

marchminute to help babies

September 2016



Central New York Division

Mohawk Valley March for Babies ☐ May 20, 2017 ☐ Masonic Care

Meet our 2017 Mohawk Valley March for Babies Chair **Maria Suppa** from Adjusters International!



When my water broke I was 28 weeks along. Three months short of a full term pregnancy. Mary was born 28 weeks and 1 day on March 26th, 2014 weighing 2 pounds 1 ounce, Anna was born at 28 weeks 3 days on March 28th, 2014 weighing 2 pounds 10 ounces. The joy in the Labor and Delivery room was short lived as they quickly moved the twins to the NICU for intensive care and monitoring

After 8 weeks, 2 different hospitals, dozens of specialists' visits, and finally 2 different homecoming dates the twins were both home at the end of May 2014.

After getting my babies home I was able to fully comprehend the significance of the "preemie". I read the blogs, the medical journals and found support groups. I'm hopeful that I'm able to pass on my experience to others to help them understand and know what is out there and available.

My friend and fellow preemie mom told me about the March for Babies, saying her triplets were forming a team and asked if I wanted to participate. In 2014 and 2015 we helped raise funds by donating. At the tail end of the 2016 campaign we decided to jump in and have a team of our own - Team Mary and Anna! We pushed people to see the benefits of the March of Dimes - research and support that saved my babies lives. And I am happy to say we raised over \$3,500 to support the cause.

This year Team Mary and Anna! will be walking in memory of my mother, Kathleen Suppa. Her love for her grandbabies and the March of Dimes will be with us in spirit and support.

Zika & Pregnancy

If you get Zika during pregnancy, you can pass it to your baby. It can cause a serious birth defect called microcephaly.



Protect yourself and your baby from Zika:

1 Prevent mosquito bites. Zika most often spreads through mosquitoes.



2 Don't have unprotected sex if your partner may be infected with Zika. If you do have sex, use a condom.



3 If you think you may have Zika, tell your health care provider.



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If you have any questions or comments, please contact Laurie Farrell at (315) 463-0700 or lfarrell@marchofdimes.org

2016 Mohawk Valley March for Babies Photos

