

# Reflections

Acts of Grace Foundation • Small Deeds, Big Difference

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## A Note from the Founder: Carnival Night 2010

September 25th was a night to remember! Thank you for all the support for our very first Acts of Grace Foundation Carnival Night. The Children's Museum of Denver buzzed with 180 attendees (many of which were under 4 feet tall). Thanks to the generosity of many local businesses and organizations, 80 silent auction items were donated and bid upon. AoGF grab bags were also a hit--200 were sold. As a result of everyone's efforts, we were able to raise \$10,000 at this fabulous event!

We appreciate the support from our Gold Sponsors: Presbyterian Saint Luke's Medical Center, Health One, and Centura Health at Littleton Adventist. We were joyfully overwhelmed from the items donated. THANK YOU!

Also, thank you to all of the families that came out for this great event. Your support means the world to us

and because of your generosity, life on hospital bed rest for many women will be a bit brighter.

As the night progressed, parents were able to play together in all of the museum exhibits and play areas, enjoy a delicious catered meal, and chase after their little ones who couldn't get enough of the experience. The children were able to decorate bags and cups, have their faces painted, try their skill at corn hole, and have their pick of many cool prizes.

Of course, without the help of our Board of Directors and 30 Carnival Night volunteers, the night wouldn't have been nearly as successful. as it was. Thank you to everyone who contributed their time, talent, and

treasure in order to make Carnival Night a huge success! We look forward to seeing you all at Carnival Night 2011!



*Kids of all ages had a great time at Carnival Night on September 25th at the Children's Museum of Denver.*

## WASA Fundraiser is a (Kickball) Home Run!

In the spring of 2009, Nate Baldwin of Western Alternative Sports Association (WASA) offered Acts of Grace a simple opportunity to raise funds for moms on hospital bed rest. Each spring and fall hundreds gather to participate in a WASA kickball tournament. During this event, Acts of Grace Foundation is given space on the fields to host a Kickball Home Run Derby or Kicking Skills Challenge.

Participants donate money as they test their kicking skills. The generosity of WASA has allowed Acts of Grace to raise close to \$1,000.00!

WASA is a Denver, CO based co-ed sports organization offering unique leagues, events and activities to both adults and children, featuring your favorite childhood games. Games including Dodgeball, Flag Football, and of course their signature sport, co-ed Kickball! Check them out at <http://www.wasasports.com/>

We look forward to the next Kicking Skills Challenge November

6th at Clement Park in Littleton, CO. Thank you for your support, WASA! You are helping us make a big difference for moms on hospital bedrest!



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## Five Weeks of Waiting

When I was 31 weeks pregnant with my second child, I went to my OB for an ultrasound to check my amniotic fluid. It had been on the low end of normal so it was being monitored. During the ultrasound they found fluid around the heart so I was scheduled to see a perinatologist the next day. At that appointment, thankfully, the fluid around the heart was at a level of no concern. However, the amniotic fluid was below 5 cm and I had mentioned not feeling the baby move as much in the prior week. So to my complete shock I was sent home to pack a bag and then go to Littleton Hospital. I was told this would be for 5 days and included bed rest and 2 hours total in a bathtub. I remember calling my husband to try and explain why I was going to the hospital...we knew the fluid had been low but it had not been a major concern, just something to keep an eye on. And now I was going to the hospital? I was trying to tell him it was OK, yet I wasn't so sure myself! I certainly did not fall asleep easily that first night! I was worried about the baby as well as my husband and 19 month old daughter at home without me (what would she think?).

So I eagerly awaited the next ultrasound to see if my bed rest and tub soaks had helped increase the amniotic fluid. I also had the steroid shots in case they would have to deliver the baby (Luke) early. So the big day came and the news was not good. The fluid was even lower yet and I would not be going home. So the next ultrasound was scheduled and bed rest increased. I had been allowed up for a portion of the day, but that was reduced. I had ultrasounds each Friday, and each week the fluid was lower and lower. Ultimately it was below 2 cm. Luke was monitored for 3 hours a day to make sure he was OK. I don't know why, but he never showed any signs of stress which gave us time for him to develop and grow. Of course this time is what is so hard for Mom! What to do with all those hours? There is too much time to worry. This is where Acts of Grace came in! To receive a gift basket/bag was such an uplifting thing, and

is why I choose to help support this organization. Also, when you go in to the hospital unexpectedly you don't really grab everything you need, especially when your "stay" is extended beyond what was expected.



*Baby Luke at home with his big sister.*

As the time passed I focused on the positive things...the only problem was my fluid, no problems with Luke. I could make it through this time and deliver a perfectly health baby. I had time to clean out my email inbox! I watched 14 movies and read 7 books! I spent countless hours with my wonderful friends that came to visit me. Out of 37 days in the

hospital I had only one day without visitors! I'm still amazed by this. I learned to crochet. And most importantly there were special bonding moments with Luke. I fell asleep listening to his heartbeat on the monitor...I still think back to this and love the memory. When soaking in the tub without the jets on I could see ripples in the water from his kicks and hiccups. How cool is that? I felt I got to know his personality...tolerant and easy going! And I can tell you now that he is 1 month old, he IS tolerant and easy going! These are things that I would have never experienced if not in the hospital. Also I had the peace of mind knowing I was under 24 hour care of the wonderful nurses at Littleton Hospital. They went above and beyond! From the same nurse (Dawn) walking in 2 nights in a row to me in tears and somehow making me feel better, to showing me how to do a French knot so I could complete a counted cross-stitch project, to taking me outside for "walks" and many other things...they were a huge factor in making my stay a positive experience.

On 3/31/2010 at 36 weeks and one day (5 weeks on bed rest) I delivered Luke Jay Hill. He was born at 6:41pm, 6 lbs. 1 oz., 19.25 inches. He is perfectly healthy! We will never know why my fluid was so low, but I do know that the experience made me a better person. I have a new appreciation of keeping a positive attitude when it seems impossible, and the amazing power of a small gesture made by others.

**\$7** ON THE **SEVENTH**  
for Acts of Grace Foundation

Join us on the **SEVENTH** of every month by donating **7 dollars** to help pregnant women on hospital bedrest. Go online to [www.actsofgracefoundation.com](http://www.actsofgracefoundation.com), click on **donate now** and sign up for reoccurring donations. Sacrifice one trip to your favorite fast food restaurant or two grande lattes per month and help us purchase gift bags, ice cream, crafts, meal vouchers, and more!

**GoodSearch**

Do you use online search engines or purchase items online. Use GoodSearch and GoodShop by going to [www.goodsearch.com](http://www.goodsearch.com) and enter Acts of Grace Foundation as the charity of support.

If you search or buy anything on the internet, AoGF will receive \$.01 for each search and a percentage of every purchase.

## DID YOU KNOW?



Acts of Grace hosted its 3rd Annual Pumpkin Carving Party October 28th at Presbyterian/St. Lukes Medical Center. What a festive time for moms and their families!