

# Employees lace up their sneakers for causes

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**A**s an infant, Sarah Arnold was diagnosed with a ventricular septal defect – an opening in the dividing wall between the two lower chambers of the heart. Her parents turned to the American Heart Association (AHA) for information. Sarah's treatment at Yale-New Haven Children's Hospital included a period of "watchful waiting," and minor surgery and catheterization procedures until she was 14, and the hole spontaneously closed.

Arnold's parents were so grateful for her excellent care they became regular participants in walks to raise money for the AHA. Arnold, who is now 27 years old and in excellent health, went on to become a pediatric pharmacy specialist at YNHH and has been following in their footsteps. As Sarah prepared for an AHA walk this past spring, she realized that her fellow employees were a powerful force, so she became one of 35 employee team captains leading more than 700 YNHH employees who participated in the walk, raising more than \$52,000.


"It's obvious that causes like this mean a lot to people who work at a hospital," Arnold said. "You never know who's fighting what battle. Maybe someone in their family has a heart condition too."

"The education, research and support provided by these organizations contribute to better outcomes for patients," said Arnold. "It certainly helped me, and I want to provide that kind of help for the children we treat in the hospital."

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Sarah Arnold explains a medication to a young patient at the Yale-New Haven Children's Hospital, where she has brought fellow employees together to raise money for the American Heart Association.