign placental tumor). Due to the size, the doctors were concerned that blood flow to the baby would be decreased. She was placed on hospital bed rest where they could monitor the tumor's growth and allow her to recover from the blood clots. The fear, guilt and uncertainty she felt was overwhelming. She was surrounded by her family and loving husband yet felt so alone. She says, "It seems trivial to admit it now, but I mourned the loss of a 'normal' pregnancy...I would never have a baby shower, maternity photos, take childbirth classes or experience the excitement of going into labor." She felt an outpouring of support by the nurses at Sarasota Memorial and the HRH Bed Rest Basket she received. Seeing pictures of beautiful preemies inspired her to stay positive, trust her medical team and have faith that God was in charge.

As the tumor continued to grow, the umbilical cord wrapped itself around the baby's neck. At 34 weeks, Emerson was born via caesarean section with a nuchal cord wrapped around seven times. The neonatologist informed them that their daughter had been born with multiple birth defects and would be transported to Johns Hopkins All Children's Hospital for her first surgery. In those moments, Shannon remembers honestly not knowing if they were saying goodbye for a day or forever.

A few days later, they learned that Emerson had VACTERL association, a grouping of random birth defects with no genetic link or known cause. Emerson was born with several of the defects. Emerson's future was uncertain. Almost immediately, she showed everyone what a fighter she was - after 16 days in the NICU, Emerson was able to go home.

Emerson's journey has not been an easy one. She has undergone 15 operations and spent over 100 nights inpatient. Emerson continues to amaze those who know her. She works hard and is meeting her developmental milestones on her own time. After an incredibly difficult two years, Emerson is now a walking, talking, dancing, silly and sweet toddler and is the definition of "preemie strong."

# Hospital Headlines

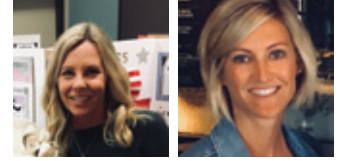


## New Hospital Partners

We are thrilled to announce that we have added two new hospital partners! High Risk Hope began delivering Bed Rest Baskets and NICU Napsacks to **Florida Hospital Tampa** in February and to **Mease Countryside Hospital** in May. We hope you will take a moment to learn more about these hospitals and the excellent care they provide to their patients. [www.floridahospital.com](http://www.floridahospital.com) and [www.mpmhealth.com](http://www.mpmhealth.com)

## Hoag Hospital Newport Beach

As we continue to grow, we are delighted to introduce Kimi McDonough and Anna Jeffers. Kimi McDonough will be our Branch Leader for Hoag Hospital Newport Beach. Kimi says, "This organization holds a special place in my heart. I have been on both the receiving and volunteering side of support this organization offers."



Anna Jeffers will be heading up the Books for Babies Program in Orange County. Anna feels that she has been lead to HRH at the right time in her life. She was on bed rest with her first daughter and understands the stress and fear that come with the unknown. We know that under their guidance we will continue to carry out the mission of HRH in Orange County.

## Johns Hopkins All Children's Hospital



Thomas Gerstenberger and Stephanie Skinner received a care package from High Risk Hope upon the delivery of their son, David, on Father's Day 2016. From that day forward, they have experienced the support and compassion High Risk Hope has brought to countless families who have experienced stress and anguish of a high-risk pregnancy and birth. Unfortunately, David passed away after 190 days of life. However,

they have continued to give back through philanthropy and volunteering through High Risk Hope. They are now blessed to have a happy and healthy six-month-old daughter, Abigail, after another high-risk pregnancy.



## Sarasota Memorial Hospital NICU Reunion

The Sarasota Memorial Hospital NICU reunion brought together families who all

had a story of hope to tell. Parents were able to show off their sweet miracle babies, meet with their favorite doctors and nurses and enjoy bounce house fun. Our VIPs (Very Important Premies) stopped at our table to visit, and there's nothing we enjoy more! Thank you to all who joined us!

## St. Joseph's Women's Hospital



We are grateful to HRH mom and volunteer, Angie Bresnahan, for collaborating with us on HRH's new Bereavement Box Program.

Unfortunately, not all of our families leave the hospital with their baby. Through Angie's thoughtful considerations, we have created resources and items that will provide comfort to these families during this difficult time. Our bereavement boxes will be available in our online store, and we will provide them to other hospitals in the near future.



## Tampa General Hospital

The Tampa General Hospital Foundation, through the generous donation of Betsy & Drew Graham, treated 25 HRH families to see Disney on Ice. All the HRH babies in attendance had a blast, and it was truly a magical night. Thank you to the TGH Foundation and the Graham Family for bringing Disney to life!

# 2018 Spring Event Success

## CAMP Spin Class

CAMP Tampa hosted a donation-based spin class benefiting High Risk Hope and raised \$350 for HRH programs. We loved seeing all the philanthropic Santas spinning for a cause.



## Books for Babies

The donations we received for our Books for Babies Program were incredible! The Amazon Wish List was a great success and brought in over 100 new books from the wish list alone. A HUGE thank you to Support the Troops, Inc. for donating over 1,300 books and to Babycycle for donating over 1,200 books. We love when nonprofits support nonprofits.



## Volunteer Appreciation

Our 1<sup>st</sup> Annual Volunteer Appreciation Breakfast was held in February at Lulu Studios. We are grateful for our volunteers that deliver and assemble bags, join our committees, volunteer for events and spend time in our office to assist us in any project we ask. Volunteers are an integral part of our daily operations. Thank you for always being so generous with your time.



## Jersey Mike's Subs Month of Giving

HRH was the Jersey Mike's Subs 2018 Month of Giving partner for 35+ West Central Florida locations. Jersey Mike's Subs locations collected donations for HRH from their customers in March and donated 100% of total revenue to HRH on Wednesday, March 28<sup>th</sup>. Over 42 HRH families and volunteers represented HRH at all 35+ Jersey Mike's Subs locations on the Day of Giving, handing out stickers to customers and spreading smiles along with our mission. Thanks to this community and our Jersey Mike's Subs restaurant owners, HRH received \$104,000 from the 2018 Month of Giving, and we were invited back for 2019! Thank you to Jersey Mike's Subs and to every HRH supporter who donated, represented, and ate a sub for HRH during the Month of Giving.

## Whole Foods Donate your Dime

 Sarasota Whole Foods partnered with High Risk Hope for January, February and March for the Donate your Dime Program. For each shopper that brought in their own reusable grocery bags, Whole Foods donated a dime to High Risk Hope. Thank you for all of your participation! We raised \$2,779.40 through this incredible event. Thank you Whole Foods for your support in the fight for preemies.

## Outback Bowl

The Outback Bowl generously donates to 35 local charities each year. We are happy to share with you that, thanks to our Board Member Tracie Domino, we received \$5,000 again this year from the Outback Bowl.



## Give Day Tampa Bay

Thank you for participating in our 2018 Giving Days! We raised over \$65,000! These funds will enable HRH to continue to provide support to thousands of families in crisis in Sarasota and Tampa. Thank you to everyone who came out to shop and attend HRH events in Hyde Park Village and to all who joined us in Sarasota's Bayfront Park for our Playdate in the Park.



## Touch a Truck Safety Event with Jersey Mike's Subs

We spent a fun Saturday at Westshore Mall with our friends from Jersey Mike's Subs. We shared information about our outreach and enjoyed meeting all the families that came out to learn about staying safe.



# SAVE THE DATE Summer and Fall Events



## Pilates & Prosecco

On the second Saturday of each month, Club Pilates South Tampa will be hosting a mat pilates class at the Epicurean Hotel. 50% of all the proceeds will be donated to HRH. Join us for a morning of core strengthening followed by a gratifying glass of prosecco and support a great cause! Get your tickets today by going to [www.epicureanhotel.com](http://www.epicureanhotel.com).

## HRH Calendar Baby Contest

Help HRH select the 13 HRH babies who will be featured in our 2019 HRH Baby Calendar! HRH Baby Calendars will be placed in 2,000+ Bed Rest Baskets and NICU Napsacks delivered to our Florida and California hospitals in 2019. The calendars are a patient favorite and help provide encouragement to current HRH families by spotlighting healthy HRH babies who have made the journey from hospital to home. Visit [www.highriskhope.org](http://www.highriskhope.org) from August 1<sup>st</sup> - 15<sup>th</sup> to vote for your favorite HRH babies.



## Hyde Park Village Fall Festival

Join us in Hyde Park Village on Saturday, September 29 from 5pm-9pm for the Fall Festival benefiting High Risk Hope. This free annual event is the kick-off to Hyde Park Village's pumpkin patch in Village Circle and will include photos in the pumpkin patch, food, beer & wine trucks, Kids Zone, crafts and more! We need 75 volunteers to help with the event, so please contact [shannon@highriskhope.org](mailto:shannon@highriskhope.org) if you are interested in volunteering.

## 2018 Tot Trot

The 6<sup>th</sup> Annual HRH Tot Trot will take place at Gadsden Park on November 3<sup>rd</sup> at 9:30am. The Tot Trot is a family-friendly 3K walk followed by fun activities for your entire family. November is Prematurity Awareness Month across the globe. Funds raised from the Tot Trot will enable HRH to give more families the support they need during their hospitalization. Register your family and/or become a Tot Trot sponsor at [www.tottrot.org](http://www.tottrot.org)!



2<sup>nd</sup>  
Saturday  
of each month

PILATES &  
PROSECCO

AUG  
1<sup>st</sup> - 15<sup>th</sup>

HRH CALENDAR  
BABY VOTING

SEPT  
29<sup>th</sup>

HYDE PARK  
VILLAGE FALL  
FESTIVAL

NOV  
3<sup>rd</sup>

6<sup>TH</sup> ANNUAL  
TOT TROT

# VOLUNTEER Opportunities



## Youth Volunteer Opportunities

We have great volunteer opportunities for ALL ages! Check out our new youth volunteer webpage and learn how even the youngest volunteer can make a difference. Teaching children empathy, tolerance and the power of making a difference at a young age will impact them throughout their lives. You will empower your own children to become mini-philanthropists and give a gift to the family of a premature baby that will last a lifetime. Visit <https://volunteers.highriskhope.org/become-youth-volunteer> for more information.

**Youth Volunteer Spotlight:** Elizabeth Erhardt has been sewing since she was 8 years old. When she heard about High Risk Hope, she knew that it was the perfect place to donate her time and talent. She says, "I like to think that my cute blankets & hopeful hearts will help the babies heal and grow. I like to think that the parents will cherish my 'homemade hope' forever."

# SPONSORSHIP Opportunities



We still have a few available sponsorship opportunities for the 6<sup>th</sup> Annual High Risk Hope Tot Trot presented by Jersey Mike's Subs. We would love to have YOUR company as part of our team. Help us reach our goal to sell out this year! Sponsorships available are Wall of Hope, Race Bag, Miracle Mile and a few activity tents. Visit [www.tottrot.org](http://www.tottrot.org) for more information or email [kerri@highriskhope.org](mailto:kerri@highriskhope.org).

## Calendar Sponsors

We have sold out of our 2019 HRH Baby Calendar Sponsorships! Thank you to the following businesses for their support. The calendar is a favorite item to so many of our HRH families. *"The stories and pictures of other HRH babies/families in the calendar give me hope daily that things will get easier and will get better!"* –Megan, hospital bedrest, daughter born 29 weeks, 147 days NICU, Johns Hopkins All Children's Hospital (first NICU bag recipient!)



## NICU Dinner Sponsors

In December, we launched our monthly NICU Dinners at St. Joseph's Women's Hospital. The first Friday of each month, HRH arranges for a local restaurant to provide a meal to families with an infant in the neonatal intensive care unit. These meals are meant to provide comfort as well as nourishment for NICU families during this difficult time. We appreciate our incredible sponsors that have provided food this year. If you are interested in providing a meal please contact [kerri@highriskhope.org](mailto:kerri@highriskhope.org).





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## HELP US FILL OUR BOTTLES



It takes a village to support a preemie. We need YOUR help to continue to reach these families in crisis. Please consider donating to our programs by visiting [www.highriskhope.org/donate](http://www.highriskhope.org/donate).