

Katrina Prewitt - Our Lady of Lourdes - Seton High School

When I was born I wasn't a typical baby who got to leave the hospital in a day or two. I had to stay in the hospital for two and a half weeks in the NICU. I was a preemie baby born two months early at 2 pounds 15 ounces and 15 inches. As I have grown up I have come to realize that so many people helped my parents get through that very difficult time. I have made it a priority to give back and make an impact on others who are going through the same things or even more difficult situations.

When I was in the NICU and for several months after I got home, my parents said many people would make them meals, bring groceries, and even just comfort them by being there and through prayers. They have told me how hard it was to not always be with your baby. They barely even got to hold me in the first few weeks of life. Now I am working to give back everything I can to families going through these things and to the people that have helped me.

Since around the age of four, my family and I have been making snack packs for the Ronald McDonald House. It is where you put a few nutritional snacks and a drink in a bag so the parents can grab one on the way to the hospital. I love making these because it makes me happy knowing parents will have something to eat so they can take care of themselves. I will also always write a little positive/uplifting message on a card and put it in each bag.

I also have donated Christmas gifts to the Ronald McDonald House for kids and parents. Growing up I have realized parents have to pay for many hospital bills and be without an income due to not being able to work in order to be with their baby/child. So Christmas probably doesn't come easy for them. My family and I go out shopping and buy gifts then donate the items for the people at the Ronald McDonald House. The parents can then go "shop" at the house and pick out gifts for their kid so they have something to open.

Another thing I have done was cooked meals for families at the Ronald McDonald house. This helps them get a nice nutritional meal in their bodies, coming from volunteers who are full of love to help others out. I got this opportunity to cook at the Ronald McDnaled house through my grandma's work. A group of them went and cooked once a month. I have always loved cooking, so doing this for people that need extra help in their life makes me so happy. As I am serving the meals I can see the true relief on peoples faces.

When I hear anything about being able to help with kids I always will say yes. I have helped many family members and friends with their kids by babysitting or even just playing with them. In the summer I was babysitting three times a week, and was so happy. Kids bring me so much joy and calmness in life.

As I have gotten older I have realized that this truly gives a positive effect on others. It leaves me feeling overwhelmingly happy and my heart so full of love. Seeing others happy makes me happy. Knowing that my impact helps others gives me motivation to do more things. I will always strive to help these people in all kinds of ways!