



# Lily's Kids Inc.

A Non-profit Organization for Children

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## About Us

Lily's Kids Inc. was created to benefit children with heart conditions through education, awareness, and direct funding with a secondary focus on maternal child health. Lily Gagliardi founded the organization because of her struggle with a congenital heart condition.

## Heart Yourself Today

We are very excited to announce our new "Heart Yourself" program! Heart Yourself engages youth in learning about healthy lifestyle choices including healthy eating, exercise, and not smoking to help prevent heart disease.

Through a combination of age appropriate hands on discussions and activities children and young adults are exposed to fun and creative ways to keep their hearts healthy!



### Kid's Program:

- Fun interactive discussions
- Take home information to share with parents
- Games that integrate healthy eating and physical activity



### Young Adult Program:

- Informational hand outs
- A healthy fruit smoothie bar
- "Get Your Heart Pumping" physical challenge course



A mother and her daughters taking part in our newest piece of the "Heart Yourself" program in Portland, Connecticut.

Our Heart Yourself program has been brought to all ages from elementary school through college. Contact us if you would like a Heart Yourself program to be conducted for your group.



Wentworth Institute of Technology students in Boston, MA after completing the "Get Your Heart Pumping" challenge.

## Fashionably Red!

The Heart Truth is a campaign of the National Heart, Lung, and Blood Institute. This initiative is designed to raise awareness about heart disease in women and encourages them to take action against risk factors related to heart disease. For the past 10 years the Red Dress Fashion Show has been the major event of The Heart Truth campaign. Our C.E.O., Lily Gagliardi, attended this year's fashion show sponsored by Diet Coke.

### Women's Heart Disease Statistics

- #1 killer of American women
- More women die of heart disease than all forms of cancer
- Risk usually starts to rise in middle age
- About 3 million American women have had a heart attack



Lily Gagliardi with actress Minka Kelly showing off their red dresses.



### Meet a Board Member: Susan Raff



As an Emmy-nominated news reporter, Susan has been with the WFSB Eyewitness News team since 1995. She spends most of her time covering the political beat at Connecticut's State Capitol. She is also an active member of the community. Besides her work with Lily's Kids Inc., she is currently an honorary chairperson for Mothers Against Drunk Driving and for five years was an honorary chair for Breast-Feeding Awareness Month at Connecticut Children's Medical Center. Susan holds a master's degree in communications from Emerson College in Boston. Her relationship with Lily's Kids Inc. stems from her personal relationship with Lily Gagliardi who at one time took care of Susan's prized possessions – her children.

## Prevention. Promotion. Progress.

Lily's Kids Inc. "Heart Yourself" program was selected for presentation at The Department of Health and Human Services 2012 National Health Promotion Summit in Washington D.C. on April 10/11. The Summit highlighted disease prevention and health promotion efforts from across the country that are working to improve the health of all Americans. Lily Gagliardi and Amy D. Gagliardi presented the "Heart Yourself" program. Kathleen Sebelius was among the key note speakers. Available presentations from the Summit have been uploaded to the 2012 Summit webpage on the APTR website. You can find them at <http://aptrweb.org/2012summit/presentations.html>



## Bill to Detect Congenital Heart Disease Passed in CT

The March of Dimes is the leader in advocacy for newborn health screenings in the United States and led efforts to include the addition of Critical Congenital Heart Disease (CCHD) to Connecticut's newborn screening panel.

- Babies with CCHD are at significant risk for death or disability if not diagnosed soon after birth
- In the U.S., about 4,800 babies are born each year with CCHD according to the Center of Disease Control
- In the U.S., an estimated 280 infants are discharged from nurseries with undetected CCHD



CT is now among a hand full of states that have adopted legislation to include CCHD in their newborn screening programs. Early detection via newborn screening will allow affected infants to receive such life-saving interventions promptly.

Submitted by: Erin E. Jones, State Director of Programs and Public Affairs for the March of Dimes Connecticut.

Lily's Kids Inc. supported with testimony!



## Ask the Experts

**Q:** *What is congenital heart disease?*

**A:** A type of defect or malformation in structures of the heart or blood vessels that occurs before birth.

**Q:** *How common is this defect?*

**A:** About 8-10 out of every 1,000 children and 500,000 adults in the U.S.

**Q:** *What are the causes?*

**A:** They are unknown. However, there are some factors that are associated with an increased chance of the defect such as: genetic or chromosomal abnormalities in the child, a mother taking certain medications or drugs during pregnancy, and maternal viral infections.

**Q:** *What Are the symptoms?*

**A:** It may be diagnosed before birth, during childhood, or not until adulthood. Symptoms may include: shortness of breath and/or limited ability to exercise. It is possible to have a defect and show no symptoms at all.

**Q:** *How are children treated?*

**A:** Most congenital heart defects will require surgery or an interventional procedure. Often, children will also need treatment with medication to improve heart function and a team approach as the child grows into an adult.

For more information visit  
<http://www.webmd.com/heart-disease/congenital-heart-disease>

## Smart Moms Sign Up for Text4baby

Text4baby is a free mobile health information program to provide pregnant women, new moms, and their babies a healthy start to life.

Text4baby is a program of the National Healthy Mothers Healthy Babies Coalition. Sign up for this free mobile text messaging program by



texting the word **BABY** to **511411** (or **BEBE** in Spanish).

Registrants will receive free SMS text health messages each week, appropriately timed to the pregnancy trimester or to their child's age after birth. Lily's Kids is the Text4baby CT State Lead Agency. Help Text4baby reach their goal of 1 million users by the end of 2012.



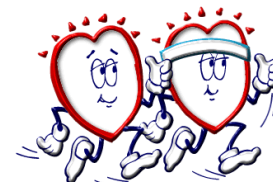
## Help Our Cause and Your Heart



Our 2011 ING Hartford Marathon  
Running and Volunteer Team

### Get Fit With Us

We are very excited to announce that Lily's Kids Inc. is an Official Charity of the 2012 ING Hartford Marathon! Join our volunteer or running team this year by going to <http://www.crowdrise.com/TeamLilysKids>. For more info on the Hartford Marathon, go to [www.hartfordmarathon.com](http://www.hartfordmarathon.com).



### Shop for Your Heart

Need to buy a gift? Buy it on Goodshop.com and a portion of your purchase will be donated to Lily's Kids Inc. Just put "Lily's Kids" into the charity space provided and download the good shop tool bar. It's a fast and easy way to show your support.



### Fill Our Heart

Make checks payable to Lily's Kids Inc.

Mail to: Lily's Kids Inc.  
589 East Street,  
Middletown, CT 06457



**Stay HEALTHY Stay CONNECTED**



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