



March 2023

Dear Friend

From the heartbeat of a tiny, unseen life to the overwhelming reality of a diagnosis I never expected...

That's me, Sarah Lundermeyer, a Physician's Assistant at Belleville General Hospital (BGH), who found herself navigating the unexpected waters of becoming a patient in her own workplace.

I remember it like it was yesterday. The outside world faded away in that dimly lit ultrasound room. My familiar sense of professional calm gave way to an expecting mother's mix of nerves and excitement. I lay there in quiet anticipation, waiting for the first real glimpse of my third child.

The room was quiet, save for the soft hum of the ultrasound machine. The air was thick with expectation as the clinician began my ultrasound. The cool gel on my belly felt like a conduit through which a miracle was about to unfold — a miracle made possible by your kindness.

The monitor flickered to life, and there it was! **A tiny, beating heart emerged** from a sea of grayscale — the unmistakable sign of the new life growing inside me.

I've experienced this moment before, but that doesn't make it any less magical. **It's like meeting your child for the first time** — a feeling of overwhelming joy and reassurance. My husband and I, we nicknamed our children during each ultrasound – Gummy Bear, Blueberry, and now, our Little Bean.

My breath caught in my throat as the clinician navigated through this tiny universe, pointing out the delicate formation of life — the perfect little limbs, the curve of a spine, and then, our dreams and intuitions were confirmed: our Little Bean was a little girl!

Imagine a mother hearing her baby's heartbeat for the very first time, all because of you. **That's the power of your generosity.** I'm so grateful for donors like you, who continue to support BGH.

Can I count on your support for Belleville General Hospital Foundation (BGHF) today? Your gift of \$50.00, \$75.00 or even \$100.00 will directly fund vital equipment like the ultrasound machine that introduced me to my Little Bean.

Then came the twist in my story — a moment that shifted everything from routine to uncertainty. Diagnosed with gestational diabetes in the middle of what I thought would be a straightforward pregnancy, suddenly, I found myself navigating a path I had never walked before.

In the ultrasound room, the excitement I once felt gave way to urgency. Each scan, a crucial check-in, was no longer just about seeing my Little Bean but also about ensuring our health and safety. The transducer,



gliding over my skin, became a lifeline, connecting me to the tiny life inside while **I silently searched for signs that she was okay.**

Though fraught with anxiety, this experience was also filled with moments of relief and gratitude. And, in the end, all these moments led to a joyous conclusion — **the birth of a healthy baby girl at Belleville General Hospital!** It's a testament to the exceptional care and support I received, making it not only my smoothest delivery but also a deeply affirming experience as both a mother and a healthcare provider.

Peppered with challenges and triumphs, my journey with Little Bean — who now goes by Quinn — deepened my appreciation for the technology that stood by us every step of the way. The ultrasound machine was a window into the health and wellbeing of my baby, and a reassurance in times of uncertainty.

Ultrasound does so much for so many. It also plays a vital role in managing health conditions, guiding treatments, and providing crucial insights across various medical fields. From patients aged zero to one hundred — from expectant mothers to patients battling life-threatening conditions — **it stands as a testament to how many lives can be saved with one piece of equipment.**

In my dual role as a healthcare provider and a patient, I've witnessed firsthand the ways your support goes beyond treating illnesses. Your gift nurtures strong, healthy people who, in turn, create a stronger community.

Your support reaches into every corner of our community. Your gift is vital in helping BGHF purchase crucial equipment like ultrasound machines, equipment that transforms lives every day.

Will you invest in the health and strength of our community today? Your gift of \$50.00, \$75.00, or even \$100.00 will be a lifeline for countless families like mine. Please show your support today.

Thank you for taking the time to read my story and for considering how you can help. Your support creates miracles for every family who walks through our doors.

With heartfelt gratitude,



Sarah Lundermeyer
Physician's Assistant
Belleville General Hospital

P.S. Your support means the world to families like mine. Please make your most generous gift today to help BGHF purchase vital equipment such as ultrasound machines. Thank you for making a difference in our community!



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