

# Spotlight

Doctors  
couldn't  
promise he'd  
make it...

THANK YOU for giving tiny  
Kamryn a fighting chance

But today, *because of you*, Kamryn is a thriving eight-month-old.

Kamryn was born way too early. Sixteen weeks too early, to be exact.

Shortly after Jacqueline gave birth on April 4, 2019, Kamryn's doctor sat down to talk with her. **"She told me he might not make it."**

Babies born so very early can have serious health and developmental problems—sometimes lasting throughout their lives. That is, if they survive.

But often, early preemies thrive, grow, and lead healthy, full lives.

Fortunately, Jacqueline and her baby were here, in the Yale New Haven Children's Hospital neonatal intensive care unit (NICU). **Thanks to your generosity, it's one of the most advanced NICUs in the nation.**

And Kamryn would need the very best care possible just to have a fighting chance.

(continued inside) 



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### There were no warning signs

For almost six months, Jacqueline's pregnancy had been smooth and trouble-free. Then, suddenly, everything went wrong.

At a routine checkup, her doctor saw signs that her baby might come early—her cervix had started dilating—and put her on bed rest. But soon she started cramping. She was sent to a hospital near her home in Westchester for overnight monitoring.

Things moved quickly after that. Jacqueline began having contractions at 4 a.m. that night. Her doctors moved her to YNHCH, where we are equipped to care for extremely premature babies.

Jacqueline gave birth at 24 weeks and 3 days. Kamryn weighed less than two pounds.

### "I asked them to do everything in their power for my son. And that's exactly what they did."

Jacqueline understood how grave the situation was. If Kamryn survived, there was a good chance he'd face serious problems—respiratory and digestive issues, vision and hearing problems, learning disabilities, even cerebral palsy. A preemie born at 24 weeks may develop any or all of these.

But Jacqueline didn't dwell on the possible negative outcomes. "I told them, 'I need you to do everything you can to keep my son alive,'" she says.

Jacqueline was at Kamryn's side in the NICU for the next 129 days. She was there when a tube was inserted to help him breathe...when he underwent a procedure to fix his heart murmur...when he had a blood transfusion.

And every day, "I thanked Yale New Haven because what they do is amazing."

Kamryn came home on August 11, and he's been growing and developing beautifully. By November, he weighed a whopping 17 pounds.

"It really is a miracle," says Jacqueline, "that babies like Kamryn can survive—and the doctors at YNHCH are making it happen."

But they couldn't do it without you.

### Thanks to you, miracle babies like Kamryn get to go home every day!

Your gifts to Yale New Haven Children's Hospital help babies like Kamryn, and their families, get through the toughest ordeals of their lives and **come out stronger**. Your generosity helps fund the latest medical innovations, state-of-the-art facilities, and the best medical practitioners in the world.

**"Keep on giving, it's really working!"** says Jacqueline. **Visit [giving@ynhh.org](mailto:giving@ynhh.org).**



Kamryn heading home from the hospital, finally!



In his crib at home, enjoying some quality time with the bunny he was given in the NICU (see back page).



Snuggling with Dad while waiting for his check-up back at YNHCH.

## CREATIVE GIVING

Our grandpa was very sick with cancer.

The doctors at Smilow helped him.

Thank you VERY VERY much.



Miles selling homegrown plants to raise funds for Smilow. Pictured above, a few lines from the note he sent us along with a check for \$97!

### Proof that vegetables are good for you!

Miles, 7, and his little brother William, 6, were so excited to have their grandpa back from Smilow Cancer Hospital in good health, they just had to do something to say "Thank You." Their grandfather—now in remission from leukemia—helped them plant and tend vegetable seedlings. They were so proud to sell 25 plants and donate all the proceeds to Smilow Cancer Hospital.

♥ **Thank you, Miles and William.** You are amazing grandsons with great careers in philanthropy ahead of you! ♥

!!READ THIS — IT'S URGENT!!

## It's Not Too Late to Get Your Flu Shot

### The easiest way to avoid the flu

**It's only January**—the flu season hasn't peaked yet. And it can last as late as May!

At its best, the flu will make you miserable for a week or two. At its worst, it can be fatal. The flu shot

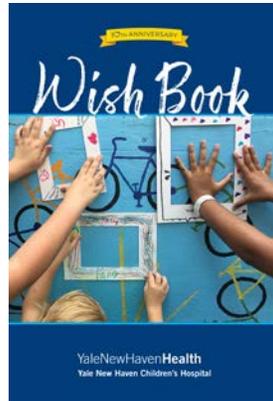
doesn't absolutely guarantee you won't catch the flu, but it's the best prevention there is. If you've been hesitating, **let us try to persuade you to get yours ASAP:**

- **A flu shot cannot give you even a mild case of the flu.** It's impossible. The vaccine does not contain a form of the flu virus that can give you the flu.
- **Children do need to be vaccinated.** In fact, it's especially important for very young children—between the ages of 6 months and 5 years—because they are more likely to have complications from the flu.
- **Pregnant women should get the vaccine.** They are more likely than others to have problems if they get the flu.
- **Senior citizens should get the vaccine.** They are more likely to have complications from the flu as well.
- **Flu shots are not costly.** Check with your local health department—they can tell you where to get a free flu shot.

So you see, there's no excuse. **Don't wait another day to get your flu shot!**

# Will you help?

Give urgently needed therapeutic items for preemies and their families



Families may not be able to afford them, and insurance certainly doesn't cover them, but the items in our Wish Book can be just as important for healthy outcomes as the best medical care.

When things were still touch and go for Kamryn, for example, Jacqueline remembers sitting by his bedside in tears. Caregivers in the NICU saw how down she was and made her a collage that featured his tiny footprints. It gave her something to feel hopeful about and helped her through another tough day. Supplies for such projects come from Wish Book donations.

And the breast pumping supplies in Kamryn's room that helped Jacqueline provide him with breast milk while he was in the hospital...they were there thanks to generous donors to the Wish Book too.

Kamryn was lucky these items were available, but without your generosity, the next premature infant—or her mom—may not have access to them.

Will you please choose an item to give—or make a cash donation to the Wish Book? Browse the Wish Book online at [ynhhwishbook.org](http://ynhhwishbook.org), return the form below with your tax-deductible gift, or use the enclosed form and envelope.

**Yes! I want to help preemies like Kamryn get the fighting chance they deserve!**

Here is my gift to purchase one or more of the therapeutic items needed most urgently by babies in the NICU:

\$ \_\_\_\_\_

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

You help make miracles happen every day

## We want to hear from you!

Have an inspiring story or photo to share about the care you received at Yale New Haven Hospital? Please tell us. We might even write a feature about you in the next issue of Spotlight!



**EMAIL US** at  
[giving@ynhh.org](mailto:giving@ynhh.org)



**CALL US** at  
203-688-9571