



mothers' milk bank
of north texas

EST. 2004

Safely connecting generous mothers to fragile babies.

THE BANK STATEMENT: 2022 IMPACT REPORT

7617 BENBROOK PARKWAY • FORT WORTH, TX 76126
817.810.0071 • TEXASMILKBANK.ORG

THE MAGIC OF MISSION-BASED PARTNERSHIPS

MESSAGE FROM EXECUTIVE DIRECTOR, SHAINA STARKS



Our mission is easy to love. After all, helping babies feels magical. However, providing safe donor milk for fragile infants is complicated. Similar to blood banks, we are in continuous need of a precious, life-saving resource. Thanks to a wide range of community partners, we are working together to keep our freezers full.

Who are these incredible humans? A broad spectrum of healthcare professionals regularly educate new parents about milk banking, helping us build awareness. Generous and busy mothers donate the extra breastmilk their own babies don't need. Organizations, foundations and philanthropic individuals fund free breastfeeding support programs, new equipment and charitable care. Volunteers, board members and milk bank staff utilize unique and specialized skills to bring it all together.

As community participation grows, so does our impact. 2022 was another remarkable year. Again, we made historic records, and more babies received safe donor human milk than ever before. **1,394 mothers made it possible for us to dispense 854,442 ounces of donor milk. This translates to a 20% increase in dispensation and a 12% increase in approved donors since 2021.**

Partnerships increase our capacity, improve our abilities and simply make us better. To all our advocates, thank you for joining our mission. You help us make the magic!



A FOND FAREWELL

Our esteemed leader and founding executive director for 18 years, Amy Vickers, retired on December 31, 2022. While her new title of Mamie to new grandson, Beau, is just as important, we will miss her daily mentorship, guidance and quick-witted send of humor. Amy can best be described as a milk bank guru. As a NICU nurse, childbirth educator and certified lactation consultant, Amy started Mothers' Milk Bank of North Texas with expertise, bravery and determination. She collaborated with founding physician, Susan Sward-Comunelli, MD and local healthcare advocates to acquire nonprofit 501(c)(3) status and begin pasteurizing donor milk in 2004. The rest, they say, is history.

The first location in Fort Worth's Child Study Center was too small by 2011, and operations relocated to a larger building on Magnolia Avenue. Eight years later, after remarkable growth, Amy piloted a capital campaign enabling another move to the milk bank's current location in southwest Fort Worth near Benbrook. Along the way, Amy made immense contributions through published research. She served as president of the board of directors for the Human Milk Banking Association of North America and served in prior years as a member of the executive board. She was also president of the board for the Tarrant County Breastfeeding Coalition.

While adequately summing up an 18-year career is nearly impossible, it's most important to note Amy's heartfelt advocacy for breastfeeding mothers and fragile infants. Her devotion and passion enabled countless babies to safely receive more than seven million ounces of donor milk from more than 12,000 donors.



MISSION

We strive to improve the health and survival of infants through breastfeeding advocacy and the safe, equitable provision of pasteurized donor human milk.

VISION

We envision a future when all babies have the opportunity to receive human milk.

OUR TEAM

BOARD OF DIRECTORS

Shanequa Williams, PharmD, MPH
PRESIDENT

Rosie Balbo
VICE PRESIDENT & TREASURER

Susan Sward-Comunelli, MD,
FAAP
SECRETARY & FOUNDER

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MHA

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Dara Dallas, MD

Raquel De Fraites, DNP, MBA,
BSN, RNC-NIC, NE-BC

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Kelly Hanes

Gina Hill, PhD, RD, LD

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BCPPS

Melissa O'Neill, RN-NIC, BSN

Ashley Robbins

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LD

Sally Zukoski, RN, IBCLC

STAFF

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DIRECTOR OF RESOURCES

Lindsey Stecker
DIRECTOR OF OPERATIONS

Amy Trotter
DIRECTOR OF COMMUNITY RELATIONS

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LAB SUPERVISOR

Samantha Martinez Berlanga
DONOR PROGRAM SUPERVISOR

Nathalie Avila
LAB ASSISTANT

Allanah Bennett
LAB SYSTEM SPECIALIST

Amy Boyd
GENERAL ADMINISTRATOR

Allison Damrau
PASTEURIZATION TECHNICIAN

Casey Ferguson
DONOR/RECIPIENT COORDINATOR

Lily Gilpin
PASTEURIZATION TECHNICIAN

Liliana Granados
SHIPPING & RECEIVING

Sabrina Hitri
PASTEURIZATION TECHNICIAN

Maggie Kipper
COMMUNITY RELATIONS COORDINATOR

Sarah Knudsen
PASTEURIZATION TECHNICIAN

Fabian Licona
OUTREACH & HOSPITAL LIAISON

Jennifer Lifshutz
PASTEURIZATION TECHNICIAN

Pamela Lopez
PASTEURIZATION TECHNICIAN

Judy Maltos-Pesina
PASTEURIZATION TECHNICIAN

Courtney Margotta-Bonham
PROGRAM COORDINATOR

Tina Passah
PASTEURIZATION TECHNICIAN

Nansy Sanchez-Perez
DONOR COORDINATOR

Guadalupe Silva
SHIPPING & RECEIVING

Carver Upton
SHIPPING & RECEIVING

Amy Vickers, MSN, RN, IBCLC
EXECUTIVE DIRECTOR EMERITUS

Morgan Winkfield
INTERN

Lactation Support Facilitators

Amanda Alvarez, IBCLC

Karen Bell

Tenise Hordge, IBCLC

Connie Rico, IBCLC

2022 BY THE NUMBERS



84

hospitals served



\$522,542

charitable care for outpatient babies



Record-breaking

854,442 OUNCES

dispensed to babies in need



More than

7 MILLION

ounces dispensed since opening in 2004



1,394

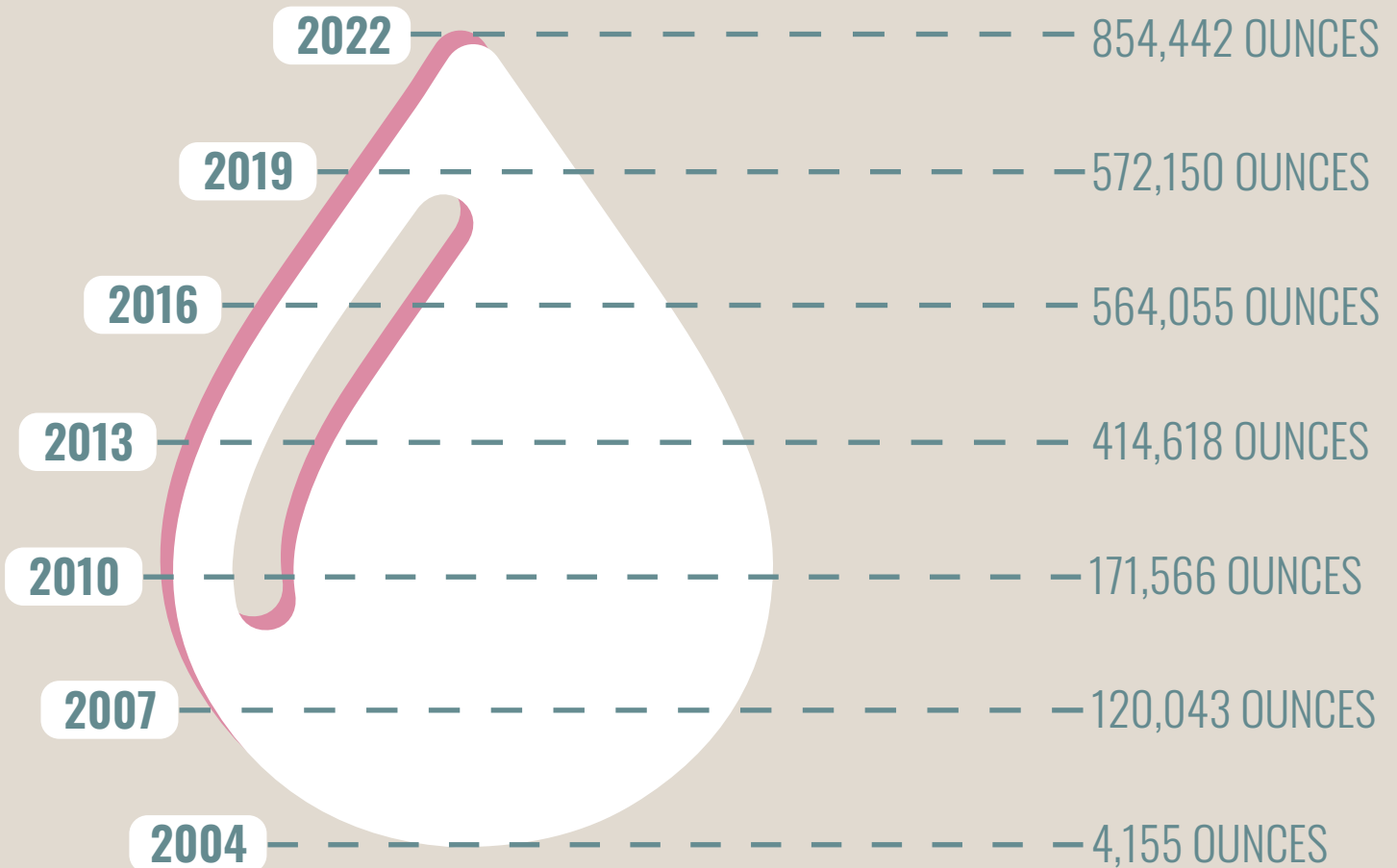
donor moms



50

depots/milk drop-off locations

GROWTH IN OUNCES SINCE OPENING



TODDLERS AND YOGA – DELIGHTFUL CHAOS

In 2022, we reinstated our regular Yogi Tots schedule once a month in the milk bank's community room. Designed for little people ages 2-5, this free, 30-minute enrichment class focuses on developing fine motor skills and muscle strength.

Luckily, serious downward dog poses aren't a part of the curriculum. Silly songs and books are more fitting for toddlers on the go, and activities like dance and stretching nurture self-esteem, confidence and body awareness. Squeals and giggles from our energetic little guests reveal Yogi Tots is lot of fun too.



HELP FOR BREASTFEEDING SUCCESS

In 2022, more than 200 participants attended free breastfeeding support sessions in Fort Worth, Dallas and virtually. The program, called Baby Café, is designed to provide a casual, stress-free environment where parents can get help in English or Spanish from a certified lactation consultant. They are encouraged to ask questions, weigh their babies and meet other families. Here is what several mothers shared about their experience:

"I'm a first-time mom, and Baby Café helped me realize my struggle was normal and to not give up."

"I loved the ability to show up and get help! It was wonderful. My supply was low because I had a fever for 4 days postpartum, but I was able to get the help that I needed and encouragement."

"Baby Café helped me feel more comfortable and confident breastfeeding, especially in public."

"Even as a second-time mom, Baby Café was a great resource to have in the early days after my baby was born! I tell all my mom friends about it and hope for more locations around Fort Worth in the future."

"This is the one consistent help I've received for my breastfeeding problems."



IN MEMORY OF BROOKS

Laura Wassam became a milk donor after losing her son, Brooks, shortly after he was born on November 30, 2021. Below, Laura shares why her family organized a GoFundMe fundraiser in November 2022 that raised more than \$5,000 for the milk bank.

"Brooks Liam Wassam was born with a few anomalies, but one in particular affected his airway. He was in the NICU for a week and fought like a true warrior before passing away due to an infection following surgery."

As his parents, we know Brooks' spirit was so much bigger than what he had to endure here on earth. In recognition of what would have been his first birthday on November 30, 2022, we decided to do something special in his name. After spending time in the NICU, seeing all the beautiful babies and also donating my own milk in Brooks' name after he passed away, we knew raising money for the milk bank was exactly what we needed to do. This organization holds a special place in our hearts, and it brings us happiness to donate in honor of our precious son."

Contributors honoring Brooks include:

- | | |
|--------------------|-------------------|
| 31 anonymous gifts | Ross McDermott |
| Treveron Anglin | Amy Montgomery |
| Stephanie Arnold | Melissa Schauer |
| Emmily Attyah | Linda Simeone |
| Rachel Bailey | Walter Simeone |
| Julie Barthalt | Alexandra Skinner |
| Tony Battle | Pamela Snively |
| Courtney Beason | Preston Snively |
| Candace Blackerby | Amy Spencer |
| Jennifer Bryson | Beckie Thomas |
| Ashley Costales | Kathryn Turner |
| Elizabeth Costales | Larry Wassam |
| Quinton Crow | Laura Wassam |
| Judy Curtis | Lori Wassam |
| Reagan Ferrell | Bonnie Whipple |
| Melanie Gardiner | Lisa Wolf |
| Dakota Hunter | David Yaeger |
| Pam Kelly | |
| Megan Maenius | |
| Jann May | |



WHAT OUR DONORS HAD TO SAY IN 2022



NICOLE

“Knowing that I can help families during their most vulnerable time gives me such a huge feeling of joy and purpose. I donate on behalf of many friends, coworkers and family members who have had children in the NICU; this is for them and their legacy.”



ASHLEIGH

“When you meet another NICU family, you feel an instant connection. Here is another family who understands what it's like. And knowing how much comfort I took in something as simple as Addie getting breastmilk, I wanted to give that comfort to other families.”



KEILAH

“I wanted to be a blessing to a mommy and baby the way our donor milk blessed us. The screening process wasn't bad at all. Lab work was done at my home, which was super convenient as I had a newborn and a toddler.”



CAMILA

Camila's son, Oliver, passed away shortly after he was born. Camila decided to donate his breastmilk to help other babies. In March 2022, she delivered her last milk donation and shared a poem she wrote about her experience.

Oliver, lo logramos.

Donamos tu leche a muchos bebés que lo necesitan.

Tu legado sigue creciendo en la tierra y te honraremos siempre.

Tú nombre en el árbol. Que orgullo ser tu mamá.

No es fácil sentir los senos llenos de leche y no tener a tu hijo para alimentarlo, no es fácil entregar su leche, no es fácil sentir el dolor físico y espiritual.

La lactancia es una conexión preciosa, pero tengo que decirle adiós a esta conexión física honrando a Oliver.

Oliver, we made it.

We donated your milk to many babies in need.

Your legacy continues to grow on earth, and we will honor you forever.

Your name on the tree. What an honor to be your mom.

It is not easy to feel your breasts full of milk and not have your child to feed him.

It is not easy to deliver your milk; it is not easy to feel the physical and spiritual pain.

Breastfeeding is a precious connection, but I have to say goodbye to this physical connection honoring Oliver.

2022 MILK DRIVES

Thank you to our community partners listed below for hosting milk drives in 2022. Their support for our mission helps us build awareness and provide donor milk to the babies who need it most.

Athens & Gun Barrel City WIC

Baylor Scott & White Centennial Frisco

Baylor Scott & White Grapevine

Fort Worth Birthing & Wellness Center

Methodist Dallas Medical Center

Midwife+Co – Dallas

My Pure Delivery Plano

The Root Creation, North Little Rock,
Arkansas

Texas Health Huguley Hospital Fort Worth

OUR SUPPORTERS IN 2022

FOUNDATIONS, ORGANIZATIONS AND CORPORATIONS

3M Community Giving Match
Abbott Laboratories EGC
AeroCARES (Lockheed Martin)
Albertsons Safeway
Amazon Smile Foundation
BNSF Railway Company
CVS Health Foundation
Dubose Family Foundation
Eyes Not Forgotten
First Grandmothers' Club
HCA Healthcare
Jeppson & Hall Family Charitable Fund
Kroger Community Rewards
Lake City Mothers of Multiples
Liberty Mutual
Medela
Microsoft Matching Gifts Program
Nancy & John Snyder Fund at North Texas Community Foundation
Network for Good
Once Upon a Time Foundation honoring Katie Cooke
Shell Oil Company Foundation
Texas Health Resources
Texas Instruments Foundation
The Fash Foundation
The Junior League of Fort Worth
Vanguard Charitable

INDIVIDUALS

Anonymous
Amy Aaron
George Abraham
Jorge Aguilar
Leslie Aguilar
Cassy Albrecht
Wendy Alexander
Pat Alridge
Amanda Alvarez
Russel Andrews
Lynsi Arango
Sharnet Fields Arberry
Jennifer Arinder
Rosie Balbo
Fellipe Balieiro
Julie Bangert
Pamela Barber
Christopher Barrow
Karina Bartlett
Rob Bartley
Nancy Barton
Eboni Bell
Renee Benouared
Darby Beranek
Viaan Bhatt
Brianna Bibian
Charissa Black
Celesta Blankenship
Elizabeth Blue
Staci Boles
Kellie Bone
Abbey Van Booven
Jamie Boston
Stacey Boyle
Christine Brace
Amber Bramlett
Chelsea Breedlove
Sara Sandlin Breland
Laura Briggs
Sara Brightman
Magen Brown
Mary Bukowski
Natalie Burris
Lauren Butschek
Cody Byers
Monica Camper
Heidi Camus
Michelle Caraballo
Chelsea Carlton
Meredith Carman
Thomas Carr
Cynthia Castaneda
Megan Casturo
Anastasia Cavanaugh
Diamantina Cavazos
Jason Chandler
Janelly Chavez
Madalyn Chen
Laurin Chevaillier
Sara Comunelli
Joaquin Contreras
Sharron Cooper
Tonya Cornish
Ross Couvillon
Raya Crews
Alondra Criss
Alice Cruz
Melanie Curtis
Meredith & Kevin Daigrepoint
Dara Dallas, M.D.
Mark Danforth
Karthik Darla
Jessa Davis
Lindsey Davis
Scott Delia
Angela Delima
Tiffani Dillon
Julianne Dixon
Carolyn Dobson
Kamrie Dubose
Amanda Edwards
Paige Edwards
Stacey Edwards
Kelsy Ehmann
Karem Elizondo
Crystal Ellis
Caley Fischer
Makiala Fivecoat
Kelly Flesch
Kathleen Fones
Jennifer Ford
Ricarda Forster
Erin Foster
Raquel De Fraitres
Courtney Fras
Stephanie Fraser
Jorie Frazier
Kathryn Freeman
Katherine Gabel
Christopher & Jennifer Gage
Allison Galloway
Alexis Garcia
Angela Cristina Garcia
Lucinda Garcia
Whitney Garner
Michelle Garza
Richard Gatlin
Laura Gerhardt
Madison Gibbons
Kristin Gigli
Joanne Gill
Kailey Gonzales

IN MEMORY OF SHANNON ETTER THOMPSON

- a nurse, loving mother, daughter, sister, aunt and passionate supporter of Mothers' Milk Bank of North Texas.

Linda Barnett
Rosa Bowersock
Kristen Collie
Suzanne & Duane Dougherty
Janet & Harold Dunavant
Brent & Liz Etter
Julie & Jeff Etter
Monica Etter & Josh Purkeypile
Stephen Filipowicz
Donna Fuller
Greg & Treasure Ridley Greene
Candice & Chris Greenfield
Connie & Bruce Hershey
Susan Ivins & Donald Jackman
Lisa & Ben Kenter
Lee Ann & Dale Lancaster
Linda & Harry Lantz
Mary-Fran Filipowicz Leo
Marian L'Huillier
Bobby & Linda Neie
Milton & Lupita Neie
Byron & Gloria North
Judi Ray
Pat Reed
Luis & Courtney Rodriguez
Kira & Dave Ross
Tim & Joni Screen
Mark & Missy Smits
Janiss Sorrell
Molly Turner
Terry Tyler
Lauren Warner
Ashley Wright
Connie & John Wucinski
Marilyn & Wayne Yarbrough



Shannon with her nephew, Carter.

INDIVIDUALS CONTINUED

Jessica Gonzalez
Leslie Gonzalez
Meghan Gora
Cassidy Gorman
Kristine Graham
Julia Gray
Ashton Griffin
Courtney Grubbs
Katlyn Gurley
Kenisha Hall
Matthew & Kristen Hall
Bill Hallgren
Danielle Hamilton
Kelly Hanes
Traci Hankins
Levi Hein
Kelly Hendrix
Danielle Henry
Cristian Hernandez
Gina Hill
Kristin Hill
Kristina Hill
Katie Hoefert
Natalie Holladay
Rachael Hons
Michelle Hook
Tenise Hordge
Christine Howard
Amna Iftikhar
Carrie Ives
Linda Jackson
Kathryn Jacob
Kari Jacobs
Mark E. Jacobs
Erica Johnson
Prameela Karimi M.D.
Jennifer Amy Kaufman
Justin Kelly
Vanessa Kelly
Sandra Kemp
Kim Kilpatrick
Maggie Kipper
Linda Kiraly
Kaylee Konsella
Daniella Kuzmich
Jordan Laborde
Jenna Lambert
Lee Ann Lancaster
Margaret Langevin
Erin Langley
Maddison Lassetter
Emily Latiolais
Sterling & Larry Lauer
Becky Law
Misty Lawson
Leslie Leach
Karina Leblanc
Lori Lee
Debra Leff
Kate Lengyel

Marisa LePak
Valerie Loehr
Jackie Long
Shannon Long-Taylor
Josseline Lopez
Heather Lucas
DeeDee & Collin Lynn
Allison Lyons
Abby Ma
Aide Macias
Brittany Madlem
Nichole Malkowski
Mia Marchetti
Courtney
Margotta-Bonham
Anette Marmolejo
Heather Martin
Daniel Martinez
Maria Rebecca Martinez
Hailey Mauldin
Amber Maupin
Laura Maxfield
Rebecca McCord
Orla McCormack
Amanda McCranor
Melissa McWilliams
Brian Meadors
Winjie & Darryl Miao
Kara Miller
Melanie Miller
Brittany Mitchell
Maritza Molina
Nerizza Bautista Montallana
Valencia Moore
Amber Moore
Ashley Morgan
Rebekah Mulder
Liberty Mutual
Bhairavi Nallanathan
Elizabeth Nava
Hunter & Victoria Nelson
Jenny Nelson
Teri Newman
Elvis Ngo
Stephanie Nicholson
Matthew Nieves
Samantha Norcross
Lindsey O'Hare
Melissa O'Neill
Brittany Ogden
Guadalupe Ornelas
Lyan Ortiz
Halie Overton
Joel & Kathy Parker
Brittney Peeples
Susan Peterson
Chrystal Picongonzalez
Swaathy Pieterse
Caroline Pillsbury
Jessica Plaia
Rachel Pray-Kilmer
Samantha Price
Barbara Printz

Michelle Pundt
Sheila Marie Ratcliffe
Brigitte Ratliff
Jeanine Ratliff
Mary Ashley Ray
Concepcion Rico
Ashley Robbins
Norman Robbins
Pamela Robinson
Kara Rodriguez
Merida Rodriguez
Renee Rodriguez
Kandice Rogers
Sarah Romack
Sadie Romo
Kara Rosales
Daniel Salzman
Margaret Sanders
Angelica Sandoval
Pooja Saxena
Dawn Schindler
Megan Schmidt, M.D.
Brooke Scogin
Julie Seale
Tara Semon
Emily Sendery
Brittney Shipley
Shelby Sides
Taylor Smith
Beverly & John Snyder
Erin Hamilton Spence, M.D.
Whitney Springer
Shaina Starks
Lindsey Stecker
Michael & Elizabeth
Stevener
Jennifer Stickles
Christi Stinson
Bethany Stokes
Lacey Strake
Rebecca Strickling
Anna Strle
Rachel Supercinski
Merideth Swalls
Susan Sward-Comunelli,
M.D.
Nicole Tamang
Tabitha Theriot
Amy Thomas
Nancy Thomas
Tara Thomas
Brett & Heidi Tomlinson
Hillary Tremont
Amy & Eric Trotter
Genna Tucker
Kristina Tucker
Donna Vaji
Samantha Valadez
Yesenia Valdez
Karrie Valenti
Katelan Vavra
Laura Vaz
Amanda Vazquez

Amy Vickers
Jessica Vogt
David Vrla
Dana Vross
Andrea Wadley, M.D.
Kimberly Wagner
Sarah Anne Walters
Mariah Warwick
Bethany Watson
Sara & Leo Weeks
Randilyn Welch
Kiah Wesson
Sarah Wetzler
Amelia White
Charles White
Shanequa Williams
Taryn Wilson
Roberta L. Wolff
Meghan Womack
Amanda Wood
Megan Wood
Andrea Yakel
Sarah Yarbrough
Torean Yates
Emily Young
Kristina Yuen
Sally Zukoski

TRIBUTES

In honor of Grace Chen
Jessica WebsterLove

In honor of Tanay Ganatra
Labhesh Ganatra

In honor of Miguel Enrique Campos González
Henry Campos

In honor of Sawyer Jean Robinson
Jennifer Haynie

In honor of Ty Smart
Talia Smart

In honor of Casey & Robbie Lebus
John Wilson

In memory of Agnes "Sue" Comunelli & in honor of John Comunelli
Sara Comunelli

In memory of John Major Walker
Elise & Ross Richardson



ABC World News tonight with David Muir aired a live story about the formula shortage on Friday, May 20 from outside our milk processing lab window.



Lucy and Lilly, 2022 formula aid program recipients

AN UNEXPECTED FORMULA FAILURE

When the formula shortage hit the United States last spring, milk banks across the country were suddenly navigating uncharted territory. The Abbott Laboratories plant in Sturgis, Michigan shut down, and very quickly, families couldn't find formula. Shelves were empty and distressed parents began racing from store to store.

Like other milk banks across the country, we wanted to help. The biggest challenge was acquiring enough donor milk to help healthy babies affected by the crisis while meeting the needs of the fragile population prioritized by our mission.

While it wasn't realistic to feed every hungry baby, we came up with a plan and generous mothers with extra breastmilk stepped up to the plate. We prioritized local infants requiring specialized formulas and those six months and under. Parents didn't have to pay milk processing fees, and our bottles gave them time to find a long-term feeding alternative. Although problematic, the national emergency did produce some positive developments. Media coverage put an unforeseen spotlight on milk banking which increased awareness, educated the public and connected us to more families.

MILK MATTERS



1 OUNCE
of donor milk can feed up to
3 premature infants.



NUMEROUS SAFEGUARDS
protect the quality and integrity of every
bottle processed in our laboratory.



Immunological properties of human milk
prevent devastating complications and
ENHANCE SURVIVABILITY.



As a 501(c)(3) nonprofit organization, we
depend on a supportive community to help
us meet the demand for safe donor milk
across North Texas and beyond. Learn
more at www.texasmilkbank.org.

THANK YOU



Thank you to everyone who supported our t-shirt
campaign, celebrating National Breastfeeding Month
in August. Proceeds benefited Baby Café, our free
breastfeeding support program.

PROUD MEMBER

