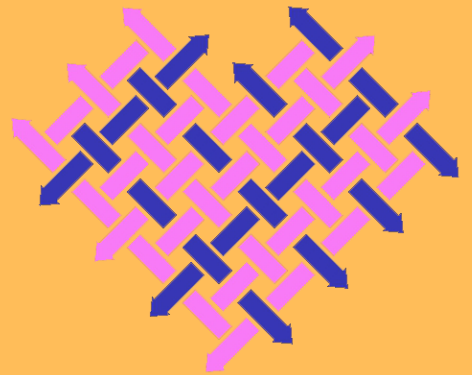




2019 IMPACT REPORT

presented by

Through the Heart



The mission of Through the Heart is to educate and support anyone who is experiencing a pregnancy loss either directly or indirectly

www.throughtheheart.org

Message from our President

DR. KAREN KELLY

Happy new year! As we reflect back on our organization's progress in 2019, there is one word that stands out to me: **community**. On paper, 2019 was not a banner year for us - we didn't set a new record for number of Comfort Kits sent or number of new partners. We didn't have any national media appearances. In fact, we struggled a bit in the middle of the year - and when we called on you for help, you answered. It is because of our amazing community that we continue to serve those who need us after a pregnancy loss.



Thank you for rallying around us and being part of this special community - I promise we will always work hard with honesty and integrity to reach our goals and help those in need.

Karen

Making a difference

IN 2019



339 COMFORT KITS
DISTRIBUTED



22 PARTNERS
RECEIVED
EDUCATIONAL
MATERIALS

SHARED STORIES & EXPERIENCES WITH
A RECORD NUMBER OF BLOG POSTS: 72

EXTENDED OUR
OUTREACH WITH EVENTS
SUCH AS HEARTOBERFEST
& THE WAVE OF LIGHT



Finances

INCOME WAS
\$28,014



EXPENSES WERE
\$24,956

THANK YOU FOR YOUR DONATIONS!



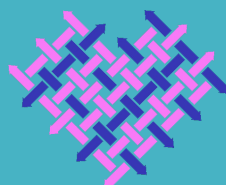
Board of Directors

DR. KAREN KELLY, PRESIDENT (2013-PRESENT)
SEAN KELLY, VP & TREASURER (2013-PRESENT)
DONNIE BIELAK, SECRETARY (2013-PRESENT)
ERIN EASTMEAD, DIRECTOR (2015-PRESENT)
KRISTEN KESSINGER, DIRECTOR (2017-PRESENT)

Thank you to our 2019 donors!

DEBORAH FLAHERTY
SARRAH WILLIAMS
SAMANTHA PATTON
SAM MAURO
CHELSEA HAMILTON
MICHELLE STUNTZ
ALLIE FRILLMAN
ALLISON KOCH
MARIA & GEORGE WALCHUK
BETHANY ROHOLT
DOUG & PAM THAYER
GLORIA HALL
STENJER, ISCOE & GREENE
FAMILIES
CHERISH WALSH
ANNIE MIZNER
JACLYN KELLY
KATHY & RALPH WESA
SUSAN VAUGHN
GINA SCALANGA
SARA RAMOS
IZABELLA STOCCHERO
MATT SHANER
TARA ZIEGLER
TERRI ENGLE
SANDRA MULL
LINDA TOMASCIK
DEBI BOSCH
JAMES SCHALK
JENNY HERTZOG
MELISSA KADISH
MORGAN NAZARYK
GOOGLE
DONNA MADEN

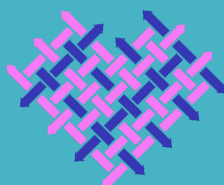
COLLEEN UDVETT
JO KLEIN
JESYCA HURD
HEATHER LAVENDER
HEATHER SKOGEN
AMAZONSMILE
JOAN & DON BIELAK
ASHLEY THIELSEN
EMILY METZ
SEAN & KAREN KELLY
ERIN KOPLITZ
VICTORIA HALE
SHAWNA SPANEL
TONYA GRAHAM
SCOTT & CAROLINE SHADFORTH
JENNIFER LOWRIE
JACKIE KOESTNER
CHRISTA WORKMON
LORI STIMPSON
PJM INTERCONNECTION
KATIE KASOWITZ
ANGIE BIMONTE
LILLIAN NEGRON
NOAH HOGAN
MATTHEW CHEREPANYA
JEFF FORREST
SHANNON PLATT
KELLY HOUSEMAN
SARAH BOUCHARD
ERIC HEATH
JOSEPH HORVATH
ADAM NUGENT
SARA FREER
MORGAN CORDELL
ERIC CUMMINGS



Thank you to our 2019 donors!

DAN WILLIAMS
JOSHUA TURNIER
ELIZABETH WALLIS
HUNTER ANDERSON
ANDREW GOIDELL
BRYAN BETTINGER
ERICA HAYEN
GREGG BARCELOW
GEORGE WASHINGTON UNIVERSITY
STEPHANIE PEPPER
PETER LOUOTOS
BARB DUCKWORTH
LINDA MACKENZIE
ERIN EASTMEAD
BRIAN CUSACK
TIM HILL
MATT ROPER
BRIAN DOFFLEMYER
MELISSA GILBERT
AMBER RANDALL
ASHLEE FROMM
RASHEEDAH POWELL-PLATT
MARY LUX
EMILY CHEWNING
HOLLY WHATLEY
VALERIE FATA
SURGICAL INSTITUTE OF READING
SHEILA KAROL
CHERYL PETERSON
AJ & LINDSAY MAIELLI
KRISTEN KESSINGER
ELLEN BERTHOLOMEY
JENNIFER ADRIAN
PATRICIA ZARATE
MARY NORDLING

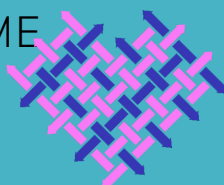
LINDSEY EKWEREKWU
AMANDA WALSH
NATALIE ANCICH
KIMBERLY BROWN
SUZANNE KAPUST
JENNIFER SHOWELL-HARTOGS
BRITTANY OLIVER
CHRISTINE MUNDY
AMY CUTTING
NANCY LISULA
CAROLYN SELIG
MEGAN HAINES
DONNIE BIELAK
CHRISTINE DOMBROSKI
HEATHER WISHAM
HELA MEDICAL SPA
BOOMERANG PIRATE SHIP
BIKER BARRE
JESS BRANCH
CARLI LOCKWOOD
TERESA INGEBRAND
LAURA VAN VONDEREN
HEATHER ANGOCO
ROBYN LIPPELT
BARBARA KLINE
KELLY FLINT
JESSICA DEGRAMMONT
MELISSA BUNGARD
BERNADETTE RICE
BARRE3 OLD TOWN
SHARON VIEW
MIXBOOK
RITZ-CARLTON PENTAGON CITY
SOUL CYCLE
CASSIE SMITH



Thank you to our 2019 donors!

PORTRAIT INNOVATIONS
KRISTIN DAVIS
WINTERTHUR
LURAY CAVERNS
PIZZERIA PARADISO
HISTORIC PHILADELPHIA INC
WASHINGTON WIZARDS
KATELYNNE ADAMS
O'SULLIVAN'S
MADISON KESTERSON
TIEKS
PUBLIC HOUSE NATIONAL
HARBOR
BROTHER JIMMY'S BBQ
IRISH WHISPER
GRAND RAPIDS SYMPHONY
CACTUS CANTINA
DREW SMITH
JENNIFER RUSHTON
KATIE JESUNAS
ORIENTAL TRADING
COOPER'S HAWK WINERY
WEGMANS
MORGAN MOORE
BECKY LYNN
SILVER HAND MEADERY
LYNFRED WINERY
BARREL OAK WINERY
CHILDREN'S MUSEUM OF
RICHMOND
DENVER ZOO
HISTORIC SHIPS IN BALTIMORE
INTERNATIONAL SPY MUSEUM
MADAME TUSSAUDS
CHESAPEAKE BAY MARITIME
MUSEUM

GEORGETOWN SUITES
LONGWOOD GARDENS
USS MIDWAY MUSEUM
SMASHBURGER
EARTH TREKS
DEAN HANNAM
HILTON CHARLOTTE CENTER CITY
BERTUCCI'S
PICABOO
ANDREW & JORDYN GARDNER
STICKS AND STONES
COLLEEN MANN
MELISSA SPALL
KIERSTIN GUNNELS
SHAILY DALESANDRO
COMEDY SPORTZ CHICAGO
COURTNEY SUNDELL
NOREEN BREDHOLD
SCIENCE MUSEUM OF VIRGINIA
WV MOUNTAINRAIL ADVENTURES
SARAH MYSKIN
KATHERINE HIRSCHMAN
CARA POOLE
CAVA MEZZE
ASHLEY HOWARD
JENN WADE
KARI & AARON FRANCIS
SAN ANTONIO ZOO
JESSICA STAUB
STEPHANIE MCGUINNESS
KAREN LYNCH
JAIME GRYCTKO
JOSEPH PRIMAVERA
STEPHANIE PFEFFER
MARYLYN GAINAN
SARAH WALLACE



Thank you to our 2019 donors!

ELIZABETH SIMMS

SHAYNA IRVINE

KATIE PROUDFOOT

PAISANO'S PIZZA KINGSTOWNE

THE SMITH

ALLIE MENSING

JEN ELLINWOOD

KARI BUNDY

JESSICA JAMES

GIANT

WINTERGREEN RESORT

PITTSBURGH STEELERS

SPORTROCK

MOE'S SOUTHWEST GRILL

B STREET THEATRE

ICA/BOSTON

MEDIEVAL TIMES

FREDERICK KEYS

KAYLIE BEKKERUS

JAMES SANDERS

ANDY WARHOL MUSEUM

5 WITS ARLINGTON

KINGSMILL RESORT

CODY HUISKEN

RUSSELL THOMAS

COPPER KETTLE BAKERY

LAUREN ACOSTA

SHEDD AQUARIUM

SONESTA PHILADELPHIA

MEGHAN SMITH

JOANNA ZUMHAGEN

EMILY KRYDER

BRIE VIHLEN

JANELLE LEDYARD

DISTRICT TACO

BRITTNEY ROBINSON

WILMINGTON & WESTERN RAILROAD

CINDY BUNDY

AMC COURTHOUSE PLAZA 8

SONESTA HILTON HEAD ISLAND

CALIFORNIA TORTILLA

JMU ATHLETICS

JASON'S DELI

JASMIN DELGADO

LISA JAKUPOVIC

VICTORIA HALE

JENNIFER WALSH

HEINZ HISTORY CENTER

AMY JOHNSON

SPRINKLES

YVONNE FREDLAKE

HAIR CUTTERY

DAKOTA SULKOWSKI

POTOMAC RIVERBOAT COMPANY

READING FIGHTIN' PHILS

MELISSA RUSSELL

LYNN WHYTE

HANNAH ELIZABETH

LAURA MYERS

ALEY LANDSTROM

JENNI VALENTINO

PIER39

HEATHER WISHAM

LYNDSAY KELSEY

UNIV OF VIRGINIA ATHLETICS

GRAND RAPIDS CIVIC THEATER

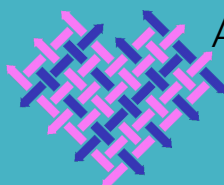
KAREN JACKSON

NICOLE GUEST

RICCARDO'S

ADVENTURE AQUARIUM

VINEYARD VINES



Thank you to our 2019 donors!

ALEXIS RABE
VIRGINIA ZOO

ALEWERKS BREWING COMPANY
GRAND RAPIDS PUBLIC MUSEUM

WHITETAIL RESORT
CREPEAWAY

PUBLIX

CASTLES N COASTERS

VALERIE DALEY

CITY WINERY

USBORNE JULIA WILHITE

LEGACYBOX

THE COMFORT CUB

GEORGETOWN ATHLETICS

DELGROSSO'S PARK & LAGUNA

SPLASH

AMANDA BROWN

CARNEGIE SCIENCE CENTER

BOWLERO

BALTIMORE RAVENS

IL CANALE

CHRISTINA SMITH

WASHINGTON NATIONALS

TURKEY HILL

SUE EVERROAD

QGIV

NEWSEUM

BALTIMORE SYMPHONY ORCHESTRA

USBORNE JACKIE THOMPSON

WAWA

GEORGE MASON ATHLETICS

PHILADELPHIA PHILLIES

CHICAGO WOLVES

LOU MALNATI'S

THE CHEESECAKE FACTORY

LEIDY & EDDY ARGUETA

CHICAGO BEARS

LEHIGH VALLEY IRON PIGS

KENDRA SCOTT

TOTAL WINE & MORE

GEORGENE DVORAK

EMAGINE ENTERTAINMENT

WASHINGTON CAPITALS

CRAYOLA EXPERIENCE

FIVE GUYS

CHICAGO BULLS

HARNEY AND SONS

LORI HARRIS

DEVILS BACKBONE BREWING

MICHAEL WALSH

SNOWSHOE MOUNTAIN RESORT

KIDSNIPS

LESLIE CAREY

MADDY HOGAN

JESSICA BUCKINGHAM

KIERRA ESTRADA

POPPED! REPUBLIC

BRENDA HIEBERT

SUZIE IRWIN

WHITNEY MCNEARY

DEBRA BARRON

BEATA STASZEWSKI

SHONDA CHEEVER

ANNIE MIZNER

LYNDSAY KELSEY

MICHELE SEXTON

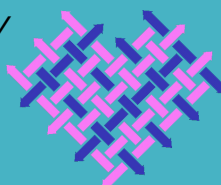
MERISSA RUDKIN

MARY RANDERS

ALYSON WRIGHT

TIMOTHY HOWE

GERIANNE PROCOPIO



Thank you to our 2019 donors!

JENNIFER GABBY
OLIVER HANSON
KIM LASKEY
SARAH SHEEDY
ANIA KADLUB-BUKOWSKI
AUTUMN LEE
MELISSA MUNFAKH
KATHLEEN & JACK BLAIR
KATE PELAGGI
BRITTANY KOPKA
ROBIN SIKORSKI
KELSEY HATTER

ALEXANDRIA GREAT HARVEST BREAD

DANIELLE BISCHOFF

THERESA CHASE

TINA KOOPERSMITH

MARY BURKE

BUY NOTHING GROUP OF

KINGSTOWNE/FRANCONIA/ROSE HILL

RACHEL BRUNS

COLETTE JOUBRAN

KATE PAONE

AMANDA MODES

ALYSSA GUIDO

NATALIE RENEE

SONJA MOSS
DIANE CESARONE
JASON GRANADO
LAURA CAMPBELL
JESSICA GOFF
TASHA CARROLL
ALAMAR BONNEAU
ERICKA DAVIS

ACT FOR ALEXANDRIA

MADDY HOGAN

TRAVIS HAIRSTON

BLESSED SACRAMENT

CATHOLIC CHURCH

MELISSA PHILLIPS

GINA JONES

JAMES STANLEY

KATE REMUS

HEATHER CURTIS & KBS GROUP

LINDA BERRIOS

RACHAEL TURNER

AMY ARAFAT

TOM BATTLE

JOYCE PECKOVER

JESSICA WILKINSON

