

Ruth

I was born with a hole in my heart and a hole in my inner ear. Both of my wrists were fused to my arms and the toes of my right foot were a single lump. I had a cleft palate and shortly after I was born I survived two heart attacks. You might imagine that I had some rare genetic disorder or a crippling disease, but you'd be wrong. I was born with Fetal Alcohol Spectrum Disorder because my mother was a heavy drinker. I want people to know that FASD is 100% preventable!

This didn't have to happen to me.

When I was two years old I was placed in foster care for special needs children and then I was adopted a few years later. I had good parents who helped me to have a positive attitude. I was able to go to school and I met a lot of friends. I am married now and I enjoy my life.

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I love to give service and to help people feel better. I've learned not to feel sorry for myself and I just accept what happened to me.

When people are going through tough times I always tell them to keep their chin up and to never give up!

