

# MOTHERS' MILK BANK OF FLORIDA



Fall 2014

## Keeping Up with the Milk Bank

This has been a busy year of fundraising and awareness. We have branched out onto another social media platform, Instagram (find us at milkbankfl) and continue to work to educate the community on our mission and goal to supply human milk to the tiny babies of Florida. We are excited to open up our doors and begin processing milk to send to babies in need in 2015. Our 2nd Annual Miles for Milk fundraiser was held in May and raised \$29,400! Summer events at Painting with a Twist and Burger21 raised \$650 and \$500, respectively. We couldn't do it without the support of donors and participants, and we appreciate each and every one of you we have met along this journey.



### Save the Date: Miles for Milk 2015

Saturday May 9th, 2015

Bill Frederick Park at Turkey Lake, Orlando

Create a team at your office, challenge your friends, let's see which group can raise the most dollars for babies in 2015! We'll be sending out the registration link at the beginning of the year.

The Mothers' Milk Bank of Florida is a non-profit organization founded in 2011 to collect and process human milk and distribute it to premature and critically ill babies when mother's milk is not available.

This milk is obtained by prescription only.

Donor human milk is urgently needed, but without a Florida milk bank, our babies may not receive this lifesaving resource. If you are interested in providing financial support to help establish the only milk bank in Florida, please visit our website.



NATIONALDAYOFGIVING,  
DEC 2ND #GIVINGTUESDAY

Giving Tuesday is 12/2 this year. Please consider expressing your "Unselfie" self by giving to the Milk Bank. You can make a donation any day of the year at our website: [MilkBankofFlorida.org](http://MilkBankofFlorida.org)

### Amazon Smile Program

If you are an Amazon customer, please go to [smile.amazon.com](http://smile.amazon.com) and choose "Mothers Milk Bank of Florida" when you make your purchases (this works even if you are a Prime member), and Amazon will donate 0.5% of all purchases to the milk bank!

What an easy way to help out. Remember Amazon Smile when making your holiday purchases this year.



### Our Mission:

The mission of the Mothers' Milk Bank of Florida is to promote health and healing by collecting, processing and distributing donor human milk by physician prescription, using the guidelines from the Human Milk Banking Association of North America.

## Jillyan's Story

When I started down the road to becoming a parent, I had certain assumptions. I assumed I would carry my children to term. I assumed I would go home with them from the hospital. And I assumed my biggest concern would be whether or not my kid's fever was from teething. I never pictured being a NICU mom... no one ever does. But I became just that... twice. My sons, Aidan and Ethan, were born at 27 and 24 weeks. Both spent months in the hospital. I was able to provide pumped breast milk for both of them. However, it was with Ethan that I became familiar with donor breast milk and the Human Milk Banking Association of North America (HMBANA). You never realize how much of a difference human milk can make in a micro preemie's life until you are said preemie's mom.



On March 12, 2013, Ethan was born at just 1 pound 13 ounces. I started pumping right away. I was already familiar with the supply and demand of pumping and wanted to do the only thing I could control for my son... pump breast milk. One of the greatest setbacks to a preemie is infection. It is the maker and breaker of preemies and the greatest fear of all preemie parents. As early as the 1980s, studies have shown breast milk and even donor breast milk to be better than formula for preemies. Thankfully, Ethan never had to worry about the risks associated with formula because he had my breast milk.

After a few months in the NICU, it became apparent I was more than providing enough milk for Ethan... as well as enough for half the NICU. I was approached by the staff to consider donating my breast milk. I had heard about it in the past, but wasn't sure of the process. I started with looking into the one of the milk banks our NICU used. The NICU directed me to the Denver Milk Bank, a non-profit HMBANA that processes donor breast milk to provide a foundation of human milk feedings for babies whose mothers' do not have breast milk. When these people say they screen their donors.... They are not kidding! As a donor and witness to the importance of safety for preemies, this process is one of the many things I am thankful they do. After a pretty overwhelming phone interview and nine vials of blood, I was approved to be a donor! In my time as a donor, I was able to donate almost 10,000 ounces of breast milk. Breast milk that I know is so desperately needed.



## Control

"When you become a preemie mom, you learn there isn't much you can control... but this I could."

- Jillyan, mom of Aidan and Ethan

When you become a preemie mom, you learn there isn't much you can control... but this I could. I could give to the same breast milk bank that has provided much needed human milk feedings to many babies in the NICU. I could give kids like my sons the edge they needed during their fight. I could make a difference. Becoming a breast milk donor gave me something I didn't even know I needed... control. I am thankful to the Human Milk Banking Association of North America and to anyone who gives of themselves to help kids like my boys.



[MilkBankofFlorida.org](http://MilkBankofFlorida.org)

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*Mothers' Milk Bank of Florida is a 501(c)3 charitable organization and is a member of the Human Milk Banking Association of North America (HMBANA).*