



## Bob's Discount Furniture Honors Family with Donation to NICU

For 20 years, Bob's Discount Furniture (BDF), based out of Manchester, CT, has supported the mission of the March of Dimes by sponsoring local events and walks, producing March of Dimes-mission-focused television and radio PSAs for air in its 11 states and hosting local Ambassador families at their stores to meet with BDF employees.



This year, in honor of their 20 year support of the March of Dimes and March for Babies, BDF graciously made a donation to the March for Dimes NICU Family Support Program at Connecticut Children's NICU at UConn Health Center in Farmington.

The furniture retailer presented a check to the March of Dimes on behalf of the March for Babies top local fundraising team, the Kahn family. The family participated in the annual walk in May, to continue their healing process and honor the recent loss of their son, Noah. Born at just 23 weeks, Noah weighed 1 pound, 4 ounces, allowing Laura and Adam Kahn to spend just 13 short hours with their son. Along with the donation to the NICU, the Kahn family received a gift card to Bob's Discount Furniture. The other top 19 fundraising teams from the March for Babies will also be receiving gift cards to the furniture store.

Thank you Bob's Discount Furniture for your two decades of support of our mission to give every baby a fighting chance.

## Events 2016

[Signature Chefs Auction](#)  
**20<sup>th</sup> Anniversary Celebration**  
 Thursday, October 20  
 The Bushnell, Hartford

[Signature Chefs Auction](#)  
[Elm City Luncheon](#)  
 Friday, October 28  
 Omni Hotel, New Haven

[Signature Chefs Auction](#)  
 Thursday, November 3  
 Springfield (MA) Country Club

**Connecticut/Western MA Market**  
 500 Winding Brook Drive, Suite 8  
 Glastonbury, CT 06033  
 860-815-9365

[CT322@marchofdimes.org](mailto:CT322@marchofdimes.org)  
[marchofdimes.org/ct](http://marchofdimes.org/ct)

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## Protecting Yourself and Family from the Zika Virus

Summer is officially here and with it comes mosquitos. Many are concerned about mosquitos and the transmission of the Zika virus, which can cause serious problems for your baby if you're pregnant.

You can get Zika if you get bit by an infected mosquito, and it's the most common way it spreads. If you have Zika and get bit by a mosquito during the first week of infection, the mosquito can get infected and spread the virus to other people. The mosquitoes that carry Zika can live both inside and outside. They're called day biters because they bite most often during the day, but they also bite at night.

**Don't travel to a Zika-affected area unless you absolutely have to.** If you do visit these areas, talk to your health care provider before you travel. The Centers for Disease Control (also called CDC) is tracking the spread of Zika at [cdc.gov/zika](http://cdc.gov/zika).

Visit [marchofdimes.org/zika](http://marchofdimes.org/zika) for more up-to-date information, including:

- tips for protecting yourself and your family from Zika
- signs of Zika virus
- more information about the spread to Zika virus
- how Zika virus can affect the development of baby during pregnancy\*

\*Credit – [marchofdimes.org](http://marchofdimes.org)

### Top 5 tips to #ZAPzika



**1 Use spray, keep mosquitoes away:** make sure it's EPA registered.



**2 Say you will, embrace the chill:** use air conditioning and window screens if possible.



**3 If it's wet, it's a threat:** remove still water.



**4 Get protected, not infected:** wear clothes to prevent bites. Use a condom to prevent sexual transmission.



**5 If you suspect, then connect:** call your health care provider if you are at risk of infection.



Get the latest information to #ZAPzika at [marchofdimes.org/zika](http://marchofdimes.org/zika)

## Safety Tips for Fun in the Sun

Summer is here and with it comes hot temperatures and lots of fun in the sun. Here are some tips for keeping the entire family safe (pets too!) during the peak of the heat:

- Drink plenty of fluids (preferably water) even if you're not being very active.
- Stay indoors or in areas that are cool.
- If you need to go out, try to do so in the morning or evening, when it's not as hot as midday.
- Wear lightweight, light-colored, loose-fitting clothing.
- Use sunscreen of SPF 15 or higher and wear a wide-brimmed hat (also keeps you cooler) and sunglasses.
- NEVER leave kids or pets in a closed, locked vehicle



## News Moms Need



\* Credit: News Moms Need

Did you know the March of Dimes has a blog called [News Moms Need](#) to give moms the information they need to have healthy pregnancies and families? The News Moms Need team blogs every week to share their personal experiences and provide you with helpful tips on pre-pregnancy, pregnancy, caring for your baby, caring for your child with special needs, family health as well as the latest information on hot news topics affecting moms and babies. That's a lot of great info! Please join us and feel free to send the team your comments. They love hearing from you.\*

## Happy Birthday America

We hope you enjoyed a fun-filled fourth of July weekend with family and friends and welcome your celebration pictures on [Facebook](#) and [Twitter](#). Send us a photo and we just might post it on [Instagram](#) as well!

Happy Birthday America!

