



THE CONTRIBUTOR

A NEWSLETTER FOR SUPPORTERS OF THE OMH FOUNDATION

JANUARY 2015

2015

happy new year!

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MISSION

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

VISION

To empower Onslow Memorial Hospital to become the hospital of choice in Onslow County.

FOUNDATION BOARD

Marty Goldman, *Chair*
Mr. Louis William Sewell Jr., *Honorary*
Disco Fever Chair
Grant Sparks, *Vice-Chair*
Budda Howard, *Secretary*
Steve Scarborough, *Treasurer*
Jimmie Ervin
Kevin McConnell
Ed Garriss

Mat Raymond III
Robert Dillingham
Maria Dempster
LaRue Hambrick, *Director Emeritus*
Col John Kopka, *Director Emeritus*

Lee Ann Thomas, *Executive Director*
Amy Sousa, *Recorder/VP Marketing*
and Public Relations

A note from our Foundation Chair



Disco Fever, February 28, 2105 is right around the corner and the Events Committee is working hard to make it the best event ever! We are welcoming back the A-town A-list to helps us boogie the night away. We will again have a wonderful meal provided by Golden Corral and a silent and live auction. We will have one change however that I want to draw to your attention.

We are using tickets for drinks and photographs this year; not cash. Each ticket will be worth \$1. Beer will be \$3, wine \$4 and mixed drinks \$5. Photographs will be \$5. Tickets can be paid for with cash, credit, or check and even bought in advance (see sponsorship packet on page 9). There will be two separate areas selling tickets and we will work feverishly to keep you moving towards an enjoyable night. Locations will be to your right as you enter and between the main bar and the restrooms. Pre-purchased tickets can be picked up when you first enter on your left at Will Call.

Get out your polyester suits and your platform shoes and let's Disco the Night Away in support of Project Panda Bear and Project 2020!

Marty Goldman
Onslow Memorial Hospital Foundation Chair

OMH EMPLOYEES RAISE FUNDS FOR DISCO FEVER

Departments at Onslow Memorial Hospital are working hard to raise funds for Project Panda Bear and Project 2020. Dunking Booths, 50/50 Raffles, candy stores, wreath raffles, and wreath making classes are just a few of the fundraisers employees at OMH have creatively organized to support the Foundation.

"The support the employees provide is amazing. I am truly blessed to be working with such a dedicated team. The Foundation is very thankful for their support and all that they do for the hospital," said Lee Ann Thomas, Executive Director of the Foundation.





DISCO FEVER SPONSORS

as of December 29, 2014



Hall of Heritage \$100,000+

Louis and Doris Sewell
Marine Federal Credit Union



Disco Fever Sponsors \$10,000+

Golden Corral

The Hustle Sponsors \$5,000+

Stayin' Alive Sponsors \$2,500+

Ed and Cindy Piper
Richard and Aletha Pugh
Modern Exterminating
Proforma Piedmont Graphics
Sanders Ford, Inc.
Team Health East
Towne Place Suites
Yadkin Bank



Le Freak Sponsors \$500+

CAPT and Mrs. Pat Alford
Dr. and Mrs. James Boyce
Sandra, Raven, and Parker Cauley
Excel Learning Centers, LLC
Family and Cosmetic Dentistry
Jacksonville Women's Clinic
Regina Lanier
The Malfitano Family
Jamie McGlaughon
Morgan Family Dentistry
Onslow Animal Hospital
Rodney Priester
Sophie's Trophies
Dr. and Mrs. George Thomas
VALIC
Williams, Scarborough, Smith, Gray, LLP

Dancing Queen Sponsors \$1,000+

Anonymous
Bell Fork Storage
Mr. James Butler
Coastal Bank and Trust
First Bank
May Exterminating
National Automotive Group
Office Park Eye Center
Amy and Greg Sousa
Col and Mrs. Grant Sparks
T.A. Loving
Pamela Thomas
Mr. Peter Yadlowsky

Additional Gifts to the Foundation as of December 29, 2014

Diane L. Blush, *for Disco Fever*
Greg and Anne Marie Campbell,
In Memory of Mrs. Miriam Russell
Robert Dillingham, *for Disco Fever*
Dr. and Mrs. W.K. Morgan,
for Cardiac Care Unit
Thompson, Brown and Company,
for Disco Fever
Mr. and Mrs. Marty Goldman,
In Memory of Mr. Herb DeVasser
Gamblin Lawn Care,
for the Caring Spirit Program

DONOR SPOTLIGHT

We are delighted to name Mr. Louis William Sewell Jr. as this year's Honorary Chair of our 2015 OMH Foundation fundraiser, Disco Fever!

Mr. Sewell became involved with our Foundation fundraising events seven years ago as a major contributor to MASH BASH, a fundraiser in support of Onslow Radiation Oncology.

LaRue Hambrick, the Radiation Oncology Project Chair, fondly remembers asking Louis to pledge \$100,000 over a 10 year period. She remembers Louis saying, "Well, LaRue, you don't come in lightly do you?"

Mr. Sewell certainly didn't "come in lightly." He took his pledge seriously and fulfilled it ahead of schedule. It was this pledge that paved the way for a new radiation oncology building – and paved the way for a series of successful annual fundraisers for the OMH Foundation.



Over the years, Mr. Sewell has always found a way to give back to his community. He has given freely of his time, money, and resources to many organizations without expecting any recognition.

Mr. Sewell has passed his community spirit on to his children. His son Billy says, "Dad taught me the meaning of giving back. He has passed this down through generations and I hope that Julee and I will continue doing that with Charles William."

Perhaps Mr. Sewell's passion for supporting the community stems from his family's humble beginnings. As a boy, Mr. Sewell worked on his family's cattle farm, ran a paper route, and worked as a sales clerk for Paul Caps while still in high school.

Mr. Sewell obtained his teaching degree from East Carolina University. While teaching, he went back to ECU for his masters degree and then became principal at Northwood Park Middle School. It was during this time that he met his lovely wife, Doris. After a whirlwind courtship, they were married and two years later blessed with twins, Billy and Paula. After serving the school system for 14 years, two high school classmates asked him to join them in a business venture which ultimately became Golden Corral.

Although Mr. Sewell is now retired from his business ventures, he continues to stay close to home in support of his community – and his growing number of grandchildren. Family is important to Mr. Sewell and we would like to thank him for being an integral part of our OMH Foundation Family. We truly appreciate his generosity!

Thank you, Mr. Louis Sewell, for your support of the OMH Foundation.

Join the 'Forage a Friend' Project!

The Forage a Friend Project is a fundraiser by the Onslow Memorial Hospital Foundation. This has been a way to spread the word about Project Panda Bear while also having some fun with friends and neighbors. These cute little panda signs show up in your yard to forage for the evening. The pandas only stay for 24 hours and then they mysteriously boogie over to another friend's (zookeeper's) lawn. Of course, the removal of these pandas will be done at no charge, so please don't hurt our black and white friends. Our pandas have been celebrating the holidays with their families but they will visit Jacksonville again beginning January 5, 2015. You can nominate the next zookeeper with a minimum \$25 donation to the Foundation. If you would like to participate in the Forage a Friend Project, please complete the following form.



Name of Friend "Zookeeper" to be Foraged: _____

Friend's Physical Address: _____

Note: Pandas are not allowed to be placed on public property or apartment complexes.

Special Instructions: _____

Please mail order form to:

OMH Foundation, 317 Western Blvd., Jacksonville, NC 28546
or call Lee Ann at (910)389-2133 for your form to be picked up.

Panda Bear and Disco Ball Display - Donation: ☐ \$25 ☐ \$50 ☐ Other _____

Do you want your friend to know it was you who ordered the panda foraging? ☐ Yes ☐ No

Your Name: _____

Your Phone: _____

Thank You For Your Support!

Project Panda Bear is a campaign to purchase Infant Panda Warmers for the OMH Nursery and Labor & Delivery. These warmers keep the infants warm and comfy as they transition into the world. The Panda Warmers provide full monitoring of temperature, weight, oxygen, and pulse rate, as well as easy access to everything needed to deliver resuscitation therapy to high risk newborns.

THE OMH FOUNDATION PRESENTS



FEBRUARY 28, 2015

American Legion Building • 146 Broadhurst Road
Jacksonville, NC

EVENT HAPPENINGS

- Silent and Live Auction ● Dinner
- Cash Bar ● Live Entertainment from
The A-Town A-List

BACK BY POPULAR DEMAND!

We are very excited
to bring The A-Town A-List to Jacksonville!
The A-Town A-List is a group of incredible performers
who have toured the world, sharing the stage with Bruce
Springsteen, The Dave Matthews Band, Stevie Wonder, The
Black-Eye Peas and Jennifer Lopez. They will keep the dance
floor packed at OMH Foundation's 2015 Disco Fever dance!



While the goal of the OMH Foundation continues to be in support of Project 2020, we are also addressing some of our short-term capital needs. This year a portion of our proceeds will support Project Panda Bear (*please see Page 10*).



Can you help keep our babies warm and healthy?

Our goal is to purchase at least four new Panda Infant Warmers, at a cost of approximately \$15,000 each. You can truly make a difference in the quality of healthcare for the youngest members of our community by supporting the OMH Foundation fundraiser, Disco Fever, this year!



Follow us on Instagram at *omh_foundation* #OMHDisco2015
and Facebook at *Onslow Memorial Hospital Foundation*.

SPONSORSHIPS

	Disco Fever \$10,000	The Hustle \$5,000	Stayin' Alive \$2,500	Dancing Queen \$1,000	Le Freak \$500
Seating	VIP for 16	Reserved for 16	Reserved for 12	Reserved for 8	Reserved for 4
Logo in all Newspaper Advertising	●	●	●		
Name only in Newspaper Advertising				●	●
Logo on Foundation Website	●				
Logo on Tickets	●				
Logo on Program Cover	●				
Individual Banner at the Event	●	●			
Shared Banner			●	●	●
Advertising recognition on our website- linking to yours	●	●	●		
Advertising recognition on our website				●	●
OMH Foundation Quarterly newsletter	●	●	●	●	●
Donor Recognition Plaque (if requested)	●	●	●	●	●
Permanent recognition on the wall of OMH	●	●	●	●	●

If your sponsorship includes logo representation, please submit a digital, high-resolution logo to leeann.thomas@onslow.org

Please understand that due to the overwhelming number of attendees, we will not be able to accommodate special seating requests or extra seating at sponsorship tables.

Please submit completed registration form to the Onslow Memorial Hospital Foundation by...

**Mail: OMH Foundation- Disco Fever
317 Western Boulevard
Jacksonville, NC 28546**

Fax: (910)577-2575

Email: leeann.thomas@onslow.org

DEADLINE - Feb 13, 2015 to be included in promotional materials.



Please print clearly

Email

Recognition Name Please print below exactly how you would like your sponsorship listed in formal recognition (such as your personal name, business name, in memory of a loved one, etc.)

Mailing Address (including zip code)

Contact Name Circle one: Mr. / Ms. / Mrs. / Dr.

Business Website

Phone _____ - _____ - _____

Cell Phone	-	-
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Would you like to receive a donor recognition plaque? Yes ☐ No ☐

○ Disco Fever \$10,000 ○ The Hustle \$5,000 ○ Stayin' Alive \$2,500
○ Dancing Queen \$1,000 ○ Le Freak \$500

Will you be attending the event? Yes ☒ No ☐

NEW Pre-pay for drink tickets 🍷 \$25 🍷 \$50 🍷 \$100 (no refunds) Pick up at the door!

☐ Check included

☐ Bill us starting the first day of _____
(month)

○ Full amount

- Break bill up into

bills of \$ each

Billing schedule:

☐ monthly ☐ quarterly

☐ Please charge our credit card
(VISA or MasterCard)

Name on card

Card number _____

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

Billing zip code _____

Authorized signature _____

Project Panda Bear **benefits newborns**



Panda Infant Warmers serve the Labor and Delivery Unit, Nursery and OR, keeping our newborns warm and comfy. In 2013, Onslow Memorial Hospital welcomed 1,939 babies through Labor and Delivery! Currently, the hospital has 10 Panda Infant Warmers; 8 of them are older models in need of replacement.

The newer Panda Infant Warmers have the latest technology and special features so our newborns can be quickly and easily assessed—and back into their mother's arms faster. The innovative recessed heater provides full monitoring of a baby's temperature. The unit also has an integrated in-bed scale that makes weighing every baby quick and easy. And should an infant ever need an X-ray or resuscitation therapy, the Panda Infant Warmers provide fast and easy access. Panda Infant Warmers also reduce infant stress by allowing a baby to stay in one bed—especially beneficial to the health of our premature and other high-risk newborns (*please see adjacent article, Page 11*).

Can you help keep our babies warm and healthy? Our goal is to purchase at least four new Panda Infant Warmers, at a cost of approximately \$15,000 each. You can truly make a difference in the quality of healthcare for the youngest members of our community! Your generous contribution to this year's fundraiser, Disco Fever, will fund **Project Panda Bear** and **Project 2020**.



Preventing preterm labor and premature birth

by Chelsea Thomas, Contributing Writer

About half a million babies are born prematurely in the United States each year, according to the March of Dimes (marchofdimes.org). Preterm labor and premature birth can happen to any woman, but there are some risk factors you can control!

Medical risk factors for preterm labor and premature birth include:

- Having a premature baby in the past, or a family history of premature birth
- Being pregnant with multiple babies (twins, triplets, etc.)
- Getting pregnant younger than 17 years of age, or older than 35 years of age
- Getting pregnant less than 18 months after having a baby
- Being pregnant after in vitro fertilization (IVF)
- Certain health conditions, such as high blood pressure or diabetes
- Having certain infections during pregnancy, like a STD

To help prevent your risk of preterm labor and premature birth:

- Get proper prenatal care, as soon as you know you are pregnant
- Quit smoking, and do not use alcohol or drugs
- Gain an appropriate amount of weight during pregnancy
- Find ways to manage stress (for example: walking, yoga, or joining a community or social support group)
- Seek immediate help if you are in an abusive or high stress relationship
- Get plenty of rest and avoid being on your feet for extended periods of time
- Make healthy food choices, avoid caffeine, and drink plenty of water
- Protect yourself from exposure to air pollution or harmful chemicals
- Talk to your healthcare provider about ways to improve your baby's health
- Visit reliable sources for healthcare information. Check out the Onslow Memorial Hospital website at www.onslow.org/services/maternity#1

Therapist brings healing touch to 'little angels'

by Jennifer Mackenzie, Medical Writer

Kelly Walter, Onslow Memorial Hospital (OMH) staff physical therapist (PT), calls these tiny ones her "angel faces." For more than a decade, she has been helping premature babies in OMH's Neonatal Intensive Care Unit (NICU) achieve daily miracles. For Kelly, it's a true labor of love.

"These premature babies are fighting for their lives from the day they are born. As tiny as they are, they are mighty."

According to the American Physical Therapy Association (APTA), approximately 12% of infants in the United States were born preterm in 2011, with more than 3% of those infants born "very preterm, placing them at high likelihood of receiving medical care in a NICU."

A Neonatal Therapist is a physical therapist, occupational therapist, or speech language pathologist who provides direct patient care and consultative services for the premature and medically complex infants in a NICU, while addressing the educational and emotional needs of their parents, who are often highly stressed. The job requires extensive hands-on training and specialized education, as well of years of experience.

At OMH, Physical Therapy sees any baby in the NICU born before 32 weeks, when they may weigh as little as three pounds.

"Premature babies are generally discharged at a gestational 40 weeks, near what would be their full-term due date," Kelly says. "So we have to know the normal sequence of development in utero in order to assess their development. Positioning them properly is the key to helping these babies develop normally as if they were still in utero."

A PT who works with premature infants must understand the typical development of an infant's central nervous system and musculoskeletal system, sensory and motor skills, social and infant/parent interaction, early cognitive abilities, behavioral state regulation and behavioral stress cues, the APTA states.

"We watch closely for stress cues," Kelly says. "A sneeze, a yawn, or a cough can all be stress cues and when that happens, we have to help the babies calm themselves and of course rest. Our babies are constantly monitored to ensure their safety."

Because a premature baby is born before its vestibular system has fully developed, helping an infant with physiological flexion (the fetal position) is key to normal development and the ability to self-calm, Kelly explains.

"We assist the babies by putting their arms and hands together in physiological flexion at the midline. That way they know where they are in space and are able to calm themselves. Positions like hand-to-hand, hand-to-face, and hand-to-mouth are all things that calm these babies."

The vestibular system, located in the inner ear, is the first sensory system to fully develop in utero. Together with tactile, auditory, and visual information, the vestibular system gives us our perception of space and our position and orientation within that space. It affects posture, balance, movement, and coordination. One result of depressed processing in the vestibular system is hypotonicity, or low muscle tone.

"The first thing I look for when assessing an infant is the baby's tone," Kelly says. "Then I check for reflexes and range of motion."

"To help stimulate joint growth I do some very gentle joint compression. I want to see the joints get tighter and tighter, reaching appropriate muscle tone as the baby develops," she explains.

A typical physical therapy session for a premature infant takes place twice a week, for a duration of no more than 30 minutes. The sessions are given one half hour before a baby eats "so they can immediately take in calories after expending energy."

Meeting a premature infant's emotional needs is just as crucial to their development as assisting with their physical progress. "Sometimes my initial treatment might be just putting my (gloved) hand on a baby and calming that baby so they get used to the human touch," Kelly says.

"I introduce myself to the babies just like I would to an adult patient. I place my hand on them, call them by name, start talking softly to them and gently moving their joints. I tell them 'Here we go—we're going to do some exercise!' Often, the parents are side by side with me so I can show them everything. It's very exciting and just so much fun to see these babies develop."

The OMH staff in the NICU is exceptional, Kelly enthuses. "Our NICU nurses are fabulous with these babies. The babies are always positioned properly—and so loved all of the time! The nurses, speech therapists, and neonatologists do such a remarkable job—they really are our unsung heroes."

Although the work can have its sad moments, the rewards are bountiful. "I just fall in love with the babies, each and every one of them," Kelly says.

"What's wonderful and so rewarding is that sometimes I see the moms and their kids years later, just out and about! I recently saw a set of twins, about seven years old, that I worked with in our NICU."



The CONTRIBUTOR

317 Western Boulevard
Jacksonville, NC 28546

Disco Fever is only a month away!

On February 28, 2015 we will flash back to the '70s and '80s.

**If you wish to attend this event, act quickly –
sponsorships are selling fast!**

Please see pages 8-9

if you wish to sponsor the event today.



Special thanks to Golden Corral for a Disco Fever \$10,000 Sponsorship.

