

# Hometown All-Star helps babies get a healthy start

By Tom N. Tumbusch,  
for The Kroger Co. and Procter & Gamble

Providing care for Cincinnati's youngest citizens isn't just a job for Roma Seat. It's a lifelong vocation.

"Ever since I was a little girl I wanted to work with babies," Seat says. "I absolutely adore working with babies and helping those that are in need get better. So in high school I started volunteering at Children's Hospital as a nursing assistant and I did that all through college."

Seat's interest initially led her to become a dietician specializing in the needs of premature babies. After work, she continued to volunteer in the Neonatal Intensive Care Unit (NICU) at Cincinnati Children's Hospital Medical Center (CCHMC).

"I would go in the NICU and volunteer with the babies that didn't get as many visitors," Seat recalls. "So I really got attracted to spending time with the patients that weren't getting any visitors or whose families wanted to visit but weren't able to come in because of time restraints and transportation or work issues. I would spend a lot of time with those babies."

Seat eventually went to nursing school and became part of the full-time staff, expanding her volunteering efforts in new directions. She regularly volunteers to attend events throughout the area on behalf of the Southwest Ohio Breastfeeding Coalition, and represents Cincinnati Children's each year at the National Association of Neonatal Nurses Conference. She also serves as a captain for Cincinnati Children's annual March of Dimes campaign, which raised more than \$52,000 in 2015.

"She's very petite and quiet, but such a strong leader," says Whittney Brady, clinical director for nursing in the NICU at Cincinnati Children's.

"I think the biggest thing she's been able to offer us is that every patient and family she touches is extremely moved by her. They always want to nominate her for something."

Brady notes that in addition to a recent course in holistic health training, Seat is constantly looking for ways to improve her role as a "servant leader" at CCHMC and her volunteer work. "She's looking at different ways of healing. She's doing infant massage. She really has the ability to be present with babies and families, delivering care in a way that's so special that people walk away just very touched from knowing her. She's definitely a gem to have here at the NICU," Brady says.

Seat also has a playful side, which can be seen in her willingness to dress up as one of Santa's elves or to escort the Spring Bunny around the hospital.

"Whenever we have things that we have to dress up for to help make it a little better for the families at the NICU, I always jump on the opportunity," Seat says. "Since babies and families are stuck at Christmas in the hospital we go around and take pictures so that they can feel like they didn't get missed on their first Christmas."

Seat is one of nine community volunteers selected for the "Hometown All-Stars" program, which is presented by Procter & Gamble, a proud sponsor of MLB, along with Kroger. She will be recognized with the other honorees prior to the 2015 MLB All-Star Game at Great American Ball Park on Tuesday, July 14.



Roma Seat with husband Craig Allen Seat at Cincinnati Children's 2015 March of Dimes kickoff. Roma serves as a captain for the annual drive, which raised more than \$52,000 in 2015. Photos provided/Cincinnati Children's Hospital Medical Center



Roma Seat poses with the Spring Bunny in the Neonatal Intensive Care Unit at Cincinnati Children's.

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