

# Graham's

FOUNDATION

Fighting for Premature Babies



## Introducing the First Premie Art Gallery

We are excited to introduce the [Graham's Foundation Premie Art Gallery](#), the first online preemie-focused art gallery. The artwork of former preemies will be displayed in a special section of our website.

We invite you to submit artwork for our online art gallery from you or your preemie, regardless of age. We know how amazing preemies truly are -- let's show the world what they can do.

Art can be any medium; drawings, paintings, or even photography. Select submissions will be featured in our social media, newsletters, and more.

GRAHAM'S FOUNDATION



Leo, Age 7

## Premie Art Gallery

### Guidelines:

- Open to any preemie no matter what age or location
- All art must be 100 percent created by the preemie artist
- All files must be in .jpeg or .png format
- One submission per month

[Get more information here](#)

Questions? Contact us at [art@grahamsfoundation.org](mailto:art@grahamsfoundation.org)

## Making a Difference in a Difficult Time

*A Message from our Board*

In the midst of this challenging and uncertain time, I am grateful to be part of an

organization that is able to continue the work we do supporting families of premature infants. Graham's Foundation has always played an important role in providing comfort and support to preemie parents, and now, that support is more crucial than ever.

Being the parent of a premature baby is scary enough. Now, because of the need for social distancing and hospital policies on reduced visitation, many new moms and dads are finding themselves without the support system they expected to have -- but you can't put babies on pause! That's where Graham's Foundation comes in.

Through our many informative and useful resources, such as our [Care Packages](#), the [MyPreemie](#) app, and our [Preemie Parent Mentor Program](#), no parent needs to face this time completely alone.

I'm also encouraged by two important events that are happening soon.

On Sunday, May 3, we'll celebrate [Parents of Premies Day](#). Created by Graham's Foundation, it's a day to shine a spotlight on the incredible courage and dedication shown by preemie parents as they fight for the well-being of their babies.

Then on May 5, we'll recognize [Giving Tuesday Now](#), a day designed to drive generosity and engagement for nonprofits around the world. We know there are many worthwhile organizations helping during this unprecedented time. I hope you'll join me in including Graham's Foundation in your charitable giving on this special day.

During this difficult time, Graham's Foundation will continue to be here for the most vulnerable members of our society. I want to say a very personal thank you to our team, our volunteers, and our donors. You make everything Graham's Foundation does possible.

Stay safe,

*Xena Ugrinsky, Chairman, Graham's Foundation Board of Directors*



### **Celebrating Preemie Parents**

Graham's Foundation created Parents of Premies Day to recognize the courage and commitment shown every day by the parents of premature babies and kids. The unique milestones you reach with your little one are worthy of celebration, and so are you.

Join us on Sunday, May 3, to recognize preemie parents everywhere. This will be an online event on our Facebook and Instagram feeds throughout the day -- and you can participate! Let's get together and give each other a virtual high five for being our preemies' advocate, cheerleader, encourager, and comforter.

### **Join us on Giving Tuesday**

Giving Tuesday Now is May 5 and Graham's Foundation has an easy way to support preemie parents.

For just \$10 each month, you can provide all of our resources to a family affected by prematurity. This includes our [Care Packages](#), [Mentor](#) support, the [MyPreemie](#) app and so much more.

Please consider becoming one of our monthly donors. You can make a huge impact in the lives of a family today!

[Donate here](#)

## **Mentors Support Parents in Time of Need**

Our [Preemie Parent Mentor Program](#) focuses on providing resources and peer support to parents during and after their child's prematurity journey. We meet parents where they are -- whether that be when new parents are still in the hospital coming to terms with the sudden premature birth of their child, sitting by their baby's isolette in the NICU, or from the comfort of their own home.

Our team of trained mentors are all preemie parents themselves, offering support via phone, email or text message. We currently have 35 mentors covering a large range of preemie experiences, including five loss mentors. Since its inception, the program has supported over 1,000 families. If you, or someone you know, could benefit from this program, [contact us here](#).

*Meegan Snyder, Director, Preemie Parent Mentor Program*

*"It is an honor and a joy to listen to and support mothers experiencing this journey of parenting a preemie. And invariably it brings up my own feelings of anger and grief. It doesn't really go away. It's a confusing time, being congratulated on your child's birth when a part of you feels like you've just been robbed. I have so much love for these mamas and I'm also grateful that I can channel my own grief into something fresh and new and beautiful."*

*Shahla, Mentor and preemie parent*

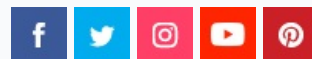
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