



As we enter the new year, we want to start by saying THANK YOU to our community of supporters that helped us in 2020. We couldn't have made it through such a challenging year without you.

Looking ahead in 2021, Graham's Foundation has a number of initiatives underway that will enable us to better serve our preemie parent community. For example:

- We're enhancing all of our [Care Packages](#) with revised and updated information and/or new items that will be included in the packages.
- We've been working on upgrades for our [MyPreemie](#) app and will be introducing new features and functionality.
- We've increased the number of mentors in our [Preemie Parent Mentor Program](#) in order to meet the growing demand.

We also plan to re-launch our Ambassador program, empowering preemie parent volunteers to engage with NICUs in their area to share information about our resources. More details about this program are coming soon.

In addition, we're looking forward to possibly holding one of our signature fundraising events in person in Nashville, Tennessee as well as our golf outing in the summer and plan to once again host a virtual 'Tinis for Preemies in the fall. In-person activities, of course, will be dependent on advances against the COVID-19 virus.

In addition, I want to mention that we have organized an amazing advisory council, led by our board member, Marie Boone-Clark, to look more closely at how we can more effectively support the entire community of parents impacted by premature birth. We are committed to supporting diversity, equity, and inclusion and want our actions to speak for us.

Lastly, I personally plan to spend more time focused on the long-term strategy for Graham's Foundation to help ensure our ability to be here for preemie parents well into the future, as well as focus on our commitment to having a powerful impact for the community we serve.

Thank you again and always for your support.

In Gratitude,

Nicholas Hall  
Founder and Preemie Parent



### Former Premie Amanda Gorman Captivates Audience at Presidential Inauguration

Did you know that poet laureate Amanda Gorman and her twin sister, Gabrielle, were born prematurely? Amanda was diagnosed with an auditory processing disorder and received accommodations to help learn. In an article in *Understood.org*, Amanda said “My challenges were always, just for me, something that was reality. But I knew I had strengths, too, especially with words and writing.”

Of Gorman’s many accomplishments, her mother said she’s most proud of her daughter’s strong sense of justice, a trait she’s had from an early age.

[Read her amazing story and here](#)



Is your preemie a future Picasso? We're always looking for artwork for our [Premie Art Gallery](#) and would love to include your child's art. Guidelines and a link to upload art are [available here](#).



Guest blogger Cori Laemmler shares her preemie journey with us. "In 2020, I grew into not only a mother, but a stronger person, as well. I was able to stand up and keep going in the middle of a trauma. I became an advocate for not only my own babies, but other premature babies and grieving mamas." [Read her story.](#)

## SHARE YOUR STORY

Many times, preemie parents share their stories with us in order to help other parents that may be going through a similar prematurity journey. We invite you to tell your story either as a guest blogger or for a Preemie Spotlight on our social media sites.

[Submit your story here](#), or [request more information here](#).



## Feeding Tube Awareness Week is Coming Soon

[Feeding Tube Awareness Week](#) is February 8-12. The purpose of this week is to promote the positive benefits of feeding tubes as life saving medical interventions. The week also serves to educate the broader public about the medical reasons that children and adults are tube fed, the challenges that families face, and day-to-day life with tube feeding.

## DID YOU KNOW ?



Did you know that the Graham's Foundation website has a [Gift Guide](#) with helpful books, developmental toys, and other items for preemies and their families? These items are recommended by our preemie parent staff members.

Many of the items were created by preemie families. (Graham's Foundation does not receive compensation for click throughs or sales of these items.)

If you'd like to suggest something for this list, send it to [blog@grahamsfoundation.org](mailto:blog@grahamsfoundation.org)

**SUPPORT OUR MISSION**

Graham's Foundation  
P.O. Box 755  
1205 Louisiana Ave  
Perrysburg, OH 43552  
[info@grahamsfoundation.org](mailto:info@grahamsfoundation.org)



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