

Bust a Move for Babies!





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MISSION

To generate financial and other public support for the mission of Onslow Memorial Hospital through fund-raising and community empowering activities.

VISION

To position Onslow Memorial Hospital as the hospital of choice in Onslow County.

FOUNDATION BOARD

Brandon Mills, *Chair*
 Jeb Brown, *Vice-Chair*
 Karin Dickerson, *Secretary*
 Tim Wilson, *Treasurer*
 Gayle Alvis
 Katrina Carrington
 Tiffany Choice
 Dr. Sharon Dresbach

Matt Ray
 Dr. Jose Ros
 Scott Smith
 LaRue Hambrick, *Director Emeritus*
 Col John Kopka, *Director Emeritus*
 Col Grant Sparks, *Director Emeritus*
 Lee Ann Thomas, *Executive Director*



Thank you!

A Letter from our Executive Director

Dear Donor,

We saw an outpouring of appreciation for our healthcare heroes fighting on the front lines of COVID-19 in 2020, and truthfully, your many acts of kindness helped sustain them as the battle raged on. Although we have begun the work of distributing vaccines, the battle is far from over for many in our community. Once again, our providers and staff find themselves stretched to the limit. As our community faces an increase in the number of COVID-19 cases, our healthcare workers need your support more than ever. OMH has 1185 employees, and they need you.

It is with great pleasure that I offer you the opportunity to participate in **Thankful Thursdays**.

On the third Thursday of each month, you can continue to lift up our healthcare heroes by showing them how much you appreciate them, either by funding a lunch, or providing other gifts of food and comfort.

As an individual or a business, please donate to our Thankful Thursday fund at <https://onslowfoundation.org/thankful-thursday.php>. If you would like to sponsor a specific Thursday, please email me at leeann.thomas@onslow.org or call me at **910-577-2651**.

"Feeling gratitude and not expressing it is like wrapping a present and not giving it," religious writer William Arthur Ward said. Together, let's tangibly demonstrate our gratitude to our local healthcare heroes!

Sincerely,

Lee Ann Thomas
Executive Director, Onslow Memorial Hospital Foundation

P.S. As of this printing, our first two donors are Sanders Ford and Modern Exterminating. Thank you for your generosity!

Announcing

Bust a Move

for Babies!

our 2021 online fundraiser

In this truly unprecedented time, our OMH Foundation realized we needed a unique and engaging way to build each other up as we meet the needs of our communities that have gone through so much over the past year.

Although we are unable to hold our gala event this year due to the safety concerns, Covid does not have the power to stop our mission. In 2020 we moved forward by selecting American Builders of Greenville, NC as our construction company and we began renovations with new sleeper sofas for 10 Labor & Delivery and 4 semi-private postpartum rooms — a big hit with new moms, spouses, partners and their families!

In 2021, our Building for Babies Campaign continues in a new and creative way — The OMH Foundation is thrilled to announce #BustAMove4Babies!

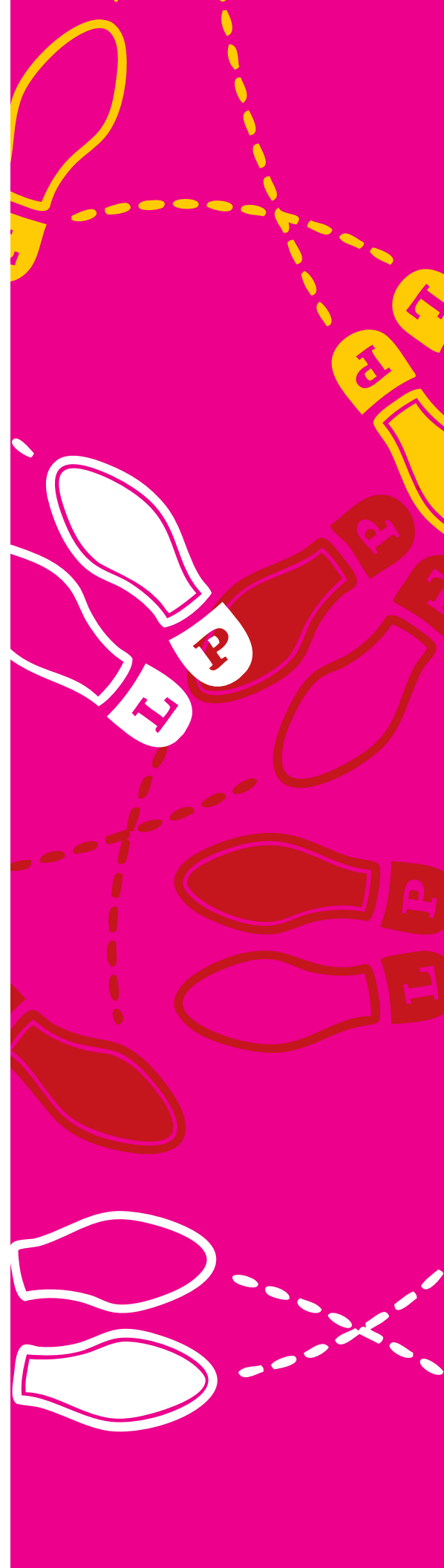
So come one, come all, let's dance for our babies!

We're recruiting families, teens, community members, and businesses to find their inner "TikTok dancer" and compete for the OMH Foundation #BustAMove4Babies championship titles by end of day **Sunday, March 14**. Dance teams will recruit donors to 'vote' for their performance via their Facebook donations to Building for Babies.

The team with the most 'likes' will be awarded the OMHF Bust a Move for Babies Crowd Favorite award and the team with the highest amount raised earns the title of OMHF Bust a Move for Babies Champion!

And of course, all proceeds support our Building for Babies Campaign. This community has zealously jumped into every challenge that we've presented, and now our moms and babies need us more than ever!

On the next page, you'll read how to participate in #BustAMove-4Babies to help us raise funds for this important cause, as we strengthen our friendships and our resolve for a brighter future for us all.



All you have to do is:



1. Record yourself performing the "TikTok" dance **"Blinding Lights"** with 2-5 of your co-workers, friends or family members. Here's a sample video on YouTube **"Blinding Lights Dance Challenge tik tok compilation"** <https://www.youtube.com/watch?v=SsHzl9cK1Is>

Feel free to add costumes and props! (Remember to keep it clean please!) Click the link for instructions on how to do the Blinding Lights Dance **"Blinding Lights Tutorial (TikTok Dance Moves Tutorials Ages 5+)"** <https://www.youtube.com/watch?v=0ifulHh17Fk&t=187s>



2. Start a Facebook Fundraiser for the OMH Foundation. Here's how: Go to the **OMH Foundation Facebook Page** <https://www.facebook.com/OMHFoundation>

Click the **Fundraisers** tab in the top left section of the page under the profile picture

Click on the **Create a Fundraiser** section that pops up on the right

Edit the details, fundraising goal, description, etc.

Copy and paste the following to your page:

"I am participating in the fundraiser #BustAMove4Babies in support of the OMH Foundation Building for Babies Campaign, a campaign to renovate the Women's and Children's Unit at Onslow Memorial Hospital. Please 'like' our video and also make a donation to help us become the Crowd Favorite and/or overall Champions!"

Once you've copied and pasted the message above, feel free to add other messages or calls to action!

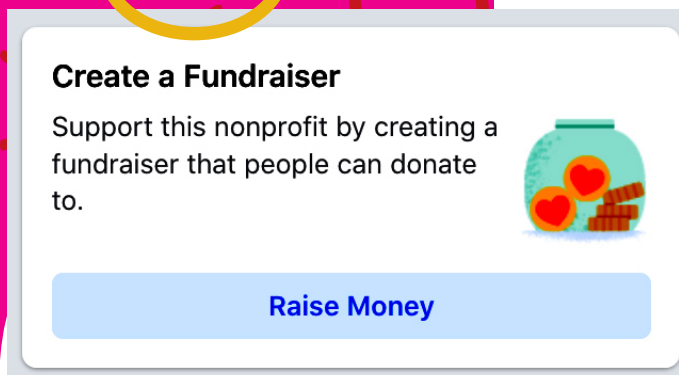
Don't forget to upload your video file or a link to your video!

This can be done by uploading the video in a separate post on your fundraising page and tagging @OMHFoundation or by adding a link to your video in the description (as well as in a post on the fundraising page)

Make sure to Click the **CREATE** button to make your fundraising page go live!

Share the page and your video and encourage friends and family to like and donate to vote for your video to win.

Use **#BustAMove4Babies** in your post and please send a copy of the video to leeann.thomas@onslow.org. Describe your video however you choose, but include the hashtag **#BustaMove4Babies**.



Stilettos on Steel

A sisterhood of motorcycle riders raised \$3,000 for Julie's Pink Warrior Project.



"Community building and giving back is really important to me and all the girls in our group," says Tammy R., Coordinator for the Beach Coast Chapter of Stilettos on Steel, an all-female motorcycle riding group "empowering women to ride safe, strong and street smart."

Thanks to the Stilettos' 2020 benefit ride, 30 underinsured or uninsured women will now receive free screening mammograms through the Julie's Pink Warrior Project.

Stilettos on Steel has close to 20 members in North Carolina, and is growing steadily, with new chapters coming soon to Charlotte and Raleigh. "We are bringing the midwest to the Carolinas," the Wisconsin native laughs. "We have over 2,000 members across 16 states."

The mission is one of uniting female motorcyclists of all skill levels for friendship, support, and peer-to-peer or professional learning opportunities. "We are not a club!" Tammy stresses. "We are a diverse group of women from all walks of life that support and encourage each other." Under Tammy's watchful eye the only hard and fast rules are "Safety, number one, and no drama!"

Tammy has been riding all her adult life, and taught her 27-year-old daughter the rules of the road from an early age: safety, respect, and friendship.

Stilettos spans multiple decades from women in their 30's through 70's. Some are mothers, some are grandmothers, but all are sisters. As their Twitter account says [<https://twitter.com/stilettosfrg>], "Stilettos are just long lost sisters that found each other through their shared love of motorcycling."

What the women learn on the bikes often carries over to many areas of their lives. "You're not sitting on the back [of the bike] anymore, you're actually sitting in the driver's seat, so now you're in control," Tammy says. That feeling of empowerment has been enough for many women to make brave, positive changes in other areas of their lives, encouraged and supported by their Stilettos on Steel sisters.

To find out more, visit: <https://www.stilettosonsteel.com/chapter/beach-coast-chapter/>





Connecting & Mentoring Female Motorcycle Riders

NORTH CAROLINA

Educational and Social Gatherings
Riding, Sisterhood, Friendship and Fun

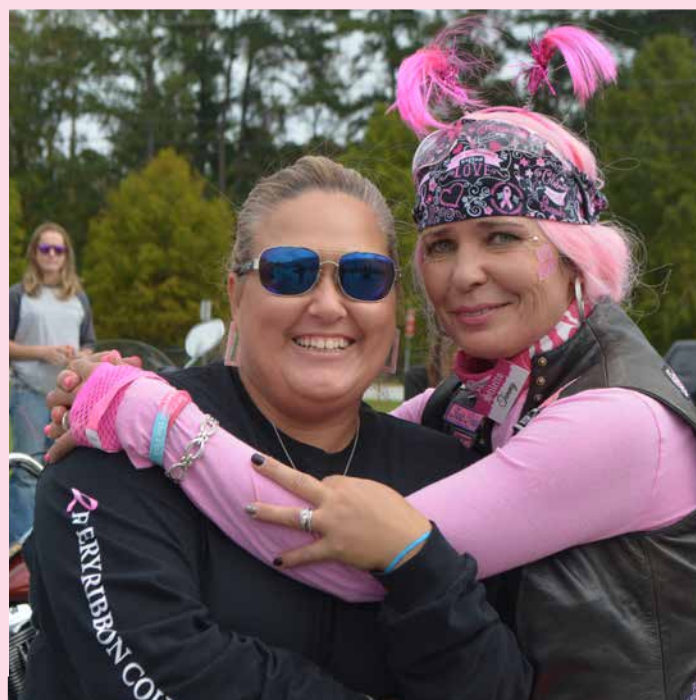
BREAK FREE FROM THE PASSENGER SEAT !

Our Passion

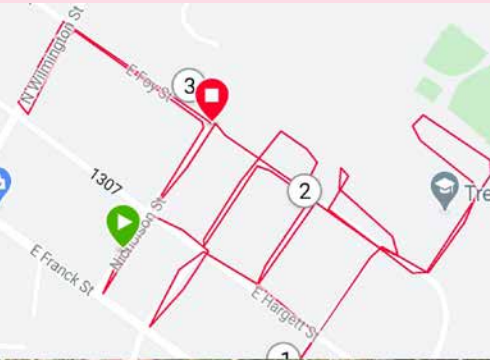
To unite female motorcyclists of all skill levels for friendship, support, and peer-to-peer or professional learning opportunities that will make them knowledgeable and safe motorcycle operators.

To provide an all-female motorcycle riding group empowering women to ride safe, strong and street smart.

To promote an image that feminine women possess the mental and physical skills needed to operate and own a motorcycle.



Racing for a Cause 5k and 1 Mile Fun Run in support of



Julie's 
PINK WARRIOR PROJECT

RACING FOR A CAUSE

The Onslow Memorial Hospital project was named after Julie Zerkle, a breast cancer warrior who lost her battle with cancer at the age of 38.

The race was virtual this year due to Covid and we still had a record 78 participants! They raised over \$7,000 (more funds than last year)! The entire amount will help 70 eligible women receive a free screening mammogram.

Our Sponsors! At the \$500 Level: East Carolina Gastroenterology, Johnston Pain Management, Burrito Shak, BPC Plasma, Inc., Coldwell Banker Alliance, and Onslow Memorial Hospital; at the \$250 Level: SIA Group, Dr. Rojy, Modern Exterminating; at the \$150 Level: Dr. Playford/Emerge Ortho, Dr. Sharon Dresbach, and Proforma; at the \$100 Level: Thrivemind, George and Lee Ann Thomas, Mewborn & DeSelms, and Dicks Sporting Goods



Did you know Onslow Memorial Hospital has been awarded the **2020 Blue Cross Blue Shield Distinction Center+ for Maternity Care?**

Now, let's bring our physical space onto the same high level as our excellent care!

Toward that end, our matching fund Donor has given us \$100,000 (September 2020) to match your contributions dollar-for-dollar! Please consider making a contribution today!



Bust a Move for Babies!



T-shirt vaccination art (detail)

Ways to Give

Bust a Move for Babies

In support of our Building for Babies Campaign to renovate the Women's and Children's Unit at Onslow Memorial Hospital

Thankful Thursdays

A way to lift up our healthcare heroes by showing them how much you appreciate them, either by funding a lunch, or providing gifts of food and comfort

Julie's Pink Warrior Project

Provides free screening mammograms to the underinsured and uninsured in Onslow County

Caring Spirit Program

Gives you an opportunity to express your gratitude for an employee by making a gift in his/her honor. The employee will be awarded a pin and recognized in our *Contributor* magazine and the donation will help fund critical needs at Onslow Memorial Hospital

Matching Gift

A gracious donor has donated \$100,000 towards our Building for Babies Campaign and would like to see the community match that donation

Covid Vaccine T-shirt

The Foundation is selling t-shirts to support our Covid Response Fund. Shirts show the community the importance of vaccinations!



front OMH logo



back vaccination art

OMH Foundation Donation Form

- ☐ **Bust a Move for Babies** ☐ **Thankful Thursdays** ☐ **Julie's Pink Warrior Project**
☐ **Caring Spirit Program** ☐ **Matching Gift** ☐ **Covid Vaccine T-shirt**

DONATIONS

A One time Donation in the Amount of

\$5,000 \$2,500 \$1,000 \$500 \$100 \$50 Other: \$ _____

A Repeating Donation, as Follows:

A sum of \$ _____ Once every (circle one) Month Quarter for a total of \$ _____ in 2021

If you choose Monthly, you must have a total of 12 deductions.

If you choose Quarterly, you must have a total of 4 deductions.

COVID VACCINE T-SHIRT

SHORT SLEEVE (\$12) (Please indicate the quantity of each size)

☐ Small _____ ☐ Medium _____ ☐ Large _____ ☐ XL _____ ☐ 2XL _____ ☐ 3XL _____ Total \$ _____

LONG SLEEVE (\$20) (Please indicate the quantity of each size)

☐ Small _____ ☐ Medium _____ ☐ Large _____ ☐ XL _____ ☐ 2XL _____ ☐ 3XL _____ Total \$ _____

CONTACT INFO

Name _____

Mailing Address (including zip code)

Email _____

Phone _____ - _____ - _____

PAYMENT OPTIONS

☐ Check included

Make checks payable to
OMH Foundation

and mail to:

317 Western Blvd.
Jacksonville, NC 28546

☐ Please charge our credit card (VISA or MasterCard)

Name on card _____

Card number _____

Exp. date ____ / ____ V-code _____
(3 digits on back)

Billing zip code _____

Bust a Move **for Babies!**

Thank you for supporting Building for Babies!