



# Do More News

Helping Families Facing Medical Challenges Do More!

## WHAT DOES *DOING MORE* MEAN TO YOU?

What does doing more really mean? We live in a society that is more self-absorbed than ever before. Technology is starting to replace relationships. Families are consumed with running their children from practice to practice, making sure they are the



best at their sport. Many children no longer understand how to interact with friends outside of electronics. My kids are growing up in a society that daily

teaches them, "It's all about me." That doesn't leave much room for others.

Before the death of our son, my husband and I were buying into the notion that we were too busy to do more. We thought our money needed to get us on a vacation or do things our kids wanted. Those things are important but if you look honestly at your life, are you really doing more?



What does doing more look like for you?

- Buying a hamburger for the homeless person you pass each day.
- Become a foster parent.
- Helping a single mother with her kids.
- Giving of your time to volunteer at a local children's hospital.
- Assembling treat bags for needy families.
- Donating money to a reputable charity.

Whatever your family decides is a way you can do more, I challenge you to do it. Your children may surprise you and have some great ideas on ways your family can try to invest in someone else. You can't imagine the satisfaction that comes from putting others ahead of yourself.

*Lori*

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## WAYS YOU CAN DO MORE

### Are you wondering how you can get involved?

- Sign up to be part of The Do More Challenge. Visit [www.thedomorefoundation.org](http://www.thedomorefoundation.org) and sign up to have your credit/debit card charged on the 1st or 15th of each month. Even a \$10/month donation can go a long way!
- Pick up a gift card for a family stuck in the hospital. (For example, \$5 to McDonald's, Starbucks; Restaurant gift cards)
- Get a sewing group together and make some pillowcases.
- Organize a coin drive with your civic group or organization. You would be surprised how far some spare change can go to help TDMF.
- Follow us on Facebook and Twitter. Donate a "Like" and a "Share."





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June Edition

## PILLOWCASE PALOOZA

Children in the hospital enjoy having special treats to spruce up a plain hospital room. One of those treats are personalized pillowcases. You can help us do more by joining a local sewing night, donating towards our supplies or making pillowcases and sending them to us. We use the tube method also known as, the hot dog approach for these pillowcases. You can find many videos online showing you step-by-step instructions.

### Supplies Needed:

- Colorful fabric in three colors (choose patterns that kids would enjoy)
- Main pillow case fabric – ¾ yard (27 inches)
- Cuff – 9 inch piece of fabric
- Piping piece – 2 inch piece of fabric

### Instructions:

1. Once you have cut your material, fold and iron the cuff and piping piece in half lengthwise.
2. Lay your cuff piece right side up, and line up the main pillow

3. Lay the piping piece on top of the main pillow case piece. Make sure the opening is facing the top.
4. Grab the bottom of the main pillow case fabric and begin rolling it into a tube until you are about two inches from the top. You will see the cuff piece that was lying on the bottom.
5. Take the cuff piece and fold it over the rolled tube main piece until all the corners are aligned.
6. Pin these three layers together.
7. Sew a seam along that one edge.
8. You will now have a tube. Reach inside and begin pulling the body of the case out from the tube.
9. Sew the two remaining seams, while the pillowcase is folded over on itself with the wrong side facing out.
10. Turn your pillowcase right side out. You now have a completed case!



## Get INVOLVED



Having been confined to a hospital with a sick child, Jeanette understands the many hidden needs parents have. She decided it was time for her to do more for families that find themselves confined to a hospital. Jeanette rallied some of her friends together and collected hundreds of care package items. A wide variety of items were donated such as:

- Ear plugs
- Toothpaste
- Nail polish
- Hand sanitizer
- Deodorant
- Snacks
- Deck of cards
- Powder drink mixes
- Lotion
- Mints
- Lip balm
- Tissues

These items were lovingly packaged with notes of encouragement and donated to The Do More Foundation. We are looking forward to distributing these to families that are confined to the hospital with a child.



My husband and I have been together since the age of 14. After high school, Lukas enlisted in the United States Marine Corps and I went to The University of North Carolina at Wilmington and got my bachelor degree. During the last five years we have tried to conceive with the help of fertility doctors because I have PCOS. After years of struggling with infertility, we saved up enough money for infertility treatment and became pregnant.

We were so happy that we were going to become parents. When we found out we were having a girl, we were extremely excited and couldn't wait to have a daughter. Unfortunately, my water broke early due to an incompetent cervix that we didn't know about. I gave

birth to Emerson Kyrie Bonus on May 6th, 2014 at home. It was the scariest and worst day of my entire life. With my husband by my side, we spent two days with our daughter before handing her over to the funeral home.

Never, in a million years did I think I would be 25 years old and paying for funeral expenses and being off work for weeks due to preterm labor. We were planning on a nursery, and car seats, and college in the future. The Do More Foundation helped so much, and we were able to stay afloat until I was ready to go back to work. Thank you to Lori and The Do More Foundation for giving us hope during the worst time in our lives. We will be sure to pay it forward and support this foundation in the future to help others affected by these kinds of tragedies.



*For you created my inmost being; you knit me together in my mother's womb. Psalm 139:13*

## FAMILY in FOCUS

Nathan's mom shares how amazing her son truly is.



Nathan is one of the strongest seven-year-olds that I know. Nathan's strengths are not your normal seven-year-old boy strengths though. This little guy has been through more in his short life than any child or person should ever have to go through. He has over come abuse and with that came PTSD. He is dealing with a mitochondrial disease which affects his muscles and the ability to run and jump like a normal seven year old, and he has recently been diagnosed with autism spectrum disorder. He works so hard to do the things that most kids take for granted. Homework is often harder for him as his hands don't function well and hand writing is difficult. Sports participation is non-existent due to his chronic fatigue and muscle pain. He has not been able to master riding a two-wheeler yet, but we are working hard this summer to get him riding like his big sisters. He struggles socially and has a hard time making and keeping friends. BUT in spite of all his issues he normally has a smile on his face and can be the sweetest person in the world. He loves with his whole heart and is a very affectionate caring child. He truly is my hero!

~Carla