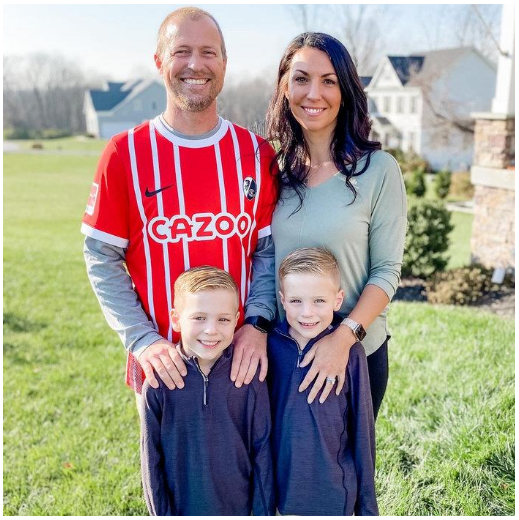
HEARTSTRINGS
Connecting CHD supporters

MAY 2024



Happy Memorial Day!

As we progress through another incredible year at The Krueger Hat Trick Foundation, I am overwhelmed with gratitude for the unwavering generosity and support that you have shown us. Your contributions have had a profound impact on the lives of Heart Families navigating the challenges of congenital heart defects, and for that we are immensely thankful.

I am excited to share a few opportunities where you can continue to make a difference while enjoying some fantastic events we have lined up.

First, we invite you to participate in our Fairway Fortune 50/50 Raffle for Tiny Champions. By purchasing a special KHT Golf Ball, you not only get the chance to win up to $7,500, but you also directly support our mission to provide essential aid to Heart

Families. It’s a win-win that brings hope to those who need it most.

Additionally, mark your calendars for an afternoon of joy and camaraderie at the Hearts for Hope Happy Hour + Cornhole Tournament. This event promises to be a wonderful time filled with family-friendly activities, exciting cornhole competition, and live music that will make your heart sing. We can’t wait to see you there, enjoying the fun and supporting a great cause.

Lastly, don’t miss the opportunity to register your foursome for the 4th Annual Green Hearts Open Charity Golf Tournament. This event is not only a highlight of our year but also a significant fundraiser that helps us continue our vital work. Gather your friends, colleagues, or fellow golf enthusiasts for a day on the green that makes a real difference.

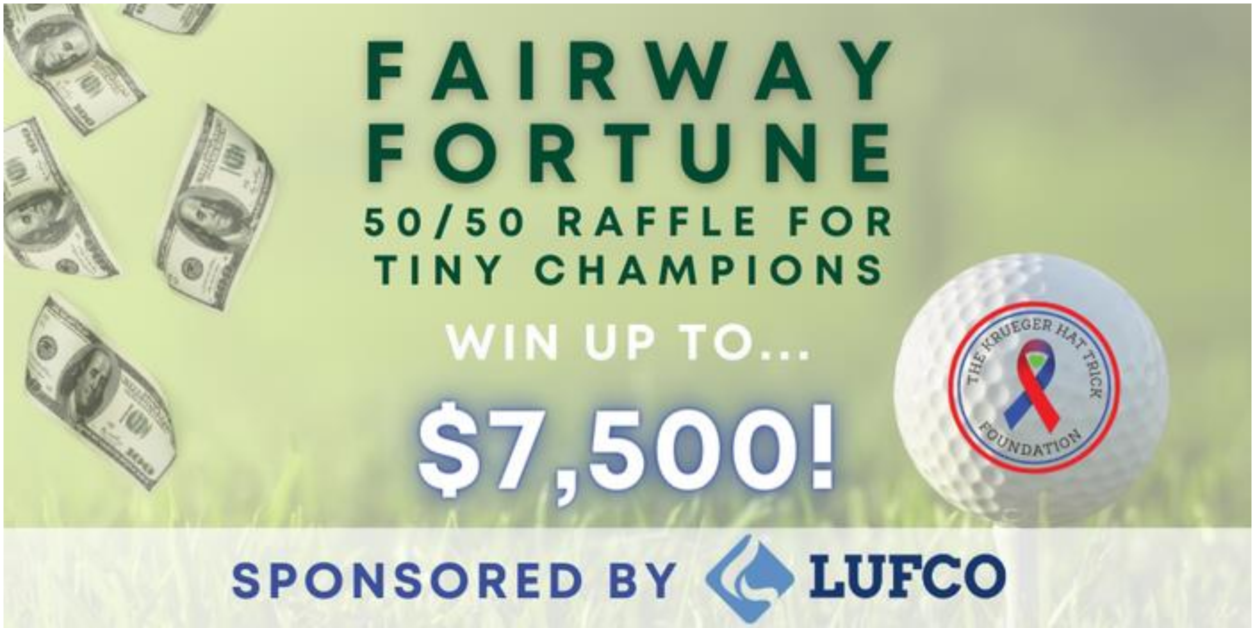
As we just celebrated Memorial Day, we also want to take a moment to honor and remember the brave men and women who have sacrificed so much for our country. Their dedication and courage inspire us to continue our mission of service and support within our community.

Thank you once again for your incredible support. Your generosity ensures that we can continue to provide crucial assistance to families in need. With the rising costs of providing these essential services, your continued involvement is more important than ever.

Together, we are making a lasting impact on the lives of Heart Warriors and their families and ensuring that no one walks the Heart Journey alone. Let’s keep the momentum going strong!

Warm regards,
Katelin Krueger
President & Co-Founder
The Krueger Hat Trick Foundation

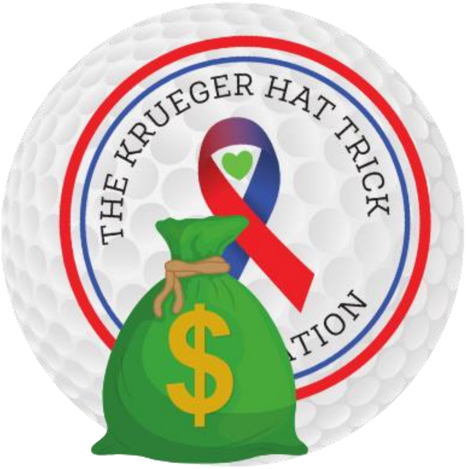
FAIRWAY FORTUNE: 50/50 Raffle for Tiny Champions



Enter for a chance to win up to $7,500 by purchasing a KHT Golf Ball for just $50! Each ball comes with a unique number, and during the Awards Ceremony at the Green Hearts Open: Charity Golf Tournament, a winning number will be drawn live on the Krueger Hat Trick Foundation's Facebook and Instagram pages. Purchase your Fairway Fortune Golf Ball by 2 pm on **Monday, June 10th**, or until all 300 balls are sold. You don't need to be present to win and anyone can participate. Don't miss your chance to win big while supporting a great cause!

Purchase Your Golf Ball

Upcoming Events



FAIRWAY FORTUNE
50/50 Raffle for Tiny Champions

Sponsored By Lufco

Enter to win by purchasing a KHT Golf Ball for $50 and get the chance to win up to $7,500!

Get Yours!

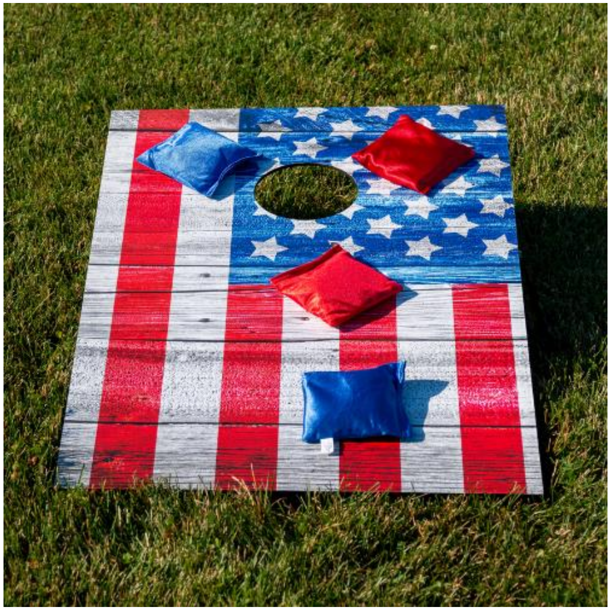
HEARTS FOR HOPE
Family Happy Hour

Sunday, June 9, 2024

Twain's Tavern | Pasadena MD

Family-friendly fun from 1 - 6 PM!

Register Now!



HEARTS FOR HOPE
Cornhole Tournament

Sunday, June 9, 2024

Twain's Tavern | Pasadena MD

Family-friendly fun from 1 - 6 PM!

Come Play!

GREEN HEARTS OPEN
Charity Golf Tournament

Presented By Waters Edge

Monday, June 10, 2024

Compass Pointe Golf Course | Pasadena MD

Registration: 7:30 AM | Shotgun: 9:00 AM

Register Now!

LITTLE HANDS
BIG HEARTS
BULL & OYSTER BASH

LITTLE HANDS BIG HEARTS
Bull & Oyster Bash

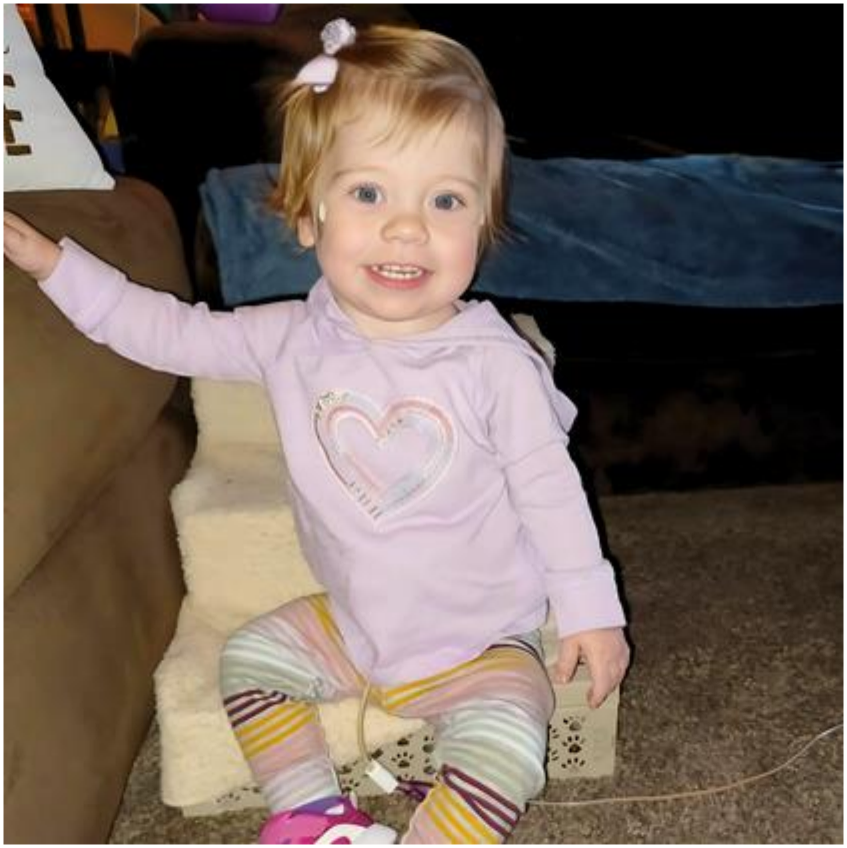
Saturday, September 14, 2024

Jimmy's Famous Seafood | Baltimore MD

6:00 - 10:00 PM

Register Now!

Heart Warrior Of The Month



Meet Abigail

Abigail was born at 4 weeks premature. During pregnancy and even when she was born, no one knew that Abigail had a heart condition. At her 2-week checkup, her doctor heard a heart murmur and recommended she see a cardiologist.

After an echocardiogram and EKG was performed, it was determined that Abigail had a list of heart defects. She was diagnosed with three Ventricular Septal Defects (VSD), an Atrial Septal Defect (ASD), Double Outlet Right Ventricle (DORV), Left Ventricle Pseudoaneurysm (LV PSA), and Multiple Tachycardia Arrhythmia.

Abigail had her first open-heart surgery on December 2nd at just four months old. During the 10 hour surgery, the surgeons discovered another VSD and her LV PSA, which is very rare and very dangerous. A second surgery was performed just weeks later on December 29th to place a stent in her artery to allow for better blood flow. Abigail is due for another stent expanding surgery and will have another once she is an adult.

Abigail’s Heart Journey kept her in the Pediatric ICU for 81 days over 10 months. During her time in the PICU multiple other issues were discovered including that she was born without a pancreas or gallbladder. With all of the bumps along her journey, Abigail continues to thrive like the special little Heart Warrior she is.

Share Your Heart Warrior Story

CHD News & Articles

Share Your Heart Essay Contest Winner: Heart Sister

Reprinted from Mended Hearts Blog

Eight years ago, my family learned about Congenital Heart Defects. We found out that my baby sister would be born with one and require lots of extra care. I was only three when she was born, and I couldn’t understand at the time exactly what that would mean for us as a family.

When my little sister, Audrey, came into my life, it was hard! She was so tiny, and I was so happy she was finally here. Over the next few weeks, she would have her first surgery and a hard recovery. I went through a lot of feelings during this time. Mom and Dad spent all their time at the hospital with her and I only got to see them for a few hours each day.

My grandparents alternated to help care for me and I spent most of my time with them for six months. I felt abandoned by mom and dad because I was spending so much time with my grandparents. When mom and dad finally came home with Audrey, I was excited, but dad went back to work and mom still spent more time caring for the baby than me. I felt like Audrey got all the attention and I hated her.

It didn’t stay that way though. Now Audrey is my best friend, and I will do anything for her. Audrey has had 6 heart procedures. Every time she goes to the hospital, I feel nervous and scared for her because you never know what might happen. She is the bravest and strongest person I know. She is my hero.

……

Born with a Heart Defect, Baby Soon Had Seizures, Stroke and More

Reprinted From American Heart Association News

Amber Noggle's first pregnancy ended in a miscarriage. After that, it was a struggle for her and Dustin Serbin to conceive again.

So when they found out Amber was pregnant again after years of trying, they were elated. They did early testing to find out the gender and started a list of potential names.

Walking into their 20-week ultrasound, Amber and Dustin were excited to see their baby boy for the first time. Halfway through the appointment, the sonographer asked Amber to walk around the office a bit to reposition the baby. When she got back to the room, a more senior sonographer arrived to take a closer look at the ultrasound.

Amber felt the atmosphere shift. Her anticipation turned into anxiety. Something isn't right with our baby, she thought. A perinatologist, an OB-GYN who specializes in high-risk pregnancies, was called into the room. The doctor sat with Amber and Dustin to deliver the news. Their son would be born with tetralogy of Fallot, a congenital heart defect that's actually four different issues at once.

In those first few days after the ultrasound, they grieved "the loss of a normal pregnancy," Amber said. They understood their son's diagnosis would bring challenges and braced for what those might be.

The night after Dax Serbin was born in Madison, Wisconsin, he stopped breathing. An alarm went off, and doctors rushed into the room. They quickly hooked him up to a ventilator. A couple days later, Dax developed an infection around his heart. Then he began having seizures. And a stroke.

Beyond the obvious dangers of each episode, the series of setbacks caused another complication. They delayed Dax from undergoing an operation to correct his heart problems.

Dax was finally healthy enough for surgery at 11 days old. It worked. Doctors repaired all four heart problems. Dax spent a month recovering in the hospital. He continued seeing a cardiologist for his heart and a neurologist to make sure his brain was developing properly post-stroke.

Now 5, Dax has met every milestone – from sitting up to walking and talking. He's growing and developing exactly how he should be. Since his dramatic start to life, he's known nothing but normalcy. As a kindergartner, he's able to play sports (his favorites are baseball and soccer) and run around the school playground with no restrictions.

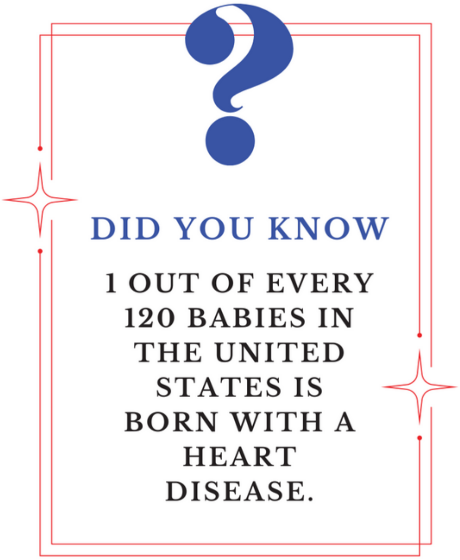
He also understands some of his own story. He knows the scar on his chest is from being cut into by doctors, and he happily tells people about it. "He's going to be a remarkable kid with quite the story to share," Amber said.

"Dax is a dynamo," said his cardiologist, Dr. Carter Ralphe. "His history of congenital heart disease certainly is not holding him back in any way."

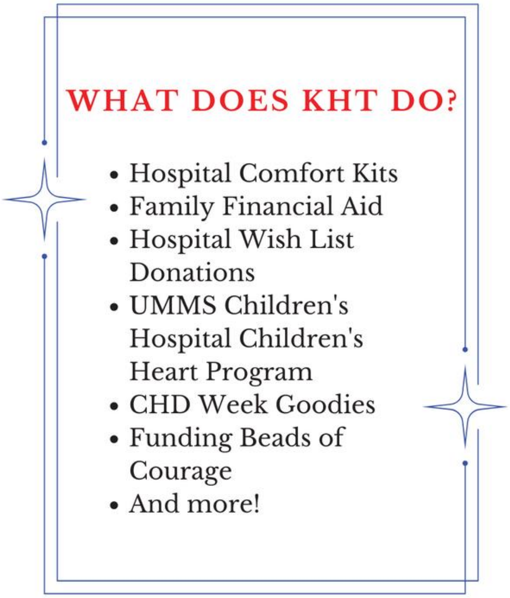
While Dax was in the hospital, Amber and Dustin were taught infant CPR and received an Infant CPR Anytime training kit to take home.Three years ago, Amber, a TV anchor, and Dustin wanted to do something to give back. They launched a campaign to raise funds to buy CPR Anytime kits, with help from the American Heart Association. They wound up purchasing 211 that were donated to families at the hospital where Dax received his care, as well as neonatal intensive care units at other Madison-area hospitals.

When they were ready to consider adding another child to the family, Amber and Dustin did genetic testing to ensure there was no genetic link to Dax's heart condition. When the test came back negative, they felt more at ease and became pregnant quickly after. Throughout most of the pregnancy, Amber felt anxious, even though all the tests and checkup appointments went smoothly. They even did a fetal echocardiogram to make sure their baby's heart was OK. But until she could see him face-to-face and know he was healthy, Amber was scared.

On the day Xander was born, she finally breathed a sigh of relief. And for Dax, his little brother is just one more person he can share his heart story with.


DID YOU KNOW

1 OUT OF EVERY 120 BABIES IN THE UNITED STATES IS BORN WITH A HEART DISEASE.


WHAT DOES KHT DO?

- Hospital Comfort Kits
- Family Financial Aid
- Hospital Wish List Donations
- UMMS Children's Hospital Children's Heart Program
- CHD Week Goodies
- Funding Beads of Courage
- And more!

Learn More

Parenting with a Congenital Heart Defect: Why Prioritizing Your Own Health is Important

Reprinted from Healthy Children

If you are a parent who lives with a congenital heart defect (CHD), it can be challenging to balance the day-to-day demands of being a mom or dad while living with and caring for your own health.

Who to Put First?
It may be difficult some days to figure out who to put first – your children or yourself. When it is hard to find the energy to even get out of bed, it is important to take care of your own physical and emotional needs first. As a parent, this may not sound "right," but the best gift you can give your child is to also care for yourself.
A CHD can be unpredictable, as can your child's needs. Plan ahead.

- Ask for help. When a CHD overrules parenthood, call friends, family members or a sitter to help. Parenting changes with older children, but you still need to be okay with reaching out to others.
- Find time to relax. Whether visiting with friends, seeing a movie, meditating, or just reading, it is essential to make relaxation a priority.
- Lower your expectations. Your parenting style may be different from your sister's or your friend's, but that does not mean you are not a good parent. Lowering your expectations will help make meeting the challenges of parenting with a CHD seem easier.

Planning for the Future

Every person with a CHD should have a living will. It not only notifies your family members about your wishes, but it also guides them in decision making if you are unable to speak for yourself.

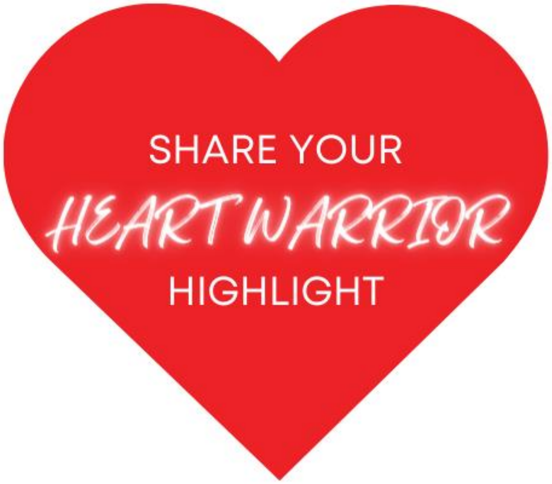
Once you have a living will, be sure to:

- Store it in a safe place in your home and tell your family members where it is located. This is not a document to keep in the bank safety deposit box. It should be located in a secure but easily accessible spot in your home.
- Talk to your family about the instructions included in your living will. Family members are more accepting of a loved one's wishes if they are aware of what those are ahead of time.
- Bring it to the hospital if you are admitted. Living wills are now required by hospitals so be sure to bring it with you if you are being admitted to the hospital.

Additional Information from HealthyChildren.org:

- How Taking Care of Yourself Makes You a Better Mom
- When Things Aren't Perfect: Caring for Yourself & Your Children
- The Greatest Gift You Can Give Your Child (Video)

Heart Families



Share Heart Warrior Highlight

Share Helpful Advice

CHD Resources

General CHD Support

- Kids Health
- My Heart Visit- Peer Support
- Children's Hospital of Philadelphia

Sibling Support

- Sibling Support Project
- Comfort Zone Camp

Family Support

- Medicine Assistance Tool
- Rx Hope
- CDC

View More

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Bull & Oyster Sponsorships Open!

Sponsorship opportunities are available for KHT's 2024 Little Hands, Big Hearts Bull & Oyster Bash! We offer various sponsorship options at different price points, all of which help us to provide programs, resources, and support to Heart Warriors and their families year round.

View Full Details

Become A Sponsor

Let's Connect!

Krueger Hat Trick Inc. P.O. Box 725 New Windsor, Maryland 21776

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